

START & SHARE

	M	G
GARLIC BREAD (V)	7.5	10
Add cheese and bacon	9.5	12
FRIES (V) (GFR)		
Thick fries served with aioli		
Small	5.9	8.9
Large	7.9	10.9
Add rich gravy	1	2
SEASONED WEDGES (V)	8.9	11.9
Served with sweet chilli sauce and sour cream		
LOADED WEDGES	10.9	14.9
With melted cheese, crispy bacon & shallots		
KARAAGE CHICKEN SKEWERS (2) (GFR)	11.9	15.9
Ginger chicken, shoyu sauce, jasmine rice, kewpie mayonnaise, shallots		
VEGAN BOMBAY CAULIFLOWER BITES (V, GFR)	15.9	20.9
With chickpeas, baby spinach, pickled onion, vegan aioli		
CHICKEN PARM SPRING ROLLS (2)	10.9	14.9
With chicken breast, mozzarella, ham, rich napoli, panko crunch, tomato relish		
SZECHUAN & LIME SQUID (GFR)	15.9	20.9
Wombok & cabbage slaw, shallots, yuzu mayonnaise		
CRISPY COCONUT PRAWNS [5]	19.9	24.9
Panko crusted prawns with a lychee & cucumber salad, Thai dressing, mango aioli		

Salads

	M	G
VEGAN INCA SALAD (VE)	16.9	21.9
Sweet corn fritters, organic quinoa & black beans, pickled vegetables, cucumber, cherry tomatoes, kale slaw, lemon dressing		
ADD AVOCADO	2	3
THAI BEEF SALAD (GFR)	24.9	29.9
Charred Angus beef, cashews, bean sprouts, carrot, mixed leaves, wombok, lime & sweet chilli dressing with yuzu mayonnaise		
TERIYAKI SALMON POKÉ BOWL (GFR)	28.9	33.9
Salmon, brown rice & quinoa, black beans, mixed leaves, avocado, wonton crisps, pickled vegetables, miso ginger dressing		

Burgers

	M	G
ANGUS BEEF BURGER	16.9	21.9
Char grilled Angus beef patty, caramelised onions, lettuce, tomato, cheddar cheese, pickles, garlic aioli and tomato chutney on a brioche bun		
Add rasher bacon	19.9	24.9
BAJA CHICKEN BURGER	19.9	24.9
Grilled chicken breast, mango aioli, guacamole, bacon, lettuce and kale slaw on a brioche bun		
SOUTHWEST STEAK BURGER	22.9	27.9
Seared rump steak strips, beer braised onions, cheddar, rocket, tomato, blue cheese dressing, chipotle chutney on a toasted Turkish bun		
VEGAN BEETROOT & QUINOA BURGER (VE)	19.9	24.9
Grilled beetroot & quinoa patty, vegan cheddar, tomato, lettuce and vegan mayonnaise on a toasted Turkish bun		
All burgers served with thick fries		

CLASSICS

	M	G
CHICKEN SCHNITZEL (GFR)	22.9	27.9
Golden fried chicken breast schnitzel served with garden salad and thick fries		
MAKE IT A PARMIGIANA (GFR)	24.9	29.9
With rich napoli sauce, smoked leg ham and melted jack cheddar		
GF OPTIONAL ADDITIONAL	2	3
ROAST OF THE DAY (GFR)	19.9	24.9
Choose pork or beef with roast vegetables and rich gravy		
FISH & CHIPS	28.9	33.9
Barramundi - grilled or craft beer battered with tartare, thick fries and house salad		

KIDS MEALS

	M	G
KIDS GRILLED CHICKEN	10.9	13.9
Served with brown rice and broccolini		
KIDS SPAGHETTI BOLOGNESE	10.9	13.9
KIDS NUGGETS	10.9	13.9
Served with chips, salad and tomato sauce		
KIDS FISH BITES	10.9	13.9
Served with chips, salad and tomato sauce		

MAINS

	M	G
FRENZY'S FISHERMAN'S CATCH	27.9	32.9
Battered flathead fillets, salt & pepper calamari, prawn cutlets and tempura seafood stick served with a zesty kale slaw, thick fries, tartare and lemon wedge		
MACADAMIA CRUSTED SALMON (GFR)	31.9	36.9
Signature seared salmon, panang curry, pak choy, green pawpaw, jasmine rice		
CREAMY CHICKEN & CHORIZO LINGUINI	26.9	31.9
Portuguese style chicken breast, chorizo, semi-dried tomatoes, baby spinach, caramelised leek, egg pasta and shaved pecorino		
GARLIC PESTO PRAWNS	30.9	35.9
Served with preserved lemon, parmesan, sage and potato gnocchi		
SRI LANKAN PUMPKIN, PEANUT & CHICKPEA CURRY (VE, GF)	24.9	29.9
Fragrant curry with steamed rice, vegetable crackers, crispy shallot, mango chutney and coconut cream		

STEAKS

	M	G
300G RUMP STEAK (GFR)	30.9	35.9
Served with chips and side salad or mash and vegetables of the day		
220G EYE FILLET (GFR)	34.9	40.9
Served with chips and side salad or mash and vegetables of the day		
220G BEEF FILET MIGNON (GFR)	37.9	42.9
Signature eye fillet wrapped in rasher bacon, served with chips and side salad or mash and vegetables of the day		
Served with your choice of sauce - mushroom, Dianne, pepper or jus		

TOPPERS

PRAWN STAR	7.9	11.9
Prawns (3) sautéed in a creamy garlic sauce		
GOLDEN COAST	9.9	13.9
Salt & pepper calamari and prawns (3) sautéed in a creamy garlic sauce		
PUT A RING ON IT	3.9	4.9
Battered onion rings (3) and béarnaise sauce		

Top your steak, schnitty or pami!