

VALUE LUNCHES

available daily from 11:30AM - 2PM

	M	G
FISH & CHIPS Battered reef fish served with house salad, thick fries, tartare and lemon wedge	\$15	\$19
CHIPOTLE CHICKEN TACOS [2] Picante chicken breast, Flour tortillas with chipotle aioli, fresno chilli, lettuce, cheese and mexi-slaw - SWAP FOR BEER BATTERED FLATHEAD	\$15	\$19
PIE & CHIPS House made pie of the day served with thick fries and gravy	\$15	\$19
PESTO PENNE Char-grilled vegetables, creamy basil pesto, preserved lemon, baby spinach and parmesan - ADD CHICKEN	\$15	\$19
PETITE CHICKEN SCHNITZEL Golden crumbed chicken breast served with our house salad, thick fries and rich gravy	\$16.9	\$19.9
PETITE CHICKEN PARMIGIANA Chicken schnitzel with napoli sauce, smoked leg ham and melted cheddar, served with our house salad and thick fries	\$21.9	\$24.9
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	\$18.9	\$21.9
200g ANGUS BEEF RUMP With our house salad, thick fries & choice of sauce: rich gravy, Diane, mushroom, pepper or garlic cream	\$22.9	\$26.9
SIGNATURE CHICKEN KATSU CURRY (DF) Panko crumbed chicken breast, mild golden curry, steamed rice, vegetables and sesame seeds	\$22.9	\$25.9
BULGOGI BEEF POWER BOWL Tender Korean BBQ Angus beef, steamed rice, gochujang, ginger, vegetables, toasted sesame	\$24.9	\$28.9
THAI PRAWN & CHICKEN STIR-FRY (GFR, DF) King prawns, chicken breast, capsicum, sprouts, hokkien noodles, and sticky sweet chilli & tamari glaze	\$25.9	\$28.9
PEANUT CHICKEN SKEWERS & SPECIAL FRIED RICE Marinated chicken skewers (4) with jasmine rice, egg, peas, corn, green shallots, satay sauce and crispy prawn crackers	\$24.9	\$28.9
ADD A GARLIC SUB TO ANY VALUE LUNCH	\$3	\$4
SWAP CHIPS & SALAD FOR MASH & STEAMED VEGETABLES	\$3.5	\$4.5

PRESENT YOUR VALID SENIORS CARD TO RECEIVE \$2 OFF ANY ITEM FROM THE FRENZY'S MENU DURING LUNCH HOURS!

VALUE LUNCHES ARE UNABLE TO BE DISCOUNTED WITH ANY OTHER OFFER INCLUDING ENTERTAINMENT BOOK VOUCHERS.

HAVE A PIZZA THIS

From 5:30PM - 8:30PM

All on hand stretched, stone baked bases

	M	G
THE BIG CHEESE White garlic base, mozzarella, parmesan, red cheddar and pepper jack cheese	\$18	\$21
MISS MARGHERITA (V) Napoli, mozzarella, basil, smoked burrata and balsamic drizzle	\$19	\$21
BIG TONY'S PEPPERONI Calabrese pepperoni, fire roasted peppers, caramelised onion, Kalamata olives, oregano and mozzarella	\$21	\$24
HAWAII FIVE-O Honey ham, pineapple, bacon, napoli sauce and mozzarella	\$20	\$23
WHOLE HOG Chipotle pulled pork, ham, smoky sausage, rasher bacon, slaw, jack cheddar and Kansas City BBQ sauce	\$22	\$25
HOLA CHICA! Mezcal chicken breast, chorizo, queso fresco, fire roasted peppers, onion, sweet corn, guindilla, coriander, mozzarella and chipotle aioli	\$22	\$25
BIG BALLER Mama's meatballs, italian sausage, ricotta, Spanish onion, truffled mushrooms, rocket, napoli base, tarragon, mozzarella and chilli flakes	\$21	\$24
SUPREME TEAM Loaded supreme pizza with beef brisket, salami, ham, bacon, olives, pineapple, capsicum, mushrooms, red onion, napoli and mozzarella	\$24	\$27
GREEN DAY (V) Basil pesto, pumpkin, ricotta, pine nuts, artichoke, mushrooms, mozzarella and rocket	\$21	\$24
PARADISE CITY Prime steak, garlic prawns, hollandaise sauce, red onion, baby spinach, chorizo, napoli sauce and mozzarella	\$25	\$28
GLUTEN-FREE BASE	\$5	\$6
VEGAN CHEESE (VE, DF)	\$3	\$5

M - MEMBER PRICE G - GUEST PRICE

Not a member yet? It's only \$5 for one year, or \$12 for three years.



