



PLEASE REMEMBER TO WEAR
YOUR MASK AT ANYTIME YOU
ARE NOT SEATED AT YOUR TABLE.

MAINS

FLATHEAD TAILS & CHIPS (GFO) \$26.10(m) \$29.00(g)
Your choice of beer battered and fried *or* egg battered and grilled flathead tails, served with chips, Asian slaw & tartare sauce.

GRILLED ATLANTIC SALMON (GF) \$27.90(m) \$31.00(g)
Served on a bed of smashed lemon potatoes, broccolini, green onion aioli, topped with an avocado, red onion & charred corn salsa.

GARLIC PRAWNS (GF) \$28.80(m) \$32.00(g)
Prawns in a creamy garlic sauce, served with rice & salad.

SALT & PEPPER SQUID STRIPS (GF) \$24.75(m) \$27.50(g)
Shallow fried salt & pepper squid, with tartare, side salad & chips.

SEAFOOD BASKET \$28.80(m) \$32.00(g)
Battered fish, salt & pepper squid strips, battered scallops & prawns, served with chips, salad & tartare sauce.

300gm PORTERHOUSE(GF) \$31.95(m) \$35.50(g)
Steaks are cooked to your liking, with your choice of gravy, mushroom sauce, pepper sauce or garlic butter, served with chips & salad, or seasonal vegetables.
Add garlic prawns to any steak \$9.00

12 HR COOKED PORK BELLY(GF) I'M NEW! \$29.70(m) \$33.00(g)
Served on braised cabbage with bacon & apple, mashed potato and a cider jus

BBQ PORK RIBS & WINGS (GFO) \$29.70(m) \$33.00(g)
Served with a spinach, tomato & apple salad, chips & Bourbon BBQ sauce.

SLOW COOKED LAMB SHANKS (GF) I'M NEW! \$28.80(m) \$32.00(g)
Slowly braised in their own rich tomato, rosemary & vegetable sauce, served on a bed of broccoli & mashed potato.

(M) = Members Price (G) = Guests Price
(GF) = Gluten Free without change (GFO) = Gluten Free Option
(V) = Vegetarian (VGO) = Vegan Option (VG) = Vegan without change

MAINS (con't)

BBQ BEEF BURGER \$16.65(m) \$18.50(g)
Angus beef patty, bacon, red onions, tomato, tasty cheese, lettuce, hash brown & BBQ sauce, served with chips.

ROAST OF THE DAY (GF) \$21.60(m) \$24.00(g)
Please see our daily specials board. Served with all the trimmings.

CHICKEN PARMA 280G \$23.40(m) \$26.00(g)
Panko crumbed chicken breast, Virginia ham, tomato sugo, mozzarella cheese, fresh basil, served with salad & chips.

CHICKEN SCHNITZEL 280G \$22.50(m) \$25.00(g)
Served with chips & salad.

CHICKEN HALOUMI SALAD (GFO) \$19.80(m) \$22.00(g)
Chargrilled chicken, fried haloumi & mixed summer fruits, finished with a grapefruit dressing.

MUSHROOM & PUMPKIN LASAGNE (V) \$20.70(m) \$23.00(g)
Mushroom, pumpkin, leek & spinach lasagne served with salad.

BUTTER CHICKEN (GFO) \$22.50(m) \$25.00(g)
Served on steamed rice with roti, spiced yoghurt & salad.

NASI GORENG (VGO) (GF) \$21.60(m) \$24.00(g)
Indonesian fried rice with chicken, chilli & soy, topped with a fried egg.

WOK FRIED VEGETABLES (VG)(GFO) \$19.80(m) \$22.00(g)
Stir fried vegetables with hokkien noodles in an Indonesian soy sauce.

COMBINATION CHICKEN & PRAWN NOODLES (GFO) \$24.30(m) \$27.00(g)
Chicken, prawns & vegetables, wok tossed with hokkien noodles in a sweet chilli & plum sauce.

CHICKEN FAJITAS \$21.60(m) \$24.00(g)
Chicken strips tossed with capsicum, onions, Cajun spice and sweet soy, served with tortillas, sour cream & guacamole.

CHICKEN SCALOPPINI (GF) \$24.75(m) \$27.50(g)
Organic chicken breast, mushrooms, crispy bacon & cream, served with chips, salad & rice.

PENNE CARBONARA \$19.80(m) \$22.00(g)
Penne tossed in a bacon, onion, egg, cream and parmesan sauce.

MUSHROOM & SAGE RISOTTO (V)(GF) \$19.80(m) \$22.00(g)
Mushroom, sage & mascarpone creamy risotto, topped, with parmesan.

Lunch Specials

MONDAY—FRIDAY

MONDAY—FRIDAY

One Course (main only)
\$12.60(m) \$14.00(g)

Two Course (soup or dessert & main)
\$15.30(m) \$17.00(g)

(Available 11:30am - 2:00pm
From Selected Menu Below)

See Specials board for today's soup and dessert options.

