

FOR THE TABLE

Chicken Spring Rolls

Member	Visitor
13	15

Pork Bao Buns

Fluffy bao buns stuffed with tender pork belly, asian slaw & honey glaze sauce

16	18
----	----

Herb and Garlic Bread

- Add diced bacon \$4 - Add cheese \$4

10	12
----	----

Summer BBQ Share Board (suitable for up to 2-4 people)

An assortment of crispy pork belly, southern fried chicken, char siu pork belly skewers, pork crackle & korean BBQ chicken skewers. Served with slaw, honey soy sauce, burger sauce & aioli

75	77
----	----

PASTA & SALADS

Member	Visitor
--------	---------

Saltbush Rump Steak Salad GF

Saltbush seasoned 150g Bottletree rump steak, rocket, avocado, cucumber, cherry tomatoes, red onion, persian cheese & creamy vinaigrette

24	26
----	----

Bacon & Mushroom Carbonara Pasta

Bacon, mushrooms & onion in a garlic cream sauce, tossed through tagliatelle pasta & topped with shaved grana padano cheese

- Add grilled chicken \$5 - Add prawns \$8.5

20	22
----	----

Tropical Tango Salsa Salad V GF

Avocado, mango, red onion, rocket, coriander, corn chips, lime & mango vinaigrette

20	22
----	----

Caesar Salad

Fresh cos lettuce, crispy bacon, medium-poached egg, shaved grana padano cheese, croutons & caesar dressing

- Add grilled chicken \$5 - Add anchovies \$2.5 - Add prawns \$8.5

19	21
----	----

FRENCHY FAVOURITES

Member	Visitor
--------	---------

Chicken Parmigiana

Golden crumbed chicken breast topped with napoli sauce & cheese. Served with salad & chips or potato mash & vegetables

30	32
----	----

Crumbed Steak

Trimmed & tenderized black angus steak, coated in golden breadcrumbs. Served with salad & chips or potato mash & vegetables

30	32
----	----

Ocean Basket

Selection of battered prawn cutlets, crumbed calamari rings, crumbed scallops & crumbed & battered whiting fillets. Served with salad & chips or potato mash & vegetables

39	41
----	----

Mackerel

Mackerel fillet served grilledGF, crumbed or battered. Served with salad & chips or potato mash & vegetables

30	32
----	----

Garlic Prawns GF

Garlic prawns on a bed of jasmine rice

27	29
----	----

FLAME GRILLED

Member	Visitor
--------	---------

300g Bakers Creek King Pork Cutlet GF DF

Flame grilled on the bone pork cutlet. Served with salad & chips or potato mash & vegetables

34	36
----	----

300g Local Pasture-Fed MSA Rib Fillet GF DF

Aged 100% pasture-fed MSA rib fillet, flame grilled to your liking. Served with salad & chips or potato mash & vegetables

44	46
----	----

400g Bottletree Grain-Fed Rump GF DF

Grain-fed Bottletree rump, flame grilled to your liking. Served with salad & chips or potato mash & vegetables

42	44
----	----

STEAK TOPPERS

Creamy Seafood GF

Prawns & calamari in a garlic cream sauce

12.5

Avocado and Hollandaise

4.5

Beer Battered Onion Rings

5

Sauces and Gravy

Gravy / Pepper / Dianne / Mushroom / Garlic Cream GF / GF Gravy GF

2

CHEF SIGNATURES

Member	Visitor
--------	---------

Miso Glazed Chicken Maryland GF

Sticky miso glazed chicken maryland with a mango, avocado, pomegranate, red onion & cos lettuce salad, topped with a mango vinaigrette

Best paired with a glass of Run Riot Sauvignon Blanc - \$9 members (150ml)

28	30
----	----

Pan-Fried Salmon GF

Succulent pan-fried salmon seasoned with wattle seed & dill, served with lemon orzo & a grilled vegetable salad

Best paired with a glass of St Hubert's The Stag Chardonnay - \$7.5 members (150ml)

33	35
----	----

Thai Drunken Noodles (Pad Kee Mao)

Stir-fry fresh rice noodles with thai basil, fresh red chilli, kai lan, soy sauce & seasoning

- Add prawns \$8.5 - Add calamari \$5.5 - Add chicken \$5

Best paired with a glass of Squealing Pig Pinot Gris - \$9 members (150ml)

20	22
----	----

Slow-Cooked Crispy Pork Belly GF

Slow-cooked crispy pork belly infused with asian spices, served with creamy mashed potato & steamed broccolini, topped with honey glaze sauce

Best paired with a glass of Squealing Pig Pinot Noir - \$9 members (150ml)

29	31
----	----

Have a dietary requirement or allergy? See our friendly staff, as dishes can be altered to suit your needs.



