

- Rock Salt -

LUNCH 12:00PM - 2:00PM | DINNER 6:00PM - 8:00PM
(8:30PM FRI/SAT)

Breads

MEMBERS | NON MEMBERS

Bread Rolls	\$2.00 \$3.00
Garlic, Cheese Pizza Paddle	\$9.50 \$10.50
Garlic, Cheese & Bacon Pizza Paddle	\$11.50 \$12.50
Pesto Bocconcini Pizza Paddle	\$11.50 \$12.50

Entrees

Lemon Pepper Calamari (gfo) With lemon myrtle mayonnaise	
• Entree	\$15.90 \$16.90
• Main - served with chips & salad	\$25.90 \$27.90
Pacific Oysters Kilpatrick (gf)	(5) \$19.50 \$21.50 (10) \$32.50 \$34.50
Peking Duck Spring Rolls (4) With Asian dipping sauce	\$14.50 \$15.50

Lamb & Pork

Grilled Pork Cutlet (gfo) With sweet potato mash, fried apple & onion with red wine jus	\$29.90 \$31.90
Braised Lamb Shank On a bed of mash, broccolini & roasted garlic	\$30.90 \$33.90

From the Char Grill

MEMBERS | NON MEMBERS

200g MSA Rump
\$27.90 | \$30.90

400g MSA Rump
\$35.90 | \$38.90

300g MSA Rib Fillet
\$38.90 | \$41.90

200g MSA Eye Fillet
\$38.90 | \$41.90

200g Filet Mignon
\$41.90 | \$44.90

Served with fries & a choice of vegetables or salad

Complimentary Sauces (gf)

Gravy, Mushroom, Three Pepper, Diane, Garlic Butter, Garlic Cream, Hollandaise, Bourbon BBQ Glaze, Red Wine Jus

Complimentary sauces only available with Char Grill selections - additional sauces \$3 | \$4

Garlic Prawn Sauce (4) (gf) \$9.50 | \$11.50

Seafood

MEMBERS | NON MEMBERS

Seafood Basket* \$31.90 | \$33.90
Coconut prawn, crumbed calamari & scallops, battered fish & prawns, seafood twister with tartare sauce

Herb & Macadamia Crusted Barramundi* (gf)
with citrus aioli & lemon \$34.90 | \$36.90

Wild Caught Queensland Barramundi*
Pan fried (gfo) or crumbed with citrus aioli & lemon \$32.90 | \$34.90

Ginger Glaze Pan Fried Salmon (gfo) \$34.90 | \$36.90
With stir fry vegetables & rice

Creamy Coconut Curry Prawns (gf) \$31.90 | \$33.90
With mango chutney, steamed rice & a pappadum

*Served with fries & a choice of vegetables or salad

Toppers & Sides

MEMBERS | NON MEMBERS

Side Salad (gf)	\$7.90 \$8.90
Crispy Fries (gfo)	\$7.90 \$8.90
Sweet Potato Fries (gf)	\$8.90 \$9.90
Potato Mash (gf)	\$6.90 \$7.90
Pan Fried Vegetables (gf)	\$8.90 \$9.90
Pan Fried Mushrooms (gf)	\$9.90 \$10.90
Battered Onion Rings	\$9.90 \$10.90

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Salad

MEMBERS | NON MEMBERS

Crunchy Chicken & Avocado (gfo) \$24.50 | \$26.50
Crunchy chicken strips on a tomato, onion, capsicum, crispy bacon, avocado salad with croutons & ranch dressing

Caesar Salad (gfo)
Baby cos, crispy bacon, poached egg, anchovies, garlic croutons & shaved parmesan with Chef's freshly made special Caesar dressing

Plain	\$19.90 \$21.90
Add Chicken	\$24.90 \$26.90
Add Prawns	\$29.90 \$31.90

Crispy Haloumi Salad (gfo)
With avocado, cherry tomato, cucumber, red onion with honey sweet chilli dressing

Plain	\$20.50 \$22.50
Add Chicken	\$25.50 \$27.50
Add Prawns	\$30.50 \$32.50

Asian Beef Salad \$26.50 | \$29.50
Pan fried marinated beef strips with rice noodles, cherry tomato, cucumber, roasted peanuts, crispy onion salad with a peanut dressing

Pasta

MEMBERS | NON MEMBERS

Chicken & Bacon Fettuccine \$24.90 | \$26.90
Garlic, bacon & onion pan-fried in butter with a touch of white wine & finished with shallots, basil, parmesan & cream

Slow Braised Beef Ragu \$23.90 | \$25.90
Slow braised beef ragu with pappardelle & parmesan cheese

Garlic Prawn Fettuccine \$30.90 | \$31.90
Garlic marinated prawns in a creamy garlic, basil & shallot sauce

Chilli Prawn & Crab Spaghetti \$30.90 | \$31.90
Prawns & crab tossed in chilli garlic butter with spinach, shallots & cherry tomatoes

Creamy Herb & Mushroom Spaghetti \$24.90 | \$26.90
Medley of mushrooms tossed in a cream sauce

Add Chicken	\$27.90 \$29.90
Add Bacon	\$26.90 \$28.90

- Gluten free penne pasta option available \$1.00 extra -

Please advise cashier when ordering of any dietary requirements or if you require a Gluten Free or Dairy Free Option

We source and use local produce and suppliers where possible

v = Vegetarian
gf = Gluten Friendly by ingredient
gfo = Gluten Friendly Option available

****Please note that The Waves' deep fryers cannot be 100% gluten free**

Chicken

Served with fries & a choice of vegetables or salad

MEMBERS | NON MEMBERS

Chicken Schnitzel (gfo) \$25.90 | \$27.90
With fries & a choice of vegetables or salad & includes one complimentary sauce

Chicken Parmigiana (gfo) \$28.90 | \$30.90
Chicken schnitzel topped with Napoli, bacon & cheese

Aussie Schnitzel Parmigiana (gfo) \$28.90 | \$30.90
Napoli, bacon, cheese & BBQ sauce

Waves Seafood Parmigiana \$29.90 | \$31.90
Schnitzel (gfo)
Napoli, guacamole, prawns & cheese

Herb & Macadamia Encrusted Chicken Breast (gfo) \$28.90 | \$30.90
With garlic cream sauce

Pan Roasted Chicken Breast (gf) \$28.90 | \$30.90
With sweet potato mash, fried medley of mushrooms & salsa verde

Creamy Coconut Curry Chicken (gf) \$31.90 | \$33.90
With mango chutney, steamed rice & a pappadum

Kids Meals under 12 years

Calamari & Chips
Crumbed Chicken Tenderloins & Chips (gfo)
Battered Fish & Chips (gfo)
Spaghetti Bolognese (gfo)
Ham & Pineapple Pizza
Dagwood Dog & Chips

All served with a soft drink & ice cream

MEMBERS | NON MEMBERS

\$10.90 | \$12.90