

# The Bistro



## MAINS

### Ocean

	member / guest
<b>Fish and Chips</b> GF on request (grilled)	\$29 / \$32
barramundi fillet, golden fried in our Chef's own seasoned beer batter or grilled, served with gourmet tartare sauce, chips and salad	
<b>Lemon Pepper Calamari.</b> GF on request	\$29 / \$32
deep fried and dusted with lemon pepper seasoning. Served with lime and cracked pepper aioli, chips and salad.	
<b>Garlic Prawns</b> GF on request	\$31 / \$34
black tiger prawns sauteed with garlic in a lemon infused creamy white wine sauce, served on steamed saffron rice and a side garden salad	
<b>Tuscan Prawns</b> GF on request	\$31 / \$34
prawn cutlets sauteed in garlic and onion, finished with pesto, tomato relish and cream, served on a bed of steamed saffron rice and a side garden salad	
<b>Salmon Fillet</b> GF on request	\$34 / \$37
herb crusted Atlantic salmon, oven baked on potato and chorizo mash, asparagus and finished with a lemon parsley vinaigrette	

### Burgers

<b>Classic Steak Sandwich</b>	\$28 / \$30
150g Porterhouse char-grilled medium and served in a warm Turkish roll with lettuce, tomato, bacon, American cheese, fried egg, with beetroot relish and crispy onion rings, served with chips	
<b>Hickory Beef Burger.</b>	\$26 / \$28
high quality Angus beef pattie, char-grilled and served in a toasted milk bun roll loaded with onion rings, crispy bacon, lettuce, tomato and American cheese. Smothered with Alabama white sauce and hickory barbeque sauce served with chips.	
<b>Greek Lamb Burger</b>	\$26 / \$28
feta, oregano and mint infused lamb pattie, rocket lettuce, red onion, roasted capsicum, tomato and tzatziki on a toasted milk bun, served with chips	
<b>Buttermilk Fried Chicken Burger.</b>	\$25 / \$27
marinated chicken fillet, deep fried and served on a toasted milk bun with cos lettuce, pickles and a sweet tomato and chipotle relish, served with chips	

**\*While the 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.**

### Oven & Grill

	member / guest
<b>Porterhouse  300g</b> GF on request	\$40 / \$44
aged grain fed premium cuts of beef seasoned and char-grilled to your individual liking, served with your choice of chips and salad or vegetables <b>Please allow 45 minutes for well done steaks</b> please add one of the following sauces to your steak: mushroom   red wine jus   pepper   traditional gravy   garlic butter <b>Add char-grilled Prawn Skewer \$8.50</b>	
<b>Chicken Parmigiana</b>	\$27 / \$29
freshly crumbed breast fillet with sliced Virginian ham, Napoli sauce and gratinated tasty cheese. Served with chips and salad or vegetables	
<b>Chicken Schnitzel</b>	\$25 / \$27
freshly crumbed breast fillet served with a lemon wedge, chips and salad or vegetables	
<b>Veal Saltimbocca</b> GF	\$36 / \$39
veal backstrap medallions wrapped in sage and prosciutto, grilled and served on sweet potato mash and broccolini	
<b>Roasted Vegetable Lasagna</b> V	\$27 / \$29
layers of pasta sheets, chargrilled vegetables, bechamel, napoli, pesto and cheese with chips and salad	
<b>Roast of the day.</b> GF	\$25 / \$27
tender oven roasted meat served with vegetables, gravy and a sauce to complement Please refer to specials board	

**Please note: There is a 10% surcharge on all food on Public Holidays**

GF = Gluten Free    V = Vegetarian    VG = Vegan  
Please let us know of your food allergies when you are ordering.

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### Pasta & Pans

<b>Cajun Chicken Risotto</b> GF, VG on request	\$26 / \$28
Cajun spiced chicken, peas, corn and black beans tossed through a red capsicum pesto and finished with parmesan	
<b>Stir Fry Noodles.</b> V, VG on request (with rice)	\$23 / \$25
Udon noodles wok tossed with seasonal stir fry vegetables and finished with a hoisin based sauce. <b>Add chicken \$5    -    Add Prawns \$7</b>	
<b>Penne Sausage Arrabiatta.</b>	\$27 / \$29
continental pork sausage, onion and capsicum sauteed with garlic and chilli and tossed through a tomato basil sauce. Finished with parmesan	
<b>Veal Tortellini</b>	\$29 / \$32
veal and caramelised onion filled pasta pockets with sauteed pancetta and peas in a creamy herb sauce topped with parmesan	
<b>Vegan Chilli Con Carne</b> VG, GF	\$30 / \$33
plant based mince with vegetables and spices, served with steamed basmati rice	

### Salads

	member / guest
<b>King Prawn Salad</b> GF on request	\$26 / \$28
whole prawns on a salad of mixed leaves, corn kernels, cherry tomatoes and avocado, drizzled with a sweet and spicy mango dressing	
<b>Chicken Tikka Salad.</b> GF on request	\$24 / \$26
marinated chicken strips served atop spinach, red onion, cucumber, cherry tomatoes, mango chutney yoghurt topped with crushed pappadums	
<b>Lamb Salad</b> GF on request	\$28 / \$30
char-grilled lamb backstrap on a bed of rocket, feta, pine nut, cucumber, mint and orzo finished with a lemon dressing	

**Please see over for kids,  
entrée, dessert &  
Australia Day Specials**

TO START OR SHARE

- Garlic Bread. V

Add cheese. \$1

Add cheese and bacon. \$2

Soup of the Day

Please refer to specials board
- member / guest
- \$10 / \$11
- \$8 / \$9
- Lemon Pepper Calamari GF on request
- deep fried and dusted with lemon pepper seasoning. Served with lime and cracked pepper aioli
- \$14 / \$15
- Vegetable Pakora VG
- vegetable medley tossed in a traditional pakora batter, with a spiced coconut yoghurt raita (4)
- \$16 / \$17
- Crab Cakes
- blue swimmer crab meat, spring onions, red peppers served with bloody mary mayonnaise (3)
- \$17 / \$18
- Pork Belly Bites.
- cooked in sweet and salty Asian sauce, crispy noodles, sesame and a chilli garnish
- \$15 / \$16

DESSERT

- Mango Tango GF

vanilla mousse with a raspberry and mango jelly centre on a Madeleine biscuit base
- member / guest
- \$14 / \$15
- Trio of Gelati GF
- blood orange, strawberry and chocolate gelati
- \$12 / \$13
- Vegan Chocolate Cake VG
- decadent chocolate cake with a raspberry centre
- \$14 / \$15
- Marroncino. GF
- peppermint gelati surrounded by chocolate gelati rolled in chocolate and mint
- \$13 / \$14

ON THE SIDE

- Bowl of Chips V, GF on request

with tomato sauce
- member / guest
- \$9 / \$10
- Bowl of Wedges V
- with sour-cream and sweet chilli
- \$12 / \