Gluten Free



Dairy Free



Vegetarian



Summer BBQ Share Board



Saltbush Rump Steak Salad



Pan-Fried Salmon



Baked Apple Cinnamon Sundae



FLAMES BISTRO MENU

WEEKLY DINNER SPECIALS

	Member	Visitor
SENIORS SERVE FROM 5:30PM Please see staff for today's selection Plus: Receive 20% off each Monday	17.5	19.5
TUESDAY BEEF OR BIRD FROM 5:30PM Crumbed steak with battered onion rings, salad, chips & gravy OR Chicken parmi with salad, chips & gravy	24	26
WEDNESDAY FLAVOURS OF THE WORLD FROM 5:30PM Discover global flavours with our Flavours of the World theme night. Each week, savour two authentic dishes from a new country Please see staff for this week's selection	26	28
THURSDAY BUSH & BEACH Option 1: Grilled 250g Bottletree grain-fed rump steak with a creamy seafood topper. Served with salad & chips Option 2: Oven-baked chicken breast with a prawn, avocado & hollandaise topper. Served with salad & chips	36 30	38 32
FRIDAY – SUNDAY ROAST CARVERY FROM 5:30PM Includes selection of roast meats, served with country style vegetables & gravy Children: \$12.5 member / \$14.5 visitor Add ice-cream \$3.00	30	32

LUNCH
11:30AM – 2PM Monday – Sunday
DINNER
5:30PM – 8PM Sunday – Thursday
5:30PM – 8:30PM Friday & Saturday

DAILY LUNCH SPECIALS

11:30AM – 2PM MONDAY – SUNDAY	Member	Visitor
Southern Fried Chicken Southern fried chicken, topped with pickles. Served with chips & slaw	17.5	19.5
Rainbow Beef Stir-Fry Marinated beef served with asian vegetables, kai lan, green beans, capsicum & onion. Served with jasmine rice	17.5	19.5
Skippers Catch Selection of crumbed seafood with chips & tartare sauce	17.5	19.5
Crumbed Steak Golden crumbed black angus steak with salad, chips & gravy	17.5	19.5
Chicken Schnitzel Golden crumbed chicken schnitzel with salad, chips & gravy	17.5	19.5
Roast of the Day Served with home-style vegetables Please see staff for today's selection	17.5	19.5
Flames Favourite Please see staff for today's selection	15.5	17.5

ARTISAN PIZZAS

	Member	Visitor
The Stockyard Bacon, salami, ham & ground beef on a BBQ base, topped with mozzarella cheese	22	24
The Vegetarian Grilled plant-based chicken pieces, capsicum, onion, mushrooms & cherry tomatoes on a tomato base, topped with mozzarella cheese	22	24
The Sportsman Pepperoni, salami, bacon, capsicum, onion, mushrooms, olives & pineapple on a tomato base, topped with mozzarella cheese	22	24
The Tropical Paradise Ham, bacon & pineapple on a tomato base, topped with mozzarella cheese	20	22
Seafood Inferno Fresh chilli, prawns, calamari & cherry tomatoes on a tomato base, topped with mozzarella cheese	25	27
Teriyaki Twist Marinated teriyaki chicken strips, pineapple, onion, capsicum & nori strips on a teriyaki sauce base, topped with mozzarella cheese & kewpie mayo	24	26

SANDWICHES & BURGERS

	Member	Visitor
Steak Sandwich Grilled rib fillet, grilled onion, cheese, lettuce, tomato, beetroot & BBQ sauce. Served with steak fries	19.5	21.5
The Greek Goddess Kiewa Valley lamb, herb & fetta patty with cucumber, tomato, lettuce & tzatziki sauce on a brioche bun. Served with steak fries	20.5	22.5
The Vego Burger Oven baked plant-based schnitzel with avocado, tomato, red onion, vegan cheese & vegan mayo on a potato bread bun. Served with baked fries	20	22
Southern Fried Crunch Burger Southern style chicken with tomato, lettuce & cheese on a brioche bun. Served with steak fries	20	22

LITTLE ONES

	Member	Visitor
Crumbed Chicken Nuggets Served with chips & salad OR mash & veg	12	13
Crumbed Fish Served with chips & salad OR mash & veg	12	13
Dagwood Dog Served with chips & salad OR mash & veg	12	13
Grilled Chicken Served with chips & salad OR mash & veg	12	13
Ham & Cheese Pizza	12	13
Spaghetti Bolognaise	12	13
Grilled Steak Served with chips & salad OR mash & veg	14	15
Kids 3yrs and under eat free with paying adult		

DECADENT DESSERTS

	Member	Visitor
Baked Apple Cinnamon Sundae Baked apple cinnamon sundae topped with salted caramel sauce & pecan nuts	10	12
Crème Brûlée in a Mug Crème brûlée in a mug, served with fresh strawberries	8.5	10.5
Strawberry, Mango & Passion Fruit Trifle Strawberry, mango & passion fruit trifle with mascarpone & fresh cream	13	15