



SENIORS

TONSLEY
HOTEL

SENIORS LUNCH MENU AVAILABLE MONDAY - FRIDAY
A PROUDLY SOUTH AUSTRALIAN, FAMILY-OWNED BUSINESS.

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 (gf) 25

Mexican crusted salmon, tomato, capsicum,
cucumber, pineapple salsa, lime rice,
mango aioli

MURRAY VALLEY PORK CUTLET (gf) . 24

Tuscan seasoned, crushed chat potato with
rocket, walnut, apple and parmesan salad

CHICKEN BREAST (gf) 23

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

TANDOORI CHICKEN SALAD (gf) 18

marinated tenderloins, cos lettuce,
baby spinach, Spanish onion, carrot, cucumber,
toasted pine nuts, yoghurt and garlic dressing

ITALIAN PIZZA 19

tomato and herb base, prosciutto,
roma tomato, Spanish onion, kalamata olive,
chilli jam, shaved parmesan

NOURISH BOWL (gf)(ve) 16

roasted carrot, red onion, baby spinach,
chickpeas, avocado, brown rice, apple,
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

250G 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.