

# Gluten Free Lunch Menu

## GF Entrees

	Member Price	Visitor Price
<b>Soup of the Day</b> Served with GF bread		9.5
<b>Bruschetta</b> Tomato, onion, basil, pesto & parmesan on toasted GF bread with balsamic glaze	8.5	12.5
<b>BBQ Pork Ribs</b> Smoky BBQ sauce served with house slaw	14	17
<b>Garlic Pizza</b> Herb & garlic with mozzarella GF base		16

## GF Salads

<b>Greek</b> Crispy baby cos, tomatoes, olive's, feta, capsicum, red onion, cucumber drizzled with lemon oil	17	20
with Roast chicken	22	25
Calamari	22	25
Prawns (5)	23	26
<b>Traditional Caesar</b> Crisp baby cos, bacon & shaved parmesan topped with a poached egg (anchovies optional)	18	21
with Roast chicken	23	26
Calamari	23	26
Prawns (5)	24	27
<b>Crab Salad</b> With rocket, cherry tomatoes, spanish onion, zesty lemon oil & aioli	21	24
<b>Warm Lamb &amp; Rocket</b> Marinated lamb, rocket, spanish onion, cucumber & feta with minted yoghurt	24	27



# GF Club Favourites

**Ploughman's Lunch** 16 19

Selection of meats, variety of cheeses, boiled egg, vegetable sticks, pickled onions & branstons pickle relish. accompanied by crusty GF bread

**Spanish Mackerel** 18 21

Grilled with chips, house slaw, lemon & tartare sauce

**Lime & Pepper Calamari** 18 21

Accompanied by lemon aioli with chips & house slaw

**Rump Steak 250g** 25 28

Cooked to your liking with a choice of chips & house slaw or mash & vegetables & any sauce - mushroom, pepper, rich gravy, béarnaise, garlic butter

## GF Curries

*Curries served with steamed Jasmine rice, poppadoms, fresh chilli, yoghurt & mango chutney*

**Thai Green Curry** 20 23

Tender marinated chicken pieces in a spicy thai green sauce

**Lamb Korma** 22 25

Mildly spiced, rich creamy sauce with coconut, cashews & toasted almonds

## GF Carvery

11.30am - 2pm

**Variety Carvey of Roast Meats** 17 20

Served with roast potatoes, pumpkin, seasonal vegetables

Sides		Wedges	7	Roast Vegetables	5
Chips	5	House Salad	5	Mushroom	2
Mash	4	Vegetables	5		

## GF Kids Meals

**Grilled Fish & Chips** 11

**Ham & Pinapple Pizza** 11

**Calamari & Chips** 11

*Kids meals come with activity pack, free post mix (1) & ice-cream. Kids meals for children only, when ordered with at least one adult main.*

**PLEASE NOTE ALL OUR CHIPS ARE A GLUTEN FREE PRODUCT, HOWEVER OUR FRYER MAY CONTAIN TRACES OF GLUTEN**