

# START -OR- SHARE

**GARLIC BREAD (V)** \$7.20(m) \$8.00(g)  
Add cheese | \$8.10(m) \$9.00(g)

**SOUP OF THE DAY** \$7.65(m) \$8.50(g)  
Please see our daily specials board

**DUO DIP PLATTER** \$11.70(m) \$13.00(g)  
Served with cucumber sticks & warm flat bread, see daily specials board

**ARANCINI (GF)** \$11.70(m) \$13.00(g)  
Smoked trout & goats cheese arancini served with horseradish aioli

**VEGETARIAN INDIAN PAN ROLLS (V)** \$9.90(m) \$11.00(g)  
Served with a spicy tomato relish

**BBQ BEEF BRISKET SLIDERS (3)** \$10.80(m) \$12.00(g)  
Served with a tangy slaw, tomato relish, rocket & garlic aioli

**SPICY BUFFALO WINGS (GF)** \$11.70(m) \$13.00(g)  
Served with a chili & lime dipping sauce

**FRESHLY SHUCKED PACIFIC OYSTERS (GF)**  
Natural ½ dozen \$17.90(m) \$19.90(g)  
Natural dozen \$32.40(m) \$36.00(g)  
Kilpatrick ½ dozen \$17.90(m) \$19.90(g)  
Kilpatrick dozen \$32.40(m) \$36.00(g)

**CALAMARI & TIGER PRAWNS (GF)** \$13.50(m) \$15.00(g)  
Southern fried calamari & prawns shallow fried with a lemon, dill & caper dipping sauce

**BRUSCHETTA (VG)** \$10.80(m) \$12.00(g)  
Served with tomato, red onion salad, fresh basil, cracked pepper & sticky balsamic dressing on Turkish bread

## SALADS

**SOUTHERN FRIED CALAMARI SALAD (GF)** \$21.60(m) \$24.00(g)  
Louisiana sunburst salad of toasted almonds, mixed greens, macerated cranberries, stilton & raspberry vinaigrette

**PORTUGUESE CHICKEN SALAD (GF)** \$20.70(m) \$23.00(g)  
Peaches, feta, snow pea tendrils, cherry tomatoes, avocado & a honey balsamic dressing

**CAESAR SALAD (GFO)** \$18.00(m) \$20.00(g)  
Baby cos, bacon, garlic croutons, poached egg, parmesan & creamy dressing (anchovies available on request)  
Add chicken | \$20.70(m) \$23.00(g)

**THAI BEEF SALAD (GF)** \$20.70(m) \$23.00(g)  
Marinated beef strips, served with mango slices, red onion, cashews, bean shoots & salad greens with an Indonesian Nam Prik dressing

# MAINS

**BEER BATTERED FISH & CHIPS** \$21.60(m) \$24.00(g)  
Battered Basa fillets, served with chips, salad & tartare sauce

**GUMMY FLAKE (GF - Grilled only)** \$26.10(m) \$29.00(g)  
Your choice of fried or grilled (in egg batter), served with chips, salad & tartare sauce

**SEAFOOD BASKET** \$29.70(m) \$33.00(g)  
Battered flake, southern fried calamari & prawns, scallops, served with chips, salad & tartare sauce

**BARRAMUNDI (GF)** \$28.80(m) \$32.00(g)  
Oven baked Barramundi fillet, with a pistachio crust, pea puree, potatoes & mint hollandaise sauce

**PIER TO PADDOCK PLATTER GREAT FOR SHARING!** \$41.40(m) \$46.00(g)  
Southern fried calamari & prawns, ribs, buffalo wings, lamb kebab, & brisket sliders, battered flake, chips, salad & assorted sauces

**SOUTHERN FRIED CALAMARI (GF)** \$25.20(m) \$28.00(g)  
Served with chips, salad, & a lemon & lime aioli

**TASMANIAN SALMON (GF - No Cous cous)** \$28.80(m) \$32.00(g)  
Grilled salmon fillet on pearl cous cous, with a tomato, red onion, basil, orange & avocado salsa

**GARLIC PRAWNS (GF)** \$29.70(m) \$33.00(g)  
Prawns in a creamy garlic sauce, served with rice & salad

**SOUTHERN FRIED PRAWN TACOS (4)** \$25.20(m) \$28.00(g)  
Served with rocket, red onion, lemon, lime & sweet chili mayo in soft tacos

**HOME MADE SEAFOOD RAVIOLI** \$26.10(m) \$29.00(g)  
In a creamy prawn, spinach & lemon cream sauce, topped with parmesan

