

FOR THE TABLE

Chicken Spring Rolls

Fried Chicken Tacos

Fried deviled chicken tenders, topped with cos lettuce, avocado salsa & cheese wrapped in a tortilla with ranch dressing

Salt & Pepper Calamari

Lightly seasoned salt & pepper calamari, served with a refreshing side salad

Herb and Garlic Bread

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

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

An assortment of crispy pork belly, beef short ribs, thick beef sausages, marinated chicken skewers, onion rings & pork crackle. Served with jacket potato, slaw, honey soy sauce, burger sauce & aioli

Member	Visitor
13	16
18	22
17	21
10	13
80	89

PASTA & SALADS

Slow Cooked Lamb Ragu

Slow cooked lamb in a tomato based sauce, served with tagliatelle pasta & grated grana padano cheese

Bacon & Mushroom Carbonara Pasta

Bacon, mushrooms & onion in a garlic cream sauce, tossed through tagliatelle pasta & topped with grated grana padano cheese
- Add grilled chicken \$5 - Add prawns \$8.5

Smoked Beetroot & Orange Salad ^{GF} ^V

Smoked beetroot, orange, cherry tomato, rocket, red onion, persian fetta & pomegranate salad, dressed with a smoked beetroot vinaigrette
- Add Saltbush Steak \$10 - Add Salt & Pepper Calamari \$6

Caesar Salad

Crisp cos lettuce, crispy bacon, medium-poached egg, grated grana padano cheese, croutons & caesar dressing
- Add grilled chicken \$5 - Add anchovies \$2.5 - Add prawns \$8.5

Member	Visitor
24	28
20	24
18	22
19	22

FRENCHY FAVOURITES

Chicken Parmigiana

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

Crumbed Steak

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

Ocean Basket

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

Mackerel

Mackerel fillet served grilled ^{GF}, crumbed or battered. Served with salad & chips or potato mash & vegetables

Garlic Prawns ^{GF}

Prawns served in a creamy garlic sauce on a bed of jasmine rice

Member	Visitor
30	34
30	34
39	45
30	34
27	32

FLAME GRILLED

300g Bakers Creek King Pork Cutlet ^{GF} ^{DF}

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

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

400g Bottletree Grain-Fed Rump ^{GF} ^{DF}

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

Member	Visitor
34	38
44	49
42	45

STEAK TOPPERS

Creamy Seafood ^{GF}

Prawns & calamari in a garlic cream sauce

Salt & Pepper Calamari

Avocado and Hollandaise ^{GF}

Beer Battered Onion Rings

Sauces and Gravy

Gravy / Pepper / Diane / Mushroom / Garlic Cream ^{GF} / GF Gravy ^{GF}

12.5
6
6
6
2

CHEF SIGNATURES

Braised Beef Cheek ^{GF}

Braised tender beef cheek with caramelized red onion, served with black garlic potato mash & carrots topped with red wine jus

Best paired with a glass of Penfolds Max's Shiraz - \$10 members (150ml)

Sundried Tomato, Spinach & Cheese Stuffed Chicken Breast ^{GF}

Sundried tomato, spinach & cheese stuffed chicken, served with creamy saffron risotto, topped with sundried tomato & mixed herb vinaigrette

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

Slow-Cooked Crispy Pork Belly ^{GF}

Slow-cooked crispy pork belly, infused with asian spices, served with cream potato mash & grilled broccolini, topped with honey glaze sauce

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

Crispy Rice Noodle & Calamari Salad

Lightly seasoned salt & pepper calamari, served with a refreshing mix of cucumber, lettuce, cherry tomato, red onion, red chili, & crispy rice noodles tossed in a Thai honey mustard vinaigrette

