

# SENIORS MENU

## ENTRÉE

**SOUP OF THE DAY** ..... 5

please see our daily specials

## MAIN

**ROAST OF THE DAY** (gfa) ..... 17

roast potato, pumpkin, carrot, broccolini, gravy

**FISH & CHIPS** ..... 17

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

**ATLANTIC SALMON** (gfa) ..... 26

basmati rice, bok choy, yellow vegetable curry  
sauce, fried hokkien egg noodles

**SA PORK CUTLET** (gfa) ..... 25

cabbage, spinach and onion mash potato,  
broccolini, sticky guinness glaze

**CHICKEN KIEV** ..... 24

garlic butter, creamy potato mash, seasoned  
roasted carrot wedges, wilted baby spinach

**SESAME SOY CHICKEN SALAD** (gf) ... 19

marinated chicken, coconut rice, carrot,  
red cabbage, avocado, toasted sesame seeds

**SMOKED SALMON PIZZA** ..... 20

cream cheese base, sweet chilli sauce,  
baby spinach, Spanish onion, capers,  
cracked pepper, dill

**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** ..... 16

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** ..... 27

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** ..... 5

**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.