

EVERY DAY VALUE LUNCHES

From 11:30AM - 2PM

	M	G
FISH & CHIPS Battered reef fish served with house salad, thick fries, tartare and lemon wedge	\$14	\$18
CRISPY CHICKEN TACOS [2] Flour tortillas with chipotle aioli, fermented fresno chilli, lettuce, cheese & mexi-slaw - SWAP FOR BEER BATTERED FLATHEAD	\$15	\$19
PIE & CHIPS House made pie of the day served with thick fries and gravy	\$14	\$18
SOCAL CHICKEN SALAD (GFR) Chipotle & lime roasted chicken breast, mango dressing, macadamia, mixed leaves, cherry tomatoes, black beans, quinoa and tortilla crunch - ADD AVOCADO	\$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	\$20.9	\$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	\$16.9	\$19.9
CHICKEN KATSU CURRY (DF) Panko crumbed chicken breast, mild golden curry, steamed rice, vegetables and sesame seeds	\$21.9	\$25.9
200g ANGUS BEEF RUMP With our house salad, thick fries & choice of sauce: rich gravy, Diane, mushroom, pepper or garlic cream	\$21.9	\$25.9
SINGAPORE CHICKEN & PRAWN STIR-FRY (GFR, DF) Sautéed garlic prawns, chicken breast, capsicum, sprouts, Singapore noodles and sticky tamari glaze	\$25.9	\$29.9
SPECIAL FRIED RICE Char siu pork, jasmine rice, egg, peas, cabbage, corn, green shallot and prawn crackers - ADD SATAY SKEWERS [3]	\$16.9	\$20.9
ADD A GARLIC SUB TO ANY VALUE LUNCH	\$3	\$4
SWAP CHIPS & SALAD FOR MASH & STEAMED VEGETABLES	\$3	\$4

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.

HAVE A PIZZA THIS

From 5:30PM - 8:30PM

All on hand stretched, stone baked bases

	M	G
QUATTRO (V) White base, mozzarella, parmesan, cheddar, jack cheese and rosemary	\$16.9	\$19.9
MISS MARGHERITA (V) Napoli, mozzarella, basil, smoked burrata, and balsamic drizzle	\$17.9	\$20.9
BIG TONY'S PEPPERONI Calabrese pepperoni, fire roasted peppers, caramelised onion, Kalamata olives, oregano and mozzarella	\$20.9	\$23.9
HAWAII FIVE-O Honey ham, pineapple, bacon, napoli sauce and mozzarella	\$18.9	\$21.9
WHOLE HOG Chipotle pulled pork, ham, smoky sausage, rasher bacon, slaw, jack cheddar and Kansas City BBQ sauce	\$21.9	\$24.9
SLICK CHICK Tuscan chicken breast, bacon, semi-dried tomato, mushroom, capsicum, parmesan, pesto mayo, rocket and mozzarella	\$20.9	\$23.9
LAMBORGHINI Turkish spiced lamb, fetta, pumpkin, garlic aioli, rocket and pine nuts	\$20.9	\$23.9
SUPREME TEAM Loaded supreme pizza with beef brisket, salami, ham, bacon, olives, pineapple, capsicum, mushrooms, red onion, napoli and mozzarella	\$23.9	\$26.9
GREEN DAY (V) Basil pesto, pumpkin, goats' cheese, candied walnuts, artichoke, mushrooms, mozzarella and rocket	\$19.9	\$22.9
PARADISE CITY Prime steak, garlic prawns, hollandaise sauce, red onion, baby spinach, chorizo, napoli sauce and mozzarella	\$23.9	\$26.9
GLUTEN-FREE BASE	\$4.9	\$5.9
VEGAN CHEESE (VE, DF)	\$3	\$5

M - MEMBER PRICE G - GUEST PRICE

Not a member? Become one now for as little as \$5 for one year or \$12 for three years, and enjoy these amazing savings right away!

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

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	\$6	\$8
- LARGE	\$9	\$11
- ADD GRAVY or AIOLI	\$1	\$2
SEASONED WEDGES		
- With sour cream & sweet chilli	\$9	\$11
- With melted cheddar, bacon and shallots	\$12	\$14
BIRRIA BEEF SPRING ROLLS [2] Beef brisket, melted cheddar, pickled onion and adobo mayo	\$12	\$14
- EXTRA SPRING ROLL	\$4	\$5
GRILLED CHICKEN SATAY SKEWERS [4] (GFR) Satay sauce, rice noodles, cucumber pickle, macadamia crumble and sesame	\$14	\$17
SWEET & SOUR PORK BELLY BITES (GFR, DF) Sticky pork belly, pineapple glaze, tapioca crisps, spring onion and sesame	\$16	\$19
CRISPY CREOLE SQUID (GFR, DF) Old bay spice, lemon pepper aioli, rocket and olives	\$18	\$21
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	\$21	\$23
BUFFALO CHICKEN TENDERS Wood fired hot sauce, pickled chilli and house ranch	\$15	\$18
GRAZING PLATE (GFR) Cured meats, cheddar, house dip, marinated olives, grilled corn sourdough and pork crackling	\$25	\$28

