

# from the grill

<b>free range baby chicken</b> <i>corn-red French chicken, chargrilled to lock in juices, and for a crispy, golden skin</i>	\$188	<b>australian angus veal t-bone steak (10oz)</b> <i>half fillet, half sirloin recommended served medium</i>	\$268
<b>salmon fillet</b> <i>from Norway, recommended served medium</i>	\$198	<b>american beef fillet (10oz)</b> <i>recommended served medium-rare</i>	\$368
<b>tuna steak</b> <i>chargrilled with salt &amp; seasonings recommended served medium-rare</i>	\$198	<b>wagyu black label sirloin (10oz)</b> <i>full-bodied flavour recommended served medium-rare</i>	\$468
<b>Australian lamb rack</b> <i>tender and succulent recommended served medium</i>	\$288	<b>wagyu black label lump steak (14oz)</b> <i>rich &amp; aromatic flavour recommended served medium-rare</i>	\$428

includes mesclun salad, creamed spinach, sweet corn & choice of potato (baked, mashed, fat chips, thin fries)

includes grilled tomato, onion, garlic button mushroom & choice of potato (baked, mashed, fat chips, thin fries)

## sides

<b>onion rings</b> \$38	<b>country mash</b>	<b>fat chips</b>	<b>thin fries</b>
<b>sautéed mushrooms</b> \$48	<b>creamed spinach</b>	<b>steamed garden vegetables</b>	<b>roasted garlic new potatoes</b>
<b>steamed asparagus</b> \$68			

# healthy brunch menu

## appetisers

<b>pan-roasted portobello mushroom</b> <i>with garlic, tomato &amp; balsamic vinegar served on rocket leaf salad low-fat &amp; low-carb</i>	\$128
<b>eggplant, tomato &amp; mozzarella</b> <i>on dark rye bruschetta low-fat &amp; low-carb</i>	\$98
<b>eggplant with asparagus rolls</b> <i>&amp; bell pepper jus low-fat &amp; low-carb</i>	\$108
<b>carpaccio of tuna</b> <i>with ginger &amp; sesame salad low-calorie, low-fat &amp; low-carb</i>	\$118
<b>blue crab meat</b> <i>with avocado, baby asparagus &amp; cherry tomato salsa low-fat &amp; low-carb</i>	\$148
<b>spicy rare tuna</b> <i>served on asparagus salad with lemon cucumber salsa low-fat &amp; high-protein</i>	\$138

## main course

<b>french yellow chicken</b> <i>braised with lemon &amp; rosemary served with pumpkin pearl barley risotto &amp; pumpkin sauce high-protein &amp; low-carb</i>	\$198
<b>grilled tuna steak</b> <i>with caponata &amp; broad beans low-calorie &amp; low-fat</i>	\$198
<b>grilled beef fillet</b> <i>with steamed baby vegetables &amp; bell pepper jus</i>	\$368
<b>steamed salmon fillet</b> <i>with pearl barley &amp; diced vegetables in fish broth low-fat &amp; low-carb</i>	\$198

## salads

	standard	large
<b>roasted beef</b> <i>with baby spinach salad &amp; sesame dressing low-fat &amp; low-carb</i>	\$138	\$178
<b>california greens with citrus fruits</b> <i>low-calorie, low-fat &amp; low-carb</i>	\$88	\$138
<b>spicy rare tuna &amp; tiger prawns</b> <i>with soba noodle low-fat &amp; high-protein</i>	\$138	\$178

## soups

<b>soup of the day</b>	\$68
<b>country bean &amp; vegetable soup</b> <i>low-calorie, low-fat &amp; low-carb</i>	\$68

<b>egg white frittata</b> <i>with cepe mushroom, zucchini, low-fat cheddar, skimmed milk served with potato, bell pepper salad on side low-calorie &amp; low-fat</i>	\$168
<b>zucchini &amp; wild mushroom charlotte</b> <i>with spicy ratatouille low-calorie, low-fat &amp; low-carb</i>	\$148
<b>choice of pasta with tomato sauce &amp; basil</b> <i>linguine, spaghetti, macaroni or angel hair</i>	\$138
<b>turkey burger</b> <i>with lettuce, tomato &amp; avocado in rye pita bread pocket low-fat &amp; low-carb</i>	\$138

all items subject to 10% service charge

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