

Value Lunch

FROM ONLY \$13

from 11:30am-2:00pm

	M	G
BATTERED FISH & CHIPS Flathead served with our house salad, thick fries, tartare, lemon wedge	\$13	\$18
PIE & CHIPS House made pie of the day simply served with thick fries and gravy	\$13	\$18
LOS CABOS CHICKEN SALAD (GFR, DF) Tinga chicken breast, mango & lime dressing, macadamia, mixed leaves, cherry tomato, quinoa, blue corn tortilla crisps - ADD AVOCADO	\$13	\$18
PETITE CHICKEN SCHNITZEL Golden crumbed chicken breast served with our house salad, thick fries, rich gravy	\$16	\$20
PETITE CHICKEN PARMIGIANA Golden crumbed chicken breast with rich napoli sauce, smoked leg ham and melted jack cheddar served with our house salad and thick fries	\$20	\$25
LUNCH ROAST OF THE DAY (GFR) Choose from beef or pork with roast potato, pumpkin, greens and rich pan gravy - MAKE IT A ROAST COMBO With beef & pork	\$16	\$20
CHICKEN KATSU CURRY (DF) Chicken breast, panko crumb, mild golden curry, steamed rice, vegetables, sesame seeds	\$20	\$25
200g ANGUS BEEF RUMP Served with our house salad, thick fries & your choice of sauce: Dianne, peppercorn, mushroom or rich gravy	\$20	\$25
SINGAPORE PORK & PRAWN STIR-FRY (DF) Sauteed prawns, pork tenderloin, pak choi, capsicum, sprouts, Singapore noodles and sticky tamari glaze	\$22	\$27
ADD A GARLIC SUB TO ANY VALUE LUNCH	\$2.5	\$3.5
SWAP CHIPS & SALAD FOR MASH & PANACHE OF STEAMED VEGETABLES	\$2	\$3

SENIORS RECEIVE \$2 DISCOUNT ON PRESENTATION OF THEIR SENIORS CARD AT LUNCH.

25% ENTERTAINMENT BOOK DISCOUNT NOT APPLICABLE TO VALUE LUNCHES

Please let staff know of any allergies. All of our sauces are Gluten-Free.

15% Surcharge applies on Public Holidays.

Pizzas

from 5:30pm-8:30pm

	M	G
QUEEN MARGHERITA (V) Mozzarella, napoli and fresh basil	\$15.9	\$18.9
GONE TROPPO Smoky ham, pineapple, napoli base and mozzarella	\$16.9	\$19.9
SMASHING PUMPKIN (V) Honey roasted pumpkin, mozzarella, beetroot, baby spinach, fetta, pine nuts, balsamic glaze	\$16.9	\$19.9
THE WHOLE HOG Chipotle pulled pork, ham, smoky sausage, rasher bacon, slaw, jack cheddar and Kansas City BBQ sauce	\$18.9	\$23.9
SHAOLIN PORK Char Siu pork tenderloin, shiitake mushroom, capsicum, pickled red onion, honey sesame drizzle	\$18.9	\$23.9
SATAY BAE Satay chicken breast, bacon, pineapple, baby spinach, Thai peanut sauce, capsicum, shallots, mozzarella	\$19.9	\$23.9
LAMBORGHINI Turkish spiced lamb, fetta, pumpkin, garlic aioli, rocket, pine nuts	\$19.9	\$23.9
SUPREME TEAM Loaded supreme pizza with beef brisket, salami, ham, bacon, olives, pineapple, capsicum, mushrooms, red onion, napoli and mozzarella	\$22.9	\$26.9
PARADISE CITY Prime steak, garlic prawns, hollandaise sauce, red onion, baby spinach, chorizo, napoli sauce, mozzarella	\$22.9	\$26.9
GLUTEN-FREE BASE VEGAN CHEESE (VE, DF)	\$4.9 \$2	\$5.9 \$3

LUNCH

Monday to Sunday
11:30am-2:00pm

DINNER

Monday to Sunday
5:30pm-8:30pm

Menu

frenzy
food court

Bread

	M	G
GARLIC BREAD (VE, DF)	\$7.5	\$10
CHEESE & BACON GARLIC BREAD Garlic cheese bread topped with crispy bacon	\$9.9	\$12

Start or Share

PARMESAN TRUFFLE FRIES (GFR) Thick fries with truffle salt, topped with parmesan		
SMALL	\$5.9	\$7.9
LARGE	\$7.9	\$9.9
- ADD GRAVY or AIOLI	\$1	\$2
SEASONED WEDGES - With sour cream & sweet chilli - Loaded with melted cheddar, bacon & shallots	\$8.9	\$10.9
LASAGNE SPRING ROLLS [2] With beef mince, melted mozzarella, parmesan herb crumb, tomato relish	\$10.9	\$14.9
KARAAGE CHICKEN POPPERS (GFR, DF) Crispy chicken, Shoyu, coral lettuce, Kewpie mayonnaise, toasted sesame seeds	\$11.9	\$15.9
PORK BELLY BAO [2] Braised pork belly, Chinese charcoal bun, tamari dressing, gin pickles, sriracha aioli	\$11.9	\$15.9
PORTUGUESE SALT & PEPPER SQUID (DF) Spice dusted barrero squid with rocket, olives, chipotle remoulade	\$16.9	\$21.9
CHICKEN SATAY SKEWERS [3] (GFR) Grilled chicken, macadamia & coconut satay sauce, crispy shallots, jasmine rice and a Thai cucumber salad	\$17.9	\$22.9
CRISPY PANKO KING PRAWNS [5] (DF) Sticky honey gochujang glaze, yuzu aioli, mango salsa	\$19.9	\$24.9