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

Member	Visitor
30	34
30	34
30	34
22	26

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

^{GF} Gluten Free

^{DF} Dairy Free

^V Vegetarian



BBQ Share Board



Crispy Rice Noodle & Calamari Salad



Slow Cooked Lamb Ragu



Baked Apple Crumble



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	20.5
TUESDAY BEEF OR BIRD FROM 5:30PM Crumbed steak with battered onion rings, salad, chips & gravy OR Chicken parmi with salad, chips & gravy	25	28
WEDNESDAY STEAK NIGHT FROM 5:30PM Enjoy a delicious 250g Grain-Fed Bottletree Rump Steak flame grilled & cooked to perfection. - Add Steak Fries \$6 - Add Side Salad \$6 - Add veg \$6	19	24
THURSDAY PICK A PIZZA FROM 5:30PM Choice of: Stockyard, Vegetarian, Sportsman or Tropical Paradise Pizza Add - Garlic Bread \$5	15	18
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	34

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
Gourmet Beef Sausages & Mash Frenchy's signature onion & pepper beef sausages, served with creamy potato mash & topped with red wine jus	17.5	20.5
Chunky Beef & Kidney Pie Chunky beef & kidney slow cooked in red wine jus, encased in a crusty pastry & cooked till golden brown. Served with creamy potato mash	17.5	20.5
Skippers Catch Selection of crumbed seafood with chips & tartare sauce	17.5	20.5
Crumbed Steak Golden crumbed black angus steak with salad, chips & gravy	17.5	20.5
Chicken Schnitzel Golden crumbed chicken schnitzel with salad, chips & gravy	17.5	20.5
Roast of the Day Served with home-style vegetables Please see staff for today's selection	17.5	20.5
Flames Favourite Please see staff for today's selection	15.5	20.5

ARTISAN PIZZAS

	Member	Visitor
The Stockyard Bacon, salami, ham & ground beef on a BBQ base, topped with mozzarella cheese	22	25
The Vegetarian (V) Grilled plant-based chicken pieces, capsicum, onion, mushroom & cherry tomatoes on a tomato base, topped with mozzarella cheese	22	25
The Sportsman Pepperoni, salami, bacon, capsicum, onion, mushroom, olives & pineapple on a tomato base, topped with mozzarella cheese	23	26
The Tropical Paradise Ham, bacon & pineapple on a tomato base, topped with mozzarella cheese	20	23
Drunken BBQ Chicken & Bacon Fresh chilli, seasoned roast chicken pieces, bacon, red onion, capsicum, olives on smoked bbq base topped with mozzarella cheese	23	26
Seafood Sensation Seasoned seafood, red onions, cherry tomato on a creamy cheese sauce base, topped with mozzarella cheese	25	29

SANDWICHES & BURGERS

	Member	Visitor
Steak Sandwich Grilled rib fillet, grilled onion, cheese, lettuce, tomato, beetroot & BBQ sauce. Served with steak fries	19.5	22.5
Pulled Lamb Burger Pulled lamb with cucumber, tomato, lettuce & tzatziki sauce on a brioche bun. Served with steak fries	20	24
The Vego Burger (V) Oven baked plant-based schnitzel with avocado, tomato, red onion, vegan cheese & vegan mayo on a potato bread bun. Served with baked fries	20	24
Deviled Delight Burger Deep fried deviled chicken tenderloin, lettuce, tomato, red onion, American cheese & chilli mayo on a brioche bun. Served with steak fries	20	24

LITTLE ONES

	Member	Visitor
Crumbed Chicken Nuggets Served with chips & salad OR mash & veg	12	14
Crumbed Fish Served with chips & salad OR mash & veg	12	14
Dagwood Dog Served with chips & salad OR mash & veg	12	14
Grilled Chicken (GF) (DF) Served with chips & salad OR mash & veg	12	14
Ham & Cheese Pizza	12	14
Spaghetti Bolognese	12	14
Grilled Steak (GF) (DF) Served with chips & salad OR mash & veg	15	17
Kids 3yrs and under eat free with paying adult		

DECADENT DESSERTS

	Member	Visitor
Baked Apple Crumble Baked apple cinnamon crumble topped with salted caramel sauce & vanilla ice cream	10	14
Crème Brûlée in a Mug (GF) Crème brûlée in a mug, served with fresh strawberries	8.5	12.5
Brownie in a Mug Chocolate brownie in a mug, served with vanilla ice cream & fresh strawberries	8.5	12.5