



S E N I O R S

TONSLEY
HOTEL

SENIORS MENU AVAILABLE LUNCH MONDAY - FRIDAY

SENIORS

ENTREE

SOUP OF THE DAY 4
please see our daily specials

MAIN

ROAST OF THE DAY (gfa) 16
served with roasted potato, pumpkin, carrot,
broccolini, yorkshire pudding and gravy

FISH & CHIPS..... 16
grilled, battered or crumbed with chips,
tartare, garden salad

**BAKED ATLANTIC
SALMON FILLET (gf)** 24
lemon pepper crusted, couscous salad,
avocado aioli

MURRAY VALLEY PORK CUTLET (gf) .22
maple glazed, green beans, spiced apple,
mash potato

CHICKEN BREAST (gf).....22
pesto butter, parmesan chat potatoes, baby
carrots, kale

KANGAROO FILLET (gf)22
baby beetroot, feta cheese, roasted sweet
potato, mesclun lettuce, blood orange
dressing

DELICATESSEN PIZZA (gfa)..... 18
tomato and herb base, pulled pork, pancetta,
bacon, pepperoni, chorizo sausage, oregano

NOURISH BOWL (gf)(ve) 15
roasted sweet potato, carrots, spanish onion,
chickpeas, quinoa, baby spinach, avocado,
apple, grapes, cashew, herb and tahini dip
Add squid. 6
Add chicken 5

CHICKEN OR BEEF SCHNITZEL 15
with chips, garden salad and your choice
of sauce

Sauces
gravy, pepper, diane and mushroom

Toppings..... 2
parmigiana, Hawaiian

250GM MSA SIRLOIN24
grilled to your liking, served with chips,
salad and your choice of sauce

Sauces
gravy, pepper, diane and mushroom

DESSERT

DESSERT OF THE DAY 4

AVAILABLE LUNCH MONDAY - FRIDAY

(gf) gluten free (gfa) gluten free available (ve) vegan (v) vegetarian

Please alert wait staff to any allergies and/or intolerances. All of our (gf) dishes are made using gluten free ingredients, however some items are cooked in the deep fryer and may contain traces of gluten.