For the Kids

KIDS GRILLED CHICKEN (GFR, DF) Served with rice and broccolini		
KIDS BOLOGNAISE Beef bolognaise & linguine topped with cheese		
CHICKEN NUGGETS Served with chips, salad and tomato sauce		
KIDS FISH BITES Served with chips, salad and tomato sauce		

*Member's pricing shown for Kids Meals (Guests \$13.9)

ALL
KIDS
MEALS
\$10.9*

Salads

	M	G
VEGAN INCA SALAD (GFR, VE, DF) Sweet corn fritters, vegan chipotle aioli, organic quinoa, black beans, pickled vegetables, cucumber, cherry tomatoes, lemon dressing - ADD AVOCADO	\$17.9	\$22.9
THAI BEEF SALAD (GFR, DF) Charred Angus beef, cashews, bean sprouts, carrot, mixed leaves, wombok, lime & sweet chilli dressing with yuzu aioli	\$24.9	\$29.9
POKÉ BOWL (GFR, DF) Brown rice & quinoa, black beans, mixed leaves, avocado, tapioca crisps, pickled vegetables, miso ginger dressing - WITH KARAAGE CHICKEN - WITH TERIYAKI SALMON	\$25.9 \$28.9	\$29.9 \$32.9

Burgers

All burgers served with thick fries		
O.G. ANGUS BEEF Flame grilled Angus patty, caramelised onion, lettuce, tomato, cheddar, pickles, aioli and tomato chutney, brioche bun	\$19.9	\$23.9
BAJA CHICKEN Grilled chicken breast, bacon, melted cheddar, mango aioli, guacamole, lettuce and kale slaw, brioche bun	\$19.9	\$23.9
VEGAN BEETROOT & QUINOA (VE, DF) Grilled beetroot & quinoa patty, vegan cheddar, tomato, lettuce and vegan mayonnaise, toasted Turkish bun	\$19.9	\$23.9
STACKED DOUBLE BEEF & BACON Flame grilled Angus patties, rasher bacon, caramelised onion, lettuce, tomato, cheddar, pickles, aioli and tomato chutney, brioche bun	\$23.9	\$27.9
SOUTHWEST STEAK 200g rump steak, bourbon bacon jam cheddar, lettuce, tomato, chipotle mayonnaise, tomato relish, toasted Turkish bun	\$23.9	\$27.9

(V) Vegetarian
(GFR) Gluten-Free on Request
(DF) Dairy-Free
(VE) Vegan

The Grill

Grain-fed beef cooked to your liking served with chips & side salad, or mash and panache of vegetables and your favourite sauce:
mushroom | Dianne | pepper | gravy | garlic cream

	M	G
300g RUMP STEAK	\$30.9	\$34.9
180g EYE FILLET	\$32.9	\$36.9
220g EYE FILLET	\$34.9	\$38.9

Mains

CHICKEN SCHNITZEL Crumbed chicken breast served with chips & salad or or mash and panache of vegetables	\$22.9	\$26.9
CLASSIC CHICKEN PARMY Crumbed chicken breast schnitzel topped with napoli, ham & cheese served with chips & salad or mash and panache of vegetables - GF OPTION ADDITIONAL	\$24.9	\$28.9
CREAMY CHICKEN & PORCINI CARBONARA Tuscan chicken breast, rasher bacon, porcini mushrooms, caramelised leek, fettuccine, shaved parmesan	\$25.9	\$29.9
CHILLI PRAWN & CHORIZO LINGUINE Sautéed king prawns & chorizo with baby spinach, semi-dried tomatoes, egg pasta	\$31.9	\$34.9
VEGAN PUMPKIN & CHICKPEA CURRY (GFR, VE, DF) Fragrant curry with steamed rice, vegetable crackers, crispy shallot, mango chutney, coconut cream	\$25.9	\$29.9
ROAST OF THE DAY (GFR) Pork or Beef from from the carvery with roast vegetables and rich gravy (Thursday-Sunday only)	\$21.9	\$24.9

Seafood

FRENZY'S FISHERMAN'S CATCH Battered flathead fillets, salt & pepper calamari, prawn cutlets and tempura seafood stick served with a zesty kale slaw, thick fries, tartare and lemon wedge	\$28.9	\$32.9
BARRAMUNDI (GFR, DF) Barramundi - grilled or craft beer-battered with tartare, thick fries and house salad	\$26.9	\$29.9
MACADAMIA CRUSTED SALMON (GFR, DF) Signature seared salmon, panang curry, pak choy, lime roasted macadamias, jasmine rice	\$29.9	\$33.9

GARLIC
PRAWN
TOPPER
\$7.9