SCAN HERE TO JOIN NOW!

frenzy
food court



MENU

LUNCH

Monday to Sunday

11:30AM - 2PM

DINNER

Monday to Sunday

5:30PM - 8:30PM

PARTY STARTERS

	M	G
GARLIC BREAD (VE, DF)	\$8	\$10
CHEESY GARLIC BREAD - WITH BACON	\$11 \$13	\$13 \$15
THICK FRIES (GFR) With chicken salt		
- SMALL	\$7	\$9
- LARGE	\$10	\$12
- ADD GRAVY or AIOLI	\$1	\$2
SEASONED WEDGES With sour cream & sweet chilli	\$10	\$12
PHILLY CHEESESTEAK SPRING ROLLS [2] Angus beef, peppers, melted cheddar, pickles, golden pepperjack crumb and chipotle mayo	\$14	\$16
- EXTRA SPRING ROLL	\$3	\$4
GRILLED CHICKEN SATAY SKEWERS [4] (GFR) Satay sauce, rice noodles, macadamia crumble and sesame	\$15	\$18
SWEET & SOUR PORK BELLY BITES (GFR, DF) Sticky tamari glazed pork belly, cassava crisps, spring onion and sesame	\$18	\$21
CRISPY SALT & VINEGAR SQUID (GFR, DF) With sumac, marinated olives and preserved lemon aioli	\$19	\$23
KARAAGE CHICKEN POPPERS (GFR, DF) Karaage chicken, tonkatsu glaze, jasmine rice and kewpie	\$18	\$21
PANKO KING PRAWNS [5] (DF) Nam jim dressing, cucumber chilli salsa, mango aioli and coconut chips	\$22	\$25
BUFFALO CHICKEN TENDERS Wood fired hot sauce, Fresno chilli and ranch dressing	\$17	\$20

FOR THE KIDS (12 YEARS & UNDER)

GRILLED CHICKEN (GFR, DF) Served with rice and broccolini		
BOLOGNAISE Beef bolognaise & fettucine topped with cheese		
CHICKEN NUGGETS Served with chips and salad		
FISH BITES Served with chips and salad		
CHEESEBURGER Served with chips		

**ALL
KIDS MEALS:
\$12.90 - MEMBER
\$15.90 - GUEST**

LEAFY GREENS

	M	G
COSTA MESA CHICKEN & MANGO SALAD (GFR) Picante chicken breast, avocado, mango mojo dressing, roasted macadamias, mixed leaves, cherry tomatoes, wild grains and tortilla crunch	\$22	\$26
- SWAP FOR CRISPY SOUTHERN FRIED CHICKEN BREAST	\$24	\$28
BOMBAY SPICED CAULIFLOWER SALAD (GFR, VE, DF) Cauliflower pakora, avocado, lime dressing, mixed grains, leaves, pickled vegetables, cucumber and cherry tomatoes	\$22	\$26
THAI BEEF SALAD (GFR, DF) Tamari glazed Angus beef, cashews, mixed leaves, cucumber, cherry tomatoes, lime & sweet chilli dressing, rice noodles, yuzu aioli and sambal crunch	\$26	\$29
TERIYAKI SALMON POKÉ BOWL (GFR, DF) Brown rice & quinoa, black beans, mixed leaves, avocado, tapioca crisps, pickled vegetables and ginger shoyu dressing	\$30	\$33

