RAINBOW BEACH
SPORTS CLUB

CLUB CLASSICS

ALL $16.50

Available lunch only on week days.

CAESAR SALAD
Baby cos, smoked bacon, creamy Caesar dressing, croutons, egg, shaved parmesan.
Add Chicken or Prawns +7.00

200 GRAMS RUMP STEAK
Served with chips and slaw with a choice of your sauce.

FISH AND CHIPS (I)
Battered whiting served with chips and salad.

ROAST OF THE DAY
Daily roast with roasted potatoes, seasonal vegetables, Yorkshire pudding, and gravy.

STEAK WRAP
Sliced grilled steak, fresh salad, and aioli wrapped in a toasted tortilla, served with crispy chips.

TRADITIONAL ITALIAN BEEF LASAGNE
Rich beef and tomato sauce layered between pasta sheets with béchamel and cheese, baked until golden and served with golden seasoned fries..



ALLERGEN NOTICE

(V) Vegetarian
(VG) Vegan
(GF) Gluten Free
(A) Australian
(M) Mixed Source
(C) Chilli

Our kitchen handles gluten, dairy, eggs, nuts, shellfish, and other common allergens. While all reasonable care is taken when preparing meals, we cannot guarantee that any menu item is completely free from allergens due to the possibility of cross-contact. Please advise our team of any allergies or dietary requirements before ordering

ENTREE

GARLIC BREAD (V) $11.00
Toasted with house-made garlic butter.
Add Cheese +$2.50
Add Crispy Bacon & Cheese +$3.50

AVOCADO BRUSCHETTA (V) $19.50
Toasted sourdough topped with smashed avocado, heirloom tomatoes, basil & cold-pressed extra virgin olive oil.

DUCK SPRING ROLLS $19.90
Crispy golden spring rolls filled with tender duck and vegetables, served with sesame soy dipping sauce.

CRISPY CHICKEN WINGS $20.00
House-seasoned chicken wings fried to perfection and served with your choice of Buffalo or BBQ sauce.
Six (6) wings
Upgrade to 12 wings +$9.00

PERI-PERI CHICKEN SKEWERS (GF) $22.00
Smoky, spice-marinated chicken skewers finished on the grill, served with peri-peri aioli, fresh rocket, shoestring fries and lemon wedges.

GARLIC BUTTER PRAWNS (GF) (M) $23.00
Succulent prawns sautéed in garlic butter, served with a fresh lemon and herb salad.

TOM YUM CALAMARI (C) (A) $20.00
Crispy calamari with hot & sour Tom Yum seasoning. Served with lime, fresh chilli, Tom Yum aioli, & micro salads.

MUSHROOM KARAAGE (V) $21.00
Crispy fried mushrooms with soy and ginger dipping sauce.

LAMB KOFTA $23.00
Chargrilled spiced lamb kofta served with minted garlic yoghurt, warm pita bread and fresh salad.

HALLOUMI FRIES (C) $23.00
Crisp and slightly salty shallow fried served with sweet chilli mayo sauce.

BEEF NACHOS SUPREME $23.00
Ground beef cooked with onions, garlic, black beans and corn, layered over crispy tortilla chips and smothered with melted cheddar. Served with sour cream, guac & salsa.

PIZZA

CHILLI CON CARNE PIZZA (C) $31.00
Smokey tomato sauce base, seasoned chilli con carne layered over with Mozzarella cheese, roasted capsicum, red onion, and jalapeños, baked until golden and finished with fresh herbs, sour cream and corn chips.

PEPPERONI & MOZZARELLA CLASSIC $25.00
A timeless favourite featuring Napoli sauce covered with premium pepperoni, red onion, and Mozzarella cheese baked until golden and bubbling.

HAWAIIAN $24.00
A classic Napoli base topped with premium smoked ham, sweet pineapple, mozzarella cheese, and rich baked until golden and bubbling for the perfect balance of savoury and sweet flavours.

SMOKEY CHICKEN & BACON BBQ PIZZA $27.00
A smokey barbecue sauce base topped with smoked chicken, crispy bacon, red onions and Mozzarella cheese over a smoky barbecue sauce base, finished with red onion and baked until golden and bubbling.

