



Let's Eat

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

(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

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

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

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

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!**

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, & 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)

Grilled 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 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.*

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



Kids eat FREE!
-EVERY FRIDAY NIGHT-
With purchase of main meal for children 12 and under only



Have You Checked in?
Let's get social



@FrankstonRSL



@frankstonrsl



Frankston RSL

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

BOOKINGS HIGHLY RECOMMENDED:

Ph: 8792 4400 or online: obee.com.au/frankstonrsl