



SENIORS

TONSLEY
HOTEL

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

SENIORS MENU

ENTRÉE

SOUP OF THE DAY 6
please see our daily specials

MAIN

ROAST OF THE DAY (gfa) 18
roast potato, pumpkin, carrot, broccolini, gravy

FISH & CHIPS 18
grilled, battered or crumbed fish, chips,
tartare, garden salad

ATLANTIC SALMON (gfa) 29
crispy skinned, smashed chat potatoes,
Lebanese fattoush salad, pita crisps,
zesty citrus dressing

PORK CUTLET (gf) 27
seasoned baby potatoes, broccolini, blistered
cherry tomatoes, beef and rosemary jus

CHICKEN BREAST (gf) 26
green beans, roasted sweet potato & pumpkin
sage mash, honey & seeded mustard cream
sauce

JAPANESE CHICKEN SALAD 22
karaage chicken, rice noodles, cucumber, bean
sprouts, snow peas, carrot, pickled ginger,
nori, sesame seeds, wafu dressing

MEXICAN CHICKEN PIZZA 21
tomato and herb base, pulled chicken,
chorizo, red onion, corn and black bean salsa,
mozzarella

NOURISH BOWL (ve)(gf) 18
roasted carrot, red onion, baby spinach,
chickpeas, avocado, brown rice, apple,
walnuts, green goddess dressing

add squid 7
add chicken 6

CHICKEN OR BEEF SCHNITZEL 17
chips, garden salad

Sauces 2.5
gravy, pepper, diane, mushroom
red wine jus (gf)

Toppings 4
Parmigiana, Hawaiian

250G MSA SIRLOIN 31
cooked to your liking, with chips and salad

Sauces 2.5
gravy, pepper, diane, mushroom
red wine jus (gf)

DESSERT

DESSERT OF THE DAY 6

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.