**MILD INDONESIAN STYLE CURRY (GF)** \$27.90(m) \$31.00(g)  
Prawn and scallop coconut curry served with rice

**CHICKEN PARMA 280G** \$23.40(m) \$26.00(g)  
Crumbed chicken breast, topped with Virginian ham, tomato sugo, mozzarella cheese, served with chips & salad

**CHICKEN SCHNITZEL 280G** \$22.50(m) \$25.00(g)  
Crumbed chicken breast, served with chips & salad

**CHICKEN & BEEF FAJITAS (GFO)** \$22.50(m) \$25.00(g)  
Chicken & beef strips tossed with capsicum, onions, Cajun spice & sweet soy, served with tortillas, lettuce, sour cream & guacamole

**CHICKEN BRATAMI (GF)** \$25.20(m) \$28.00(g)  
Grilled chicken breast with bacon, avocado, melted cheese & hollandaise sauce on a bed of rice, with a side salad

**HONEY SOY CHICKEN STIR FRY (GF-No Noodles)** \$22.50(m) \$25.00(g)  
Served with cashews, mixed greens, & Hokkien Noodles

**ROAST OF THE DAY (GF)** \$22.50(m) \$25.00(g)  
Please see our daily specials board

**HAWAIIAN CHICKEN BURGER** \$21.60(m) \$24.00(g)  
Grilled chicken breast, bacon, pineapple, cheese, tomato, red onion, cos lettuce & spiced pineapple mayo, & a side of chips

**BEEF & BACON BURGER** \$21.70(m) \$23.00(g)  
Beef patty with bacon, egg, tomato, cheese & lettuce, tomato relish, & a side of chips

**BEEF BRISKET BURGER** \$21.60(m) \$24.00(g)  
With coleslaw, tomato, rocket, aioli, tasty cheese, & a side of chips

**12HR BRAISED BEEF CHEEK (GF)** \$28.80(m) \$32.00(g)  
Served with potato mash, roast pumpkin & fried onion rings

**PORTERHOUSE STEAK (GF)** 300GM | \$33.30(m) \$37.00(g)  
220GM | \$26.10(m) \$29.00(g)

**SCOTCH FILLET STEAK (GF)** 300GM | \$33.30(m) \$37.00(g)  
Cooked to your liking, served with chips, salad or vegetables & your choice of sauce; gravy, mushroom sauce, pepper sauce or garlic butter

**STEAK SANDWICH** \$26.10(m) \$29.00(g)  
Cooked to your liking, with bacon, egg, beetroot, onion rings, lettuce, tomato, cheese, garlic aioli on Turkish bread with a side of chips

**BRAISED BEEF & PEA RISOTTO (GF)** \$24.30(m) \$27.00(g)  
In a rich tomato sauce, topped with parmesan

**PUMPKIN RISOTTO (GF) (VGO)** \$21.70(m) \$23.00(g)  
Pumpkin, field mushrooms, leek, fresh herbs, mascarpone & parmesan

**SPAGHETTI CARBONARA** \$21.70(m) \$23.00(g)  
Spaghetti tossed in a bacon, onion, egg, cream & parmesan sauce

**NASI GORENG (VGO) (GFO)** \$22.50(m) \$25.00(g)  
Indonesian fried rice with chicken, fried egg, prawns, chili, bean shoots, & sweet soy

**PORK RIBS & SPICY BUFFALO WINGS (GF)** \$30.60(m) \$34.00(g)  
BBQ pork ribs with buffalo style chicken wings, served with slaw & chips

**LAMB KEBABS** \$29.70(m) \$33.00(g)  
On a Mediterranean salad, Persian feta & roasted mixed olives, rocket & tzatziki

**OPEN LAMB SOUVLAKI** \$25.20(m) \$28.00(g)  
Pulled slowly braised lamb shoulder, with lettuce, red onion & tomato, served on flatbread, topped with garlic sauce & served with chips

**LAMBS FRY & BACON (GF)** \$21.60(m) \$24.00(g)  
Served with mash, vegetables & a caramelised onion gravy

**RACK OF LAMB (GF)** \$31.50(m) \$35.00(g)  
Served with a creamy sweet potato mash, broccolini & mint jus

**NEPALESE GOAT CURRY (GFO)** \$23.40(m) \$26.00(g)

Served with rice, roti & eggplant Moju relish

*Chef's Recommendation*



# DESSERTS

**SORBET BOMBE ALASKA (VG)** \$8.90(m) \$9.90(g)  
Passionfruit/Raspberry sorbet bombe Alaska coated in sugar fired  
vegan meringue with kiwi fruit & berry coulis

