

DINING HOURS

LUNCH & DINNER - 7 DAYS

Monday	12:00PM - 2:00PM//5:00PM - 8:30PM
Tuesday	12:00PM - 2:00PM//5:00PM - 8:30PM
Wednesday	12:00PM - 2:00PM//5:00PM - 8:30PM
Thursday	12:00PM - 2:00PM//5:00PM - 8:30PM
Friday	12:00PM - 2:00PM//5:00PM - 8:30PM
Saturday	12:00PM - 2:00PM//5:00PM - 8:30PM
Sunday	12:00PM - 2:00PM//5:00PM - 8:30PM

FOOD ALLERGIES & DIETARY REQUESTS

Please be aware that all care is taken when catering for special dietary requirements. It must be noted that within the premises we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi, and dairy products. Customer requests will be catered to the best of our ability, but the decision to consume a meal is the responsibility of the diner.

THE BISTRO

HARRUP PARK

Starters

	M	NM
GARLIC BREAD (V)	6	7
Add cheese/bacon	4	5
Add cheese (V)	2	3
Add bacon	2	3
A BOWL OF SWEET POTATO WEDGES (V) (GF) (DF)	9.9	10.9
A BOWL OF CHIPS (V) (GF) (DF)	7.5	8.5

Entrées

	M	NM
REEF AND BEEF SKEWERS (GF)	15.9	17.9
grilled prawns and eye fillet w/garlic cream sauce		
KOREAN FRIED CHICKEN (GF) (DF)	13.9	15.9
w/sticky chilli dipping sauce		
COCONUT CHICKEN SATAY SKEWERS (GF) (DF)	11.9	13.9
w/jasmine rice and peanut sauce		
CRISPY BEEF SALAD (GF) (DF)	14.9	16.9
w/sweet sesame, chilli sauce and satay salad		
CRISPY SQUID (DF)	13.9	15.9
w/green papaya salad and Nam Jim dressing		
DUCK AND PLUM SPRING ROLLS (DF)	13.9	15.9
w/herb salad and plum dipping sauce		
GARLIC PRAWN RISOTTO (GF)	17.9	19.9
local prawns in a roast garlic and cream risotto		
CAESAR SALAD	14.9	16.9
Add crispy squid	5	6
Add popcorn chicken	5.5	6.5
Add tempura prawns	7.2	8.2

Vegetarian

	M	NM
ASIAN STIR-FRY (GF) (DF) (V)	14.9	16.9
w/hokkien noodles, free range eggs, sweet soy sauce and shallots		
GOATS CHEESE AND SNOWPEA SALAD (GF) (V)	16.9	18.9
marinated goats cheese with a fresh snowpea salad and pomegranate molasses		
MUSHROOM RISOTTO (GF) (V)	15.9	17.9
king oyster mushroom risotto w/fresh herbs and parmesan cheese		
THAI GREEN VEGETABLE CURRY (GF) (DF) (V)	14.9	16.9
w/steamed vegetables, crisp rice paper and rice		
ASIAN SALAD (GF) (DF) (V)	12.9	14.9
w/Thai dressing		

Values

	M	NM
FISH AND CHIPS	14.9	16.9
battered Barra w/salad or veg		
CRUMBED STEAK (DF)	14.9	16.9
w/chips, salad or veg		
CHICKEN SCHNITZEL (DF)	15.9	17.9
w/chips, salad or veg		
WOK TOSSED CHICKEN STIR-FRY (DF)	14.9	16.9
w/egg noodles, sweet soy and shallots		

Pizzas

	M	NM
CHICKEN, BACON RANCH	17.9	19.9
w/tomato & herb base		
KING PRAWN AND CAMEMBERT	17.9	19.9
king prawns, cherry tomatoes, onions, spinach, cheese and camembert w/tomato & herb base		
BBQ PORK BELLY	16.9	18.9
sliced pork belly, red capsicum, onion, mushroom, chives and cheese w/tomato base		
CLASSIC CHEESE PIZZA	14.9	16.9
3 cheeses w/tomato & herb base		
VEGETARIAN	14.9	16.9
bocconcini, pumpkin and spinach w/tomato & herb base		

Sauces

	M	NM
DIANE SAUCE (GF)	2	3
GARLIC AIOLI (GF)	2	3
GARLIC CREAMY SAUCE (GF)	2	3
GRAVY (GF) (DF)	2	3
HOLLANDAISE (GF)	2	3
MUSHROOM SAUCE (GF) (DF)	2	3
PEPPER SAUCE (GF)	2	3