CREAMY GARLIC CHICKEN & BACON RANCH PIZZA $27.00
A garlic ranch base topped with succulent chicken, smoky bacon, and melted Mozzarella on a rich garlic ranch base baked to perfection on a crisp stone-baked crust and finished with a sprinkle of fresh herbs.

SUPREME PIZZA $33.00
Our signature oven-baked pizza is a Napoli sauce generously topped with premium smoked ham, pepperoni, bacon, fresh vegetables, olives, and Mozzarella cheese and baked until golden and bubbling.

PRAWN AND SCALLOPS PIZZA (M) $33.00
Oven-baked pizza with a garlic cream cheese sauce topped with succulent prawns, tender scallops, melted Mozzarella, and finished with fresh herbs and baked to golden perfection.

VEGGIE DELUXE $24.00
House-made Napoli sauce topped with a vibrant combination of roasted seasonal vegetables, mushrooms, capsicum, red onion, olives, and Mozzarella cheese on a crisp base and baked to golden perfection.

SALADS

CHICKEN CAESAR SALAD $23.00
Succulent grilled chicken breast served on a bed of crisp cos lettuce with crispy bacon, anchovies, shaved Parmesan and crunchy garlic croutons, finished with a rich and creamy Caesar dressing.

POKE BOWL $22.00
Warm rice topped with crisp seasonal vegetables, avocado, edamame, and a house-made sesame dressing, creating a fresh and nourishing bowl packed with flavour and texture.
Add Prawns +$8.50

THAI BEEF SALAD $28.00
Perfectly grilled beef strips layered over a fresh mix of crisp vegetables and aromatic Thai herbs, dressed with a fragrant lime and chilli dressing, and garnished with roasted peanuts for a balance of freshness, spice, and crunch.

HALLOUMI & SPICED PUMPKIN SALAD $24.00
Grilled halloumi and roasted spiced pumpkin tossed with fresh garden leaves, cucumber, cherry tomatoes, and red onion, finished with a zesty lemon dressing for a vibrant balance of savoury, sweet, and tangy flavours.

KIDS MEALS

ALL KIDS MEALS INCLUDE ICE CREAM, SOFT DRINK & ACTIVITY PACK

ALL $16

CHICKEN NUGGETS
Served with chips and tomato sauce.

TOM YUM CALAMARI (A)
Served with chips and herbed lemon aioli sauce.

CHEESE BURGER
Served with chips and tomato sauce.

KIDS BEEF BOLOGNESE
Spaghetti with tasty slow cooked beef and tomato sauce, topped with Parmesan

BEACH BUDDIES RECEIVE $5 OFF

Members Prices Shown - Non-Members Pay Extra $4. Not a Member? Join Today!

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BURGERS

BACON & CHEESE BURGER $23.00
A succulent flame-grilled beef patty layered with smoky crispy bacon and melted cheese, served on a toasted seeded burger bun with crisp lettuce, ripe tomato and house-made burger sauce, served alongside golden seasoned fries.

STEAK SANDWICH $27.00
Succulent grilled steak layered on toasted thick bread with crisp lettuce, ripe tomato, sliced beetroot, caramelised onion and melted cheese, finished with house-made aioli and served alongside golden seasoned fries.

KOREAN CRISPY CHICKEN BURGER $24.00
Crunchy Korean-style fried chicken glazed with a sweet and spicy gochujang sauce, layered with crisp Asian slaw and sriracha mayo on a toasted seeded burger bun, served with golden seasoned fries.

PULLED PORK BURGER $24.00
Slow-cooked pulled pork coated in smoky plum BBQ sauce, served on a toasted seeded burger bun with crunchy coleslaw, pickles, and chipotle aioli. Served with golden seasoned fries.

VEGETABLE BURGER $23.00
Crispy chickpea and sweet potato vegetable patties with fresh salad, pickles, herb aioli on a toasted seeded burger bun, served with golden seasoned fries.