**HONEYCOMB PARFAIT** \$8.90(m) \$9.90(g)  
Fresh meringue crushed with chocolate honeycomb & vanilla ice cream,  
served with chocolate sauce

**STICKY DATE PUDDING** \$8.10(m) \$9.00(g)  
With butterscotch sauce & ice cream

**RICOTTA PANCAKES** \$8.10(m) \$9.00(g)  
With honey roasted bananas, ice cream & cream

**DARK CHOCOLATE JAFFA MOUSSE (GF)** \$7.20(m) \$8.00(g)  
Homemade rich dark orange flavoured chocolate mousse served  
in chocolate shortbread with crushed Jaffas & Cointreau double 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!

**FOR THE LITTLE ONES \$8.50**  
- FOR CHILDREN 12 AND UNDER ONLY -

**CHICKEN PARMA**  
with chips & tomato sauce

**ROAST OF THE DAY (GF)**  
with vegetables & gravy

**BATTERED FISH & CHIPS**  
with tomato sauce

**CHICKEN NUGGETS**  
with chips & tomato sauce

**CHEESEBURGER**  
with lettuce & tomato,  
chips & tomato sauce

**SPAGHETTI NAPOLETANA (V)**  
with parmesan cheese

**SPAGHETTI CARBONARA**  
with parmesan cheese

**CALAMARI (GF)**  
with chips & tomato sauce

**Did you know?**

**KIDS EAT FREE EVERY FRIDAY NIGHT\***

\*with purchase of main meal, for kids 12 and under only

**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 chili

**BOWL OF VEGETABLES (V) (GF)** \$5.40(m) \$6.00(g)

ON THE SIDE

(M) = Members Price (G) = Guests Price

(GF) = Gluten Free without change (GFO) = Gluten Free Option

(V) = Vegetarian (VGO) = Vegan Option (VG) = Vegan without change

# LUNCH SPECIALS

**One Course (Main Only)** \$13.50(m) \$15.00(g)

**Two Course (Main + Soup or Dessert)** \$16.20(m) \$18.00(g)

**AVAILABLE MONDAY - FRIDAY 11:30AM - 2:00PM**

## BEER BATTERED FISH & CHIPS

Battered Basa fillets, served with chips, salad & tartare sauce

## ROAST OF THE DAY (GF)

Please see our daily specials board

## BEEF & BACON BURGER

Beef patty with bacon, egg, tomato, cheese & lettuce, tomato relish,  
with a side of chips

## LAMBS FRY & BACON (GF)

Served with mash, vegetables, & a caramelised onion gravy

## SPAGHETTI CARBONARA

Spaghetti tossed in a bacon, onion, egg, cream & parmesan sauce

## PUMPKIN RISOTTO (GF) (VGO)

Pumpkin, field mushrooms, leek, fresh herbs, mascarpone & topped with parmesan

## CHICKEN PARMA

Crumbed chicken breast, topped with Virginian ham, tomato sugo,  
mozzarella cheese, served with chips & salad

## CHICKEN SCHNITZEL

Crumbed chicken breast, served with chips & salad

## CHICKEN & BEEF FAJITAS (GFO)

Chicken & beef strips tossed with capsicum, onions, Cajun spice & sweet soy, served  
with tortillas, lettuce, sour cream & guacamole

## HAWAIIAN CHICKEN BURGER

Grilled chicken breast, bacon, pineapple, cheese, tomato, red onion, cos lettuce &  
spiced pineapple mayo, with a side of chips

## HONEY SOY CHICKEN STIR FRY (GF - No Noodles)

Served with cashews, mixed greens & Hokkien Noodles

## PORTUGUESE CHICKEN SALAD (GF)

Served with peaches, feta, snow pea tendrils, cherry tomatoes, avocado and  
topped with a honey balsamic dressing

## CAESAR SALAD (GFO)

Baby cos, bacon, garlic croutons, poached egg, parmesan & creamy dressing  
(anchovies available on request) **Add chicken | \$3.00**

## 220GM PORTERHOUSE STEAK (GF) \$18.00(m) \$20.00(g)

Cooked to your liking, served with chips, salad & your choice of sauce,  
gravy, mushroom sauce, pepper sauce or garlic butter

\*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.



# Let's Eat



**Have You Checked in?**

*Let's get social*



@FrankstonRSL



@frankstonrsl



Frankston RSL

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