



Meals

member / guest

Bowl of Chips V GFO	\$9 / \$10
with tomato sauce	
Bowl of Wedges V	\$12 / \$13
with sour cream and sweet chilli	
Soup of the Day	\$8 / \$9
ask staff for today's soup	
Seafood Duo	\$19 / \$20
two crumbed calamari rings, battered snapper, chips, and salad. Served with tartare sauce	
Loaded Potato Skins GFO	\$17 / \$18
oven baked, filled with a spiced beef mince filling, and topped with cheese	
Mozarella Sticks V	\$16 / \$17
with chips, salad and chunky tomato relish	
Southern Style Chicken Tenders	\$18 / \$19
fried, with chips, salad and chipotle mayonnaise	

MEALS AVAILABLE

11.30 - 2.00PM
Monday - Friday

12.00 - 2.30PM
Saturday & Sunday

Cabinet Display
Available all day

Cabinet Display

Our cabinet display is topped up daily, and items change regularly.

	member / guest		member / guest
Sandwiches	\$5.40 / \$6.00	Full Wrap	\$7.20 / \$8.00
A variety of fillings		A variety of fillings	
Toasted Sandwiches	\$6.30 / \$7.00	1/2 Wrap	\$4.50 / \$5.00
A variety of fillings		A variety of fillings	
Focaccias/Bagels/Rolls	\$8.10 / \$9.00	Cakes/Slices	\$5.85 / \$6.50
A variety of fillings		Banana Bread	\$4.05 / \$4.50
Frittata/Quiche	\$8.10 / \$9.00	Toasted and served with butter	
A variety of flavours & fillings		Fruit Toast	\$4.05 / \$4.50
Croissants	\$5.85 / \$6.50	Toasted and served with butter	
A variety of fillings		Scones	\$4.50 / \$5.00
Pies, Pasties, Sausage Rolls	\$7.20 / \$8.00	Served with jam and cream	
Served with chutney/tomato sauce		Protein Balls	\$2.25 / \$2.50
Brekky Burger	\$8.10 / \$9.00	Strawberry Coconut, Chocolate Coconut, & Peanut Butter	
Bacon, cheese, egg, and tomato relish			

GFO = Gluten Free Option V = Vegetarian VG = Vegan

*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.



Beverages

COFFEE

	member / guest
Standard	\$4.20 / \$4.80
Mugs	\$5.00 / \$5.50

- Flat white
- Cappuccino
- latte
- hot choc
- Mocha
- Macchiato
- Chai spice/vanilla
- Short black
- Long black

Extras

- Decaf .50
- Extra coffee shot .50
- Syrups .60
- choc, vanilla, hazelnut, caramel

Milk choices

- Full Cream, Skinny, no charge
- Soy, Lactose Free, Almond milk .50
- Oat milk .75

OTHER

	member / guest
Iced latte	\$4.50 / \$5.00
Iced Coffee	\$6.30 / \$7.00
Iced Chocolate	

Milk Shakes

- Chocolate, Vanilla, Strawberry, Caramel \$5.40 / \$6.00

Baby chino \$1 \$1



TEA

member / guest

Tea flavours

\$4.20 / \$4.80

- loose leaf in a teapot for one
English breakfast, Earl Grey,
Chamomile, Green, Peppermint,
Lemongrass & Ginger

Golden Turmeric latte	\$4.20 / \$4.80
Green Matcha latte	

JUICES & SMOOTHIES

member / guest

Emma & Tom's Juices

\$4.60 / \$5.10

Select from a variety of juices when available.
Cloudy apple, Straight orange, Kickstarter,
Apple Berry, Karmarama. Check the display.

Smoothies

\$6.50 / \$7.50

Mango

Mango, milk, vanilla yoghurt, honey

Mixed berry

Mixed berries, milk, vanilla yoghurt

Banana Cinnamon

Bananas, maple/golden syrup, milk, vanilla
yoghurt, cinnamon

All smoothies can be made:

- with a different type of milk for \$1 extra
- vegan for \$1 extra