FOR THE KIDS (12 YEARS & UNDER)

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

**ALL
KIDS MEALS:
\$11.9 - MEMBER
\$14.9 - GUEST**

LEAFY GREENS

	M	G
BOMBAY SPICED CAULIFLOWER SALAD (GFR, VE, DF) Pakora inspired cauliflower bites, mint dressing, mixed grains, leaves, kasoundi, pickled vegetables, cucumber and cherry tomatoes	\$19	\$23
- ADD AVOCADO	\$3	\$4
THAI BEEF BOWL (GFR, DF) Tamari glazed Angus beef, salted cashews, mixed leaves, carrot, cucumber, cherry tomatoes, lime & sweet chilli dressing, rice noodles, yuzu aioli and crispy shallots	\$25	\$28
POKÉ BOWL (GFR, DF) Brown rice & quinoa, black beans, mixed leaves, avocado, tapioca crisps, pickled vegetables and ginger shoyu dressing		
- WITH TERIYAKI SALMON	\$30	\$33
- WITH STICKY KOREAN PORK BELLY	\$27	\$30

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	\$21	\$24
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	\$24	\$26
BAJA CHICKEN (GFR) Grilled chicken breast, melted cheddar, mango aioli, guacamole, lettuce and slaw, served on a milk bun	\$22	\$24
CRISPY CALI CHICKEN Fried buttermilk chicken breast, bacon, melted cheddar, lettuce, slaw, pickles and chipotle aioli, served on a milk bun	\$23	\$25
HOMEGROWN VEGAN (VE, GFR) 'Beyond Beef' vegan patty, vegan cheddar, lettuce, tomato, pickled onion, chipotle aioli, tomato chutney, served on a vegan milk bun	\$22	\$24
ADD-ONS		
BACON	\$4	\$5
EGG	\$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

KING OF THE GRILL

Grain-fed beef cooked to your liking, served with your favourite sauce:

RICH GRAVY | DIANE | MUSHROOM | PEPPER | GARLIC CREAM

	M	G
\$2 per extra sauce		
180g EYE FILLET	\$36	\$39
220g EYE FILLET	\$39	\$42
300g RUMP STEAK	\$33	\$36
Make it a Surf & Turf by adding a garlic prawn topper!	\$10.9	\$14.9

THE CLASSICS

CHICKEN SCHNITZEL (GFR) Golden crumbed chicken breast	\$23.9	\$26.9
- WITH GLUTEN-FREE SCHNITZEL	\$25.9	\$29.9
CHICKEN PARMIGIANA (GFR) Chicken schnitzel topped with napoli, ham and cheese	\$25.9	\$29.9
BATTERED BARRAMUNDI (GFR, DF) Beer battered barramundi served with tartare and lemon	\$28.9	\$31.9

All Grill & Classics dishes served with house salad and thick fries. Replace with steamed vegetables and mash for an additional \$3.

MAIN EVENT

MAPLE GLAZED PORK CUTLET (GFR) Cider braised butter beans, chorizo, potato mash, crackling and balsamic jus	\$32	\$35
CREAMY CHICKEN CARBONARA Slow roasted Tuscan chicken breast, bacon, black garlic, porcini, pecorino and fettucine	\$26	\$29
KING PRAWN & 'NDUJA LINGUINE Prosecco prawns with 'nduja, baby spinach, chorizo and semi-dried tomatoes	\$32	\$35
GRILLED BARRAMUNDI (GFR) Barramundi with fennel salt, herb roasted chats, broccolini and lemon caper sauce	\$30	\$32
MACADAMIA CRUSTED SALMON (GFR, DF) Signature seared salmon, Thai mango curry, pak choy, roasted macadamias and rice	\$32	\$35
FRENZY'S FISHERMAN'S CATCH Battered flathead, salt & pepper calamari, prawn cutlets and tempura seafood stick, served with slaw, thick fries, tartare and lemon wedge	\$28.9	\$31.9
PUMPKIN TIKKA MASALA (GFR, VE) Butternut pumpkin, chickpeas, spinach, vegan mint yoghurt, fragrant rice, tapioca crisps and sweet mango chutney	\$27	\$29
SLOW COOKED BLACK ANGUS BEEF CHEEK Braised in rich red wine jus, served with broccolini, potato mash and onion rings	\$29	\$32