BURGER BAR

All served with thick fries or salad

O.G. ANGUS BEEF Flame grilled Angus patty, onion jam, lettuce, tomato, cheddar, pickles, burger sauce and tomato chutney, served on a milk bun	\$22	\$25
STACKED DOUBLE BEEF & BACON Flame grilled Angus patties, rasher bacon, onion jam, lettuce, tomato, cheddar, pickles, burger sauce and tomato chutney, served on a milk bun	\$25	\$28
CRISPY CALI CHICKEN Fried buttermilk chicken breast, bacon, melted cheddar, lettuce, slaw, pickles and chipotle aioli, served on a milk bun	\$24	\$27
- SWAP FOR GRILLED CHICKEN BREAST	\$25	\$28
HOMEGROWN VEGAN (VE, GFR) 'Beyond Beef' vegan patty, vegan cheddar, lettuce, tomato, pickled onion, vegan aioli, tomato chutney, served on a vegan milk bun	\$24	\$27
ADD-ONS		
BACON	\$4	\$5
EGG	\$2	\$3
SLAW	\$2	\$3
BUTTERMILK CHICKEN OR BEEF PATTY	\$7	\$8
GLUTEN-FREE BUN (VE, GF)	\$2	\$3
VEGAN CHEDDAR (VE, DF)	\$1	\$2

(V) Vegetarian, (GF) Gluten-Free, (GFR) Gluten-Free on Request, (DF) Dairy-Free, (VE) Vegan, (VO) Vegetarian Option Available

Please let staff know of any allergies. All of our sauces are gluten-free. 15% surcharge applies on public holidays.

KING OF THE GRILL

Grain-fed beef cooked to your liking, served with your favourite sauce:
RICH GRAVY | DIANE | MUSHROOM | PEPPER | GARLIC CREAM

\$2 per extra sauce	M	G
180g EYE FILLET	\$37.9	\$40.9
220g EYE FILLET	\$40.9	\$44.9
300g RUMP STEAK	\$35.9	\$39.9
Make it a Surf & Turf by adding a garlic prawn topper!	\$10.9	\$14.9

THE CLASSICS

CHICKEN SCHNITZEL (GFR) Golden crumbed chicken breast	\$24	\$27
- GLUTEN-FREE SCHNITZEL	\$26	\$30
CHICKEN PARMIGIANA (GFR) Chicken schnitzel topped with napoli, ham and melted cheese	\$26	\$29
- GLUTEN-FREE PARMIGIANA	\$28	\$32
BATTERED BARRAMUNDI (GFR, DF) Beer battered barramundi served with tartare and lemon	\$30	\$33

All Grill & Classics dishes served with house salad and thick fries. Replace with steamed vegetables and mash for an additional \$3.5

MAIN EVENT

CREAMY CHICKEN CARBONARA Slow roasted Tuscan chicken breast, bacon, black garlic, porcini, pecorino and fettucine	\$27	\$30
CHILLI PRAWN LINGUINE Sautéed king prawns with baby spinach, chorizo, garlic cream, napoli and semi-dried tomatoes	\$32	\$35
GRILLED BARRAMUNDI (GFR) Lemon myrtle barramundi, herb roasted chats, broccolini and lemon caper cream sauce	\$30	\$33
MACADAMIA CRUSTED SALMON (GFR, DF) Signature seared salmon, Thai mango & Kaffir lime curry, pak choy, roasted macadamias and steamed rice	\$33	\$36
FRENZY'S FISHERMAN'S CATCH Battered flathead, lemon pepper calamari, prawn cutlets and tempura seafood stick, served with slaw, thick fries, tartare and lemon wedge	\$29	\$33
PUMPKIN TIKKA MASALA (GFR, VE) Butternut pumpkin, chickpeas, spinach, fragrant rice, tapioca crisps and sweet mango chutney	\$27	\$30
SLOW COOKED BLACK ANGUS BEEF CHEEK Braised in rich red wine jus, served with broccolini, potato mash and beer battered onion rings	\$30	\$34
TWICE COOKED PORK BELLY Pumpkin purée, warm Asian greens, spiced Davidson plum sauce, toasted sesame, pork crackle, crispy shallot	\$30	\$34