

from the grill

free range baby chicken \$188
*corn-red French chicken, chargrilled
 to lock in juices, with a crispy, golden skin*

salmon fillet \$198
from Norway, recommended served medium

tuna steak \$198
recommended served medium-rare

Australian lamb rack \$288
*tender and succulent
 recommended 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
 recommended served medium*

American beef fillet (10oz) \$368
recommended served medium-rare

wagyu black label sirloin (10oz) \$468
*full-bodied flavour
 recommended served medium-rare*

wagyu black label lump steak (14oz) \$428
*rich & aromatic flavour
 recommended served medium-rare*

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

sides

onion rings

\$38

sautéed mushrooms

\$48

steamed asparagus

\$68

country mash

creamed spinach

fat chips

steamed garden vegetables

thin fries

roasted garlic new potatoes

healthy dinner 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*

spicy rare tuna \$138
*served on asparagus salad with lemon cucumber salsa
 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 \$368
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 frittata \$168
*with cepe mushrooms, zucchini, low-fat cheddar & skimmed milk
 served with potato, bell pepper salad
 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