
from the grill

free range baby chicken \$188
*from france -- chargrilled for 15 mins
to lock in juices from bone to crispy, golden skin*

salmon fillet \$198
*from norway -- one of the highest quality salmon
with its bright orange-red colour, flaky texture and fresh taste
best served medium*

tuna steak \$198
*signature pink-purple colour and meaty texture
chargrilled with salt & seasonings to bring out the
fresh flavour of the tuna, best served medium-rare*

australian lamb rack \$288
*tender, succulent, tantalising flavours
best served medium*

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

australian angus veal t-bone steak (10oz) \$268
*half fillet, half sirloin for uniquely complementary flavours & textures
best served medium*

american beef fillet (10oz) \$328
*tender, succulent, natural juices preserved
best served medium*

wagyu black label sirloin (12oz) \$388
*fine grained texture, full-bodied flavour
best served medium-rare*

wagyu black label lump steak (14oz) \$398
*rich & aromatic flavour
best served medium-rare*

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

sides

onion rings
\$38

country mash

fat chips

thin fries

sautéed mushrooms
\$48

creamed spinach

steamed garden vegetables

roasted garlic new potatoes

healthy day menu

appetisers

pan-roasted portobello mushroom \$128
*with garlic, tomato & balsamic vinegar
served on rocket leaf salad
low-fat & low-carb*

eggplant, tomato & mozzarella \$98
*on dark rye bruschetta
low-fat & low-carb*

eggplant with asparagus rolls \$108
*& bell pepper jus
low-fat & low-carb*

carpaccio of tuna \$118
*with ginger & sesame salad
low-calorie, low-fat & low-carb*

blue crab meat \$148
*with avocado, baby asparagus & cherry tomato salsa
low-fat & low-carb*

seared rare swordfish \$158
*with green apple mash & olive paste
low-fat & high-protein*

main course

french yellow chicken \$198
*braised with lemon & rosemary
served with pumpkin pearl barley risotto & pumpkin sauce
high-protein & low-carb*

grilled tuna steak \$198
*with caponata & broad beans
low-calorie & low-fat*

grilled beef fillet \$328
with steamed baby vegetables & bell pepper jus

steamed salmon fillet \$198
*with pearl barley & diced vegetables in fish broth
low-fat & low-carb*

salads

roasted beef standard large
\$138 \$178
*with baby spinach salad & sesame dressing
low-fat & low-carb*

california greens with citrus fruits \$88 \$138
low-calorie, low-fat & low-carb

spicy rare tuna & tiger prawns \$138 \$178
*with soba noodle
low-fat & high-protein*

SOUPS

soup of the day \$68

country bean & vegetable soup \$68
low-calorie, low-fat & low-carb

egg white omelet \$168
*with cepe mushroom, zucchini, low-fat cheddar,
skimmed milk served with potato, bell pepper salad on side
low-calorie & low-fat*

zucchini & wild mushroom charlotte \$148
*with spicy ratatouille
low-calorie, low-fat & low-carb*

choice of pasta with tomato sauce & basil \$138
linguine, spaghetti, macaroni or angel hair

turkey burger \$138
*with lettuce, tomato & avocado in rye pita bread pocket
low-fat & low-carb*

all items subject to 10% service charge

RED