BEER BATTERED FISH & CHIPS
Basa fillets, chips, tartare sauce, with a mixed leaf salad.

ROAST OF THE DAY (GF)
Please see our daily specials board.

MUSHROOM & PUMPKIN LASAGNE (V)
Mushroom, pumpkin, leek & spinach lasagne served with salad.

CHICKEN PARMA
Panko crumbed free range chicken breast, Virginia ham, tomato sugo, mozzarella cheese, fresh basil, served with salad & chips.

CHICKEN SCHNITZEL
Served with chips & salad.

WOK FRIED VEGETABLES (VG) (GFO)
Stir fried vegetables with hokkien noodles in an Indonesian soy sauce.

CHICKEN HALOUMI SALAD (GFO)
Chargrilled chicken, fried haloumi & mixed summer fruits finished with a grapefruit dressing.

SALT & PEPPER SQUID STRIPS(GF)
Shallow fried salt & pepper squid, with tartare, side salad & chips.

PENNE CARBONARA
Penne tossed in a bacon, onion, egg, cream & parmesan sauce.

MUSHROOM & SAGE RISOTTO (V)(GF)
Mushroom, sage & mascarpone creamy risotto, topped with parmesan.

BUTTER CHICKEN (GFO)
Served on steamed rice with roti, spiced yoghurt & salad.

220GM STEAK (GF)
Cooked to your liking, served with chips, salad & your choice of sauce; gravy, mushroom sauce, pepper sauce or garlic butter

CHEESE BURGER
Beef patty with double cheese, lettuce, tomato & relish, served with a side of chips.



Let's Eat

START OR SHARE

- GARLIC BREAD *I'M NEW!***
Plain garlic bread \$7.20(m) \$8.00(g)
With cheese \$8.10(m) \$9.00(g)
- SOUP OF THE DAY** \$7.65(m) \$8.50(g)
Please see our daily specials board
- FRIED HALOUMI CHIPS & DIPS PLATE(V)** \$11.70(m) \$13.00(g)
Served with warm flat bread. See board for today's dips
- PEA & VEGAN FETA ARANCINI (GF) (VG) *I'M NEW!*** \$11.70(m) \$13.00(g)
Served with roasted pumpkin hommus & rocket salad
- SALT & PEPPER SQUID STRIPS (GF)** \$12.60(m) \$14.00(g)
Lightly fried served with rocket salad & tartare

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- BOWL OF CHIPS (GF) (V)** \$6.30(m) \$7.00(g)
with tomato sauce
 - BOWL OF WEDGES (V)** \$9.00(m) \$10.00(g)
with sour cream & sweet chilli
 - BOWL OF VEGETABLES (V)(GF)** \$5.40(m) \$6.00(g)

ON THE SIDE

MAIN MENU AVAILABLE 7 DAYS A WEEK

LUNCH

11:30AM— 2:00PM

DINNER

5:30PM— 8:30PM

(AVAILABLE UNTIL 9:00PM FRIDAY & SATURDAY)

Let's get social



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Frankston RSL

<http://www.frankstonrsl.com.au>

FOR THE LITTLE ONES

\$8.50

- For children 12 and under only -

- CHICKEN PARMA**
Served with chips & tomato sauce
- KIDS ROAST OF THE DAY(GF)**
Served with vegetables & gravy
- BATTERED FISH & CHIPS**
Served with tomato sauce
- CHICKEN NUGGETS & CHIPS**
Served with tomato sauce
- CHEESEBURGER**
With lettuce & tomato served with chips & tomato sauce
- SPAGHETTI NAPOLETANA (V)**
Served with parmesan cheese
- SPAGHETTI CARBONARA**
Served with parmesan cheese
- CALAMARI (GF)**
Served with chips & tomato sauce

Desserts

- CRÈME BRULEE BOMBE ALASKA** \$8.10(m) \$9.00(g)
Crème Brulee ice cream smothered in fresh meringue , finished with a coffee anglaise
- SALTED CARAMEL & BANANA PUDDING** \$8.10(m) \$9.00(g)
Steamed & served with ice cream
- STRAWBERRY EATON MESS (GF)** \$8.10(m) \$9.00(g)
Smashed meringue mixed with fresh strawberries, cream & strawberry sauce
- WARM APPLE & RHUBARB CRUMBLE** \$8.10(m) \$9.00(g)
Served with custard
- TRIPLE CHOC FUDGE BROWNIE (GF)** \$8.10(m) \$9.00(g)
Served warm with chocolate sauce & ice cream

Why not try one of our delicious small cakes or slices available in our display cabinet
Or
See Cracked Pepper for 12 different gelati flavours!



Have You Checked in?



**Please note that whilst Frankston RSL endeavours to accommodate requests for customers with food allergies, we cannot guarantee complete allergy-free meals due to the potential trace allergens in the working environment and supplied ingredients.*