Toppers

	M	NM
CRISPY SQUID	6.9	7.9
SMASHED AVOCADO (GF) (DF) (V)	4	5
SMOKEY BACON (GF) (DF)	5	6
GARLIC PRAWN SKEWERS (GF)	10.9	11.9
with main meals only		

Sides

	M	NM
MIXED LEAF GARDEN SALAD (GF) (DF) (V)	5	6
GARLIC POTATOES (GF) (DF) (V)	5	6
w/chives		
SCENTED JASMINE RICE	4	5
SWEET POTATO WEDGES (V) (GF)	6	7
CHIPS (V) (GF) (DF)	5	6
STEAMED SEASONAL VEGETABLES (V) (GF) (DF)	5	6

Grill

	M	NM
BLACK ANGUS RUMP STEAK (GF)		
• 200g	22.9	24.9
• 400g	29.9	31.9
BLACK ANGUS RIB FILLET (GF)		
• 300g	35.9	37.9
BLACK ANGUS EYE FILLET MEDALLIONS (GF)		
• 200g	29.9	31.9
• 400g	45.9	47.9
REEF AND ANGUS BEEF		
w/garlic prawns, crispy squid and garlic cream sauce		
• 200g rump	29.9	31.9
• 400g rump	39.9	41.9
ANGUS STEAK AND RIB COMBO (GF)		
rump and half rack of ribs		
• 200g	34.9	36.9
• 400g	44.9	46.9
ANGUS STEAK AND HALF LOBSTER (GF)	53.9	55.9
grilled half tropical lobster with angus rump steak and garlic cream sauce		
WHOLE GRILLED AUSTRALIAN ROCK LOBSTER (GF)	53.9	55.9
whole split lobster with roast potatoes and garlic cream sauce		
MIXED GRILL	35.9	37.9
chargrilled angus rump steak, grilled lamb cutlets, a bratwurst sausage and your choice of sauce		
• 200g rump mixed grill	37.9	39.9
• 400g rump mixed grill	47.9	49.9
SMOKEY BBQ PORK RIBS (GF)		
served w/ roast potatoes and corn on the cob		
• 325g half rack	23.9	25.9
• 650g whole rack	36.9	38.9
all steaks served w/ chips and garden salad or garlic potatoes and buttered vegetables		

Mains

	M	NM
GRILLED SALTWATER BARRAMUNDI FILLET (GF) (DF)	24.9	26.9
w/wilted greens, jasmine rice and ginger & chilli sauce		
CRISPY SKIN SALMON (GF) (DF)	23.9	25.9
w/coconut & lime herb salad and Congo potatoes		
GRILLED CORAL TROUT (GF) (DF)	33.5	35.5
w/roast corn, cherry tomato salad and macadamia mojo		
CHARGRILLED LAMB CUTLETS (GF)	37.9	39.9
w/goats cheese, green pea salad and pomegranate molasses		
THAI GREEN CHICKEN CURRY (GF) (DF)	19.9	21.9
w/steamed vegetables, crisp rice paper and rice		
BBQ PORK TOMAHAWK (DF)	37.9	39.9
marinated in char siu with shallot and bean sprout salad		
CHARGRILLED MARINATED CHICKEN	19.9	21.9
w/seeded mustard potato salad and local greens		
ORIENTAL PORK SPARE RIBS (GF) (DF)	37.9	39.9
w/sweet ginger, soy sauce and jasmine rice		
CLASSIC PARMY	20.9	21.9
w/tomato, ham and melted cheese		
KING AVO CHICKEN SCHNITZEL	21.9	23.9
w/avocado, bacon and hollandaise sauce		
SEAFOOD BASKET	24.9	26.9
beer-battered coral trout, chips, tempura prawns and crispy squid		
CHAR SUI PORK FRIED RICE (GF) (DF)	19.9	21.9
w/stir fried greens and spring onion		

Kids

	M	NM
POPCORN CHICKEN (GF)	9.9	11.9
GRILLED FISH (GF)	9.9	11.9
100g STEAK (GF)	9.9	11.9
Above kids meals served w/chips and garden salad or garlic potatoes and buttered vegetables		
HAM AND PINEAPPLE PIZZA	9.9	11.9
CHICKEN RISOTTO (GF)	9.9	11.9

ADD 10% SURCHARGE ON PUBLIC HOLIDAYS

(V) VEGETARIAN

(GF) GLUTEN FREE

(DF) DAIRY FREE

M - MEMBERS

NM - NON MEMBERS