

## STARTERS

Garlic and herb cob loaf | 5

Garlic and herb pizza bread | 9

Bruschetta, toasted ciabatta bread with roma tomatoes, spanish onion, fresh basil and balsamic | 9 (3 pieces)

Cajun dusted salt & pepper squid with sweet lime aioli | e13 m19 served with chips (Gluten free with no chips)

Spicy beef nachos topped with melted mozzarella cheese, guacamole, sour cream and tomato salsa | 14.5 (G)

Mezze plate (2 people) | 21  
Grilled haloumi cheese, chorizo sausage, roasted capsicum, marinated feta, kalamata olives, semi dried tomatoes, trio of dips and grilled bread - add person 9

Sautéed garlic prawns with extra virgin olive oil and parsley served in a cast iron pot with grilled bread | 13

Rosemary & garlic lamb skewers on mixed lettuce with tzatziki | 14.5 (Goodlife)

## SALADS

Caesar salad with baby cos lettuce, crispy bacon, freshly shaved parmesan cheese, cheesy croutons, japanese crumbed egg and home made caesar dressing | 14 (Gluten free with no croutons and egg)  
Add chicken 2.5 Add garlic prawns 3

Herb marinated chicken with grilled cyprian haloumi, cherry tomatoes, mixed leaf salad and lemon vinaigrette | 17 (G)(Goodlife)

Sweet potato salad with cherry tomatoes, spanish onion, spinach and palm sugar dressing | 14 Add chicken 2.5

Chargrilled lime and chilli octopus salad with lime and mango salsa | 17.5  
Add prawns 3 (Goodlife)

Caprice salad with bocconcini, roma tomatoes, fresh basil and mixed lettuce | 16.5

## BURGERS

Wagyu beef burger with lettuce, tomato, beetroot, tasty cheese, onion rings and tomato relish served with chips | 15 Add the lot 3 (bacon, pineapple, egg)

Portuguese chicken burger with lettuce, tomato, tasty cheese, grilled bacon, topped with aioli sauce and served with chips | 15 Add avocado 2

Tandoori chicken wrap with lettuce, tomato, cheese, onion and tzatziki served with chips or salad | 15 Add avocado 2

Slow roasted lamb wrap with oak lettuce, tomato, tzatziki and greek style salad | 15

## FROM THE GRILL

300gm grain fed MSA Rump | 19.5

300gm grain fed MSA South Australian Sirloin | 24.5

400gm grain fed Angus Rib Eye | 32.5 (up to 25 minute wait for med/well or well done order)

Char grilled USA Smokey BBQ pork ribs basted in our home made smokey BBQ sauce | 29

Add garlic prawns or squid with béarnaise sauce | 5  
Add ultimate with prawns and squid with béarnaise sauce | 8

Steak sauces: Dianne | Mushroom | Pepper | Gravy | Béarnaise

All steaks are served with mash/vegetables or chips/salad or Goodlife Option (Goodlife option with baked sweet potatoes and salad) (Gluten free with garlic cream sauce or mustard - no chips)

## MAINS & PUB CLASSICS

Freshly crumbed chicken breast schnitzel with chips and salad & your choice of sauce | 19  
*add parmigiana - double smoked ham, napolitano sauce and melted cheese | 3*  
*add oscar - sautéed tiger prawns, avocado and béarnaise sauce | 5*

Veal schnitzel with chips and salad & your choice of sauces | 22  
*add parmigiana - double smoked ham, napolitano sauce and melted cheese | 3*  
*add oscar - sautéed tiger prawns, avocado and béarnaise sauce | 5*

Beer battered flathead fillets with chips, salad and homemade tartare sauce | 19

Black label beef medallions served with chat potatoes, brocolini, tiger prawns with a vintage blue cheese sauce | 26 (G)

Crispy skinned salmon with chat potatoes, spinach salad, grilled prawns and basil pesto | 25.5 (G)(Goodlife)

Pan fried john dory fillet with prawns, roasted sweet potato, char grilled asparagus with garlic and parsley cream sauce | 26.5 (G)

Char grilled chicken breast with king prawns, roast vegetables and a field mushroom stuffed with salsa verde | 25 (G)(Goodlife)

Roast pumpkin & mushroom stack with pesto, ricotta, marinated eggplant, english spinach, roma tomatoes with basil pesto & balsamic glaze | 17 (G)

Junee lamb rump with spicy kifler potatoes, wilted spinach topped with avocado salsa and lemon vinaigrette | 25.5

## PASTA (Your choice of fettuccini or penne)

Boscaiola with sautéed mushrooms, bacon and garlic in a creamy sauce | 15 Add prawns 3

Sweet potato pasta with cherry tomatoes, spanish onion, spinach and garlic cream sauce | 14 Add chicken 2.5

Atlantic smoked salmon with capers, fresh dill, spanish onion tossed through a garlic rose sauce | 17.5 Add prawns 3

## PIZZA (Gluten Free available 10" \$3 extra)

Margarita with cherry tomatoes, mozzarella cheese and fresh basil | 14

Double smoked ham, grilled pineapple with mozzarella cheese | 15

Meat lovers with ham, salami, chorizo, bacon and pepperoni | 17

BBQ chicken with honey roasted eschalots, bacon, mushroom and spicy bbq sauce | 17

Moroccan lamb & spinach, spanish onion, capsicum & tomato chilli jam | 18

The Tavern, king prawns, salami, pepperoni, mushroom, pineapple, capsicum, olives and mozzarella cheese on a napolitano sauce | 18

**KIDS MEALS ALL \$12** (served with a kids soft drink and ice cream) (12 years and under)

Ham and pineapple pizza

Fish & chips

Chicken schnitzel and chips

Calamari and chips

## DESSERTS \*Please see specials board for more desserts

Warm sticky date pudding with butterscotch sauce served with ice cream | 6.5

Italian style tiramisu served with ice cream | 6.5

(G) - Gluten Free  (Goodlife Meals endorsed by Goodlife Gym Menai)  
[www.goodlifehealthclubs.com.au](http://www.goodlifehealthclubs.com.au)

Monday & Tuesday Nights \$9 Steaks & Schnitzels

Monday to Friday \$10 Lunch Specials

Every Sunday Night Kids Eat FREE  
(U 12's only. Between 4-6pm. One kids meal per main meal ordered)