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MAINS

STONE & WOOD BEER-BATTERED FISH & CHIPS (M) $33.00
Crispy, golden Pacific Ale-battered Reef fish fillets. Served with crunchy hot chips, salad, house-made tartare sauce and fresh lemon wedges.

ROAST OF THE DAY $27.00
Ask for today's chef-selected roast.
Served with crispy roast potatoes, seasonal vegetables, Yorkshire pudding, and rich gravy.

THAI COCONUT FISH FILLET (GF) (C) (M) $38.00
Chef-selected fish fillet, oven baked and served with roasted chat potatoes and seasonal market vegetables, finished with an aromatic coconut, lime, ginger, coriander and chilli sauce.

TOM YUM CALAMARI (C) (A) $28.50
Crispy calamari with hot & sour Tom Yum seasoning. Served with lime, fresh chilli, Tom Yum aioli, crispy chips and micro salads.

MARRY ME CHICKEN (GF) $34.00
Sous-Vide chicken supreme bathed in a sun-dried tomato, Parmesan and white wine cream sauce. Paired with crispy garlic herb-roasted chats, and seasonal greens.

CHICKEN SCHNITZEL $28.00
Golden crumbed chicken breast, cooked to perfection and served with crispy chips, fresh garden salad and lemon wedges.

ADD
Napoli sauce, sliced ham and melted cheese. +$5.50

Char grilled bacon with Hollandaise sauce, avocado and melted cheese. +$7.50

Napoli sauce, smoked ham, char-grilled pineapple and melted cheese. +$7.50

GARLIC-HERBED LAMB RUMP (GF) $39.00
Perfectly cooked lamb rump infused with garlic and fresh herbs, accompanied by crispy smashed kipfler potatoes, roasted Brussels sprouts and a velvety red wne jus.

DOUBLE-COOKED STICKY PORK BELLY (C) $36.00
Succulent pork belly, slow-cooked until tender and finished in a rich Asian-style chilli garlic glaze, served with fragrant jasmine rice and crisp tender choy sum.

SMOKEY BBQ PORK RIBS $39.00
Tender smokey ribs glazed with BBQ sauce served with coleslaw and chips.

FROM THE GRILL

CHOOSE YOUR STEAK

BLACK ANGUS SIRLOIN 300GM	$33.00
RIB FILLET 350GM	$51.00
RUMP STEAK 500GM	$48.00
EYE FILLET 200GM	$44.00
RUMP 200GM	$25.00

ALL SERVED WITH SIDE OF CHIPS, SAUCE AND SALAD.

SAUCES +$4.00
Creamy Mushroom
Cream and Gravy-Based Peppercorn
Creamy Garlic
Red Wine Jus
Gravy
Tomato
Bourbon BBQ
Garlic Aioli

TOPPERS +$12.50
Seafood
BBQ Pork Ribs
Crispy Chicken Wings

SIDES
Salad +$4.00
Mashed Potatoes +$4.00
Roasted Chat Potatoes +$4.00
Steamed Vegetables +$4.00
Chips +$4.00

SEAFOOD PLATTER FOR 2

$99

CHEFS COLD SEAFOOD ROYALE TOWER (A)

A selection of chilled and hot seafood served on a tiered tower, featuring fresh oysters, prawns, bugs, marinated mussels, crispy calamari, oysters Kilpatrick, battered fish, chips, fresh fruit, salad, and house-made sauces. Perfect for sharing.



PASTA

SEAFOOD LINGUINE (M) $32.00
Fresh linguine with prawns, calamari, mussels, and fish, sautéed in herb butter, garlic, white wine and lemon. Finished with fresh herbs and Parmesan.

CHICKEN CARBONARA $28.00
Fettuccine tossed with grilled chicken, crispy bacon, garlic, Parmesan and a silky carbonara sauce, finished with cracked black pepper and fresh parsley.

SPAGHETTI BOLOGNESE $27.00
Al dente spaghetti served with a hearty slow-cooked beef Bolognese, simmered with tomatoes, herbs, and red wine, then finished with shaved Parmesan and fresh parsley.

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