

TO START & SHARE

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| GARLIC BREAD V | \$12.9 |
| Warm toasted bread infused with garlic butter | |
| Add melted cheese V | +\$2.9 |
| Add bacon | +\$3.9 |
| SALMON & AVOCADO CEVICHE M | \$22.9 |
| Citrus-cured salmon with avocado, chilli, coriander and lime, served on toasted sourdough (gfo +\$2.0) | |
| SOUP OF THE DAY GFO | \$16.9 |
| House made soup of the day served with a crusty bread roll | |
| THAI SATAY SKEWERS N | \$21.9 |
| Grilled marinated chicken thigh skewers (4) with aromatic peanut satay sauce, pickled vegetables, toasted peanuts and fresh herbs | |
| SZECHUAN CALAMARI M J | \$20.9 |
| Crispy calamari seasoned with Szechuan pepper, chilli crisp pieces, coriander and spring onion | |
| CAULIFLOWER PARMESAN FRITTERS V | \$19.9 |
| Golden cauliflower fritters (6) with parmesan, served with herb pesto yoghurt and micro herbs | |
| CRISPY CHICKEN WINGS | \$19.9 |
| 6 wings served with your choice of buffalo, BBQ or ranch dressing | |
| Upgrade to 12 for +\$9.0 | |
| COCONUT PRAWNS M SF | \$21.9 |
| Coconut prawns (6) served with herbed mango salad with lime chilli aioli | |
| BAKED CAMEMBERT V | \$18.9 |
| Oven-baked camembert served with toasted sourdough and house-made red onion chutney (gfo +\$2.0) | |
| CHARCUTERIE BOARD (FOR TWO) N | \$28.9 |
| A selection of cured meats and cheeses with olives, char-grilled vegetables and toasted sourdough | |
| BEEF TATAKI | \$25.9 |
| Lightly seared wagyu tossed with sesame seeds, served with confit cherry tomatoes, sesame dressing and pickled daikon with shari rice | |
| SALT & PEPPER RIBS J | \$22.9 |
| Crispy pork ribs (4) seasoned with salt, pepper and spices, served with chilli dipping sauce. | |

FROM THE GRILL

ALL GRILL OPTIONS SERVED WITH CHIPS AND SALAD AND YOUR CHOICE OF SAUCE. SUB MASH AND VEG +\$4.0

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| 200G RUMP GF | \$25.9 |
| 500G RUMP GF | \$46.9 |
| 300G SIRLOIN GF | \$37.9 |
| 350G RIB FILLET GF | \$46.9 |
| 250G EYE FILLET GF | \$44.9 |

TOPPERS \$12

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| SEAFOOD TOPPER M |
| SALT & PEPPER RIBS (2) |
| CRISPY CHICKEN WINGS (3) N |

SAUCES \$4

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| CREAMY MUSHROOM CREAMY PEPPER |
| CREAMY GARLIC RED WINE JUS |
| GRAVY DIANE SMOKEY BBQ TOMATO |
| HOLLANDAISE AIOLI TARTARE SWEET CHILLI |

PASTA

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| FETTUCCINE CARBONARA | \$22.9 |
| Chicken, smokey bacon, and earthy mushrooms sautéed with sweet onions. Tossed in our signature rich garlic cream sauce and finished with a generous dusting of parmesan cheese. | |
| SPAGHETTI BOLOGNESE | \$23.9 |
| Hearty beef ragù, slow-cooked for hours with vine-ripened tomatoes, aromatic garden herbs, and a splash of robust red wine. Served over spaghetti. | |
| SPINACH & PUMPKIN RAVIOLI V N | \$29.9 |
| Delicate pillows of spinach and creamy feta ravioli, served in a roasted pumpkin sauce. Finished with a vibrant drizzle of pesto oil and toasted pine nuts. | |
| CREAMY PRAWN & BUG LINGUINE S A | \$36.9 |
| Succulent prawns and tender Moreton Bay bug meat folded through a decadent garlic and white wine cream reduction. Tossed with linguine and fresh garden herbs and a squeeze of lemon. | |

SIGNATURE MAINS

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| BEEF BOURGUIGNON GF | \$32.9 |
| A classic slow-cooked beef stew simmered in red wine with bacon, mushrooms, carrots and onions. Served with creamy mashed potato and braised red cabbage | |
| CURRY OF THE DAY GFO | \$29.9 |
| A hearty, flavour-packed curry made fresh daily, served with steamed rice, warm roti bread, crunchy papadum and house-made chutney | |
| ROAST OF THE DAY GFO | \$26.9 |
| Slow-roasted premium cut served with seasonal greens, roasted root vegetables, Yorkshire pudding & rich house gravy | |
| PIE OF THE DAY | \$26.9 |
| Chef's daily pie served with creamy mash, seasonal greens and house-made gravy | |
| BEER BATTERED FISH & CHIPS M | \$29.9 |
| Premium chef-selected fish fillets coated in our house-made beer batter, fried golden and served with crispy chips, tartare sauce and a fresh seasonal salad | |
| CHICKEN SCHNITZEL | \$29.9 |
| Tender chicken breast coated in golden crumbs and fried until crisp. Served with seasoned chips and a fresh garden salad with house dressing. | |
| ADD A PARM TOPPER | +\$7.0 |
| Napoli sauce, bacon and melted mozzarella | |
| SZECHUAN CALAMARI GF | \$27.9 |
| Crispy calamari seasoned with Szechuan pepper, chilli crisp pieces, coriander and spring onion. Served with chips and salad | |
| MARKET FISH GFO A | \$34.9 |
| Fresh market fish fillet cooked to perfection and served with seasonal vegetables, finished with the chef's garnish & sauce | |
| BBQ PORK RIBS GFO | \$36.9 |
| Tender pork ribs glazed with smokey BBQ sauce served with chips and house slaw | |
| TERIYAKI CHICKEN GF | \$29.9 |
| Slow-braised chicken maryland glazed in a rich teriyaki reduction, served with steamed rice, seasonal greens and toasted sesame seeds | |

Prices displayed are Members prices, non members +\$4

**NOT A MEMBER?
SIGN UP TODAY FOR JUST \$5**

ALL CARE IS TAKEN WHEN CATERING FOR SPECIAL REQUIREMENTS HOWEVER PLEASE NOTE THAT THE KITCHEN HANDLES NUTS, SEAFOOD, SESAME SEEDS, WHEAT FLOUR, EGGS AND DAIRY PRODUCTS. REQUESTS WILL BE CATERED TO THE BEST OF OUR ABILITY BUT THE DECISION TO CONSUME A MEAL IS THE RESPONSIBILITY OF THE DINER.

N CONTAINS NUTS | V VEGETARIAN | VG VEGAN | M MIXED SOURCE
I IMPORTED | A AUSTRALIAN | GF GLUTEN FRIENDLY | S SHELL FISH
🔥 MILD | 🔥🔥 MEDIUM | 🔥🔥🔥 HOT

BURGERS ALL \$22.9

ALL SERVED ON A TOASTED SESAME SEED MILK BUN WITH A SIDE OF CHIPS.

BBQ PULLED PORK

Tender, twelve-hour slow-cooked pulled pork in a rich, smokey bbq sauce topped with our signature crisp house slaw

THE CLASSIC BACON & CHEESE

Flame-grilled beef patty layered with melted jack cheese and bacon, pickles, mustard, tomato, and fresh garden lettuce

VEGGIE BURGER V

A wholesome chickpea and lentil patty paired with beetroot, fresh tomato, and crisp onion. finished with a dollop of tomato relish and leafy greens

GRILLED CHICKEN BURGER

Herb-marinated grilled chicken breast topped with a mango salsa & avocado. Layered with salad, chipotle mayo & melted cheese

12" PIZZA

THE THREE LITTLE PIGS

Chipotle BBQ sauce base with pulled pork, strips of bacon and smoked ham

\$28.9

THE MEAT SWEATS

Napoli sauce base chicken ham strips of bacon and pepperoni

\$27.9

WINGMAN PIZZA

Napoli sauce base, shredded chicken with red onion topped with a homemade buffalo sauce

\$26.9

HOLY CHEESUS V

Napoli sauce base, tomato slices, garlic, cheese and topped with fresh basil

\$22.9

THE SPICE IS RIGHT 🔥🔥

Napoli sauce base, pepperoni, red onion, chillis, cheese and topped with a chilli oil

\$25.9

PINEAPPLE EXPRESS

Napoli sauce base, leg ham, pineapple and cheese

\$23.9

THE NO MEAT TREAT V

Napoli sauce base, roasted pumpkin, olives, mushrooms, red onion, olives, pineapple and cheese

\$24.9

THE SHROOM WITH A VIEW V

Creamy garlic base, 3 types of mushrooms, red onion, cheese and topped with fresh rocket

\$23.9

SEAS THE DAY M S

Creamy garlic base, prawns, scallops, red onion, spinach and cheese

\$29.9

SALADS

THAI PRAWN AND MANGO SALAD GF

Grilled prawns with mango, avocado, cucumber, herb & lime dressing.

\$32.9

CAESAR SALAD DELUXE

Crisp romaine lettuce, tossed in creamy caesar dressing with crispy bacon, savory anchovies, crunchy croutons, and shaved parmesan cheese. Add chicken \$8

\$17.9

VEGAN MEDITERRANEAN QUINOA SALAD VB GF

Quinoa tossed in salad leaves with red onion, sun dried tomatoes, cucumber, capsicum with a balsamic dressing

\$21.9

DESSERTS ALL \$18

WAFFLES & ICE CREAM V

Warm waffles topped with vanilla ice cream

APPLE & BLACKBERRY CRUMBLE V

Tart apples and sweet blackberries under a buttery crumble topping served with a warm custard

PASSIONFRUIT & VANILLA PANNA COTTA V

Vanilla panna cotta drizzled with a passionfruit pulp and topped with a crunchy honeycomb

KEY LIME PIE V

A classic dessert that perfectly balances tartness and sweetness with a creamy filling nestled in a buttery Graham cracker crust



\$16

EACH KIDS MEAL COMES WITH ACTIVITY PACK, SOFTDRINK AND SOFT SERVE ICE CREAM

CHICKEN NUGGETS, CHIPS AND TOMATO SAUCE

CHEESEBURGER, CHIPS AND TOMATO SAUCE

150G RIB FILLET, CHIPS AND TOMATO SAUCE

SPAGHETTI BOLOGNAISE

BEACH BUDDIES RECEIVE \$5 OFF

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RAINBOW BEACH
SPORTS CLUB

MENU

OPEN 7 DAYS

LUNCH 11:30AM-2PM

DINNER 5:30PM-8PM

FRIDAY & SATURDAY UNTIL 8:30PM

