



S E N I O R S



TONSLEY
HOTEL

SENIORS LUNCH MENU AVAILABLE MONDAY - FRIDAY

SENIORS MENU

ENTREE

SOUP OF THE DAY 4

please see our daily specials

MAIN

ROAST OF THE DAY (gfa) 16

roast potato, pumpkin, carrot, broccolini, gravy

FISH & CHIPS..... 16

grilled, battered or crumbed fish, chips,
tartare, garden salad

BAKED ATLANTIC

SALMON FILLET (gfa) 25

macadamia crusted, Italian herbed kipfler
potato, zesty lemon and parsley butter sauce

MURRAY VALLEY PORK CUTLET (gf) . 23

bacon and potato mash, braised cabbage,
baby spinach, sticky cider glaze

CHICKEN BREAST (gf)..... 23

crushed chat potato, bacon, baby spinach,
avocado, creamy garlic sauce

BEEF AND GUINNESS STEW 21

carrots, onion, peas, roasted toscana roll

MOROCCAN LAMB PIZZA (gfa) 19

tomato and herb base, BBQ lamb,
cherry tomato, red onion, pine nuts,
mozzarella cheese

NOURISH BOWL (gf)(ve) 16

carrot, roasted sweet potato, red onion,
baby spinach, chickpeas, avocado, brown rice,
pear, walnuts, green goddess dressing

add squid 6

add chicken 5

CHICKEN OR BEEF SCHNITZEL 15

with chips, garden salad and your choice
of sauce

Sauces

gravy, pepper, diane, mushroom
red wine jus (gf)

Toppings. 2

parmigiana, Hawaiian

250GM MSA SIRLOIN 26

cooked to your liking, served with chips,
salad and your choice of sauce

Sauces

gravy, pepper, diane, mushroom
red wine jus (gf)

DESSERT

DESSERT OF THE DAY 4

AVAILABLE MONDAY - FRIDAY LUNCH

11.30AM - 2.30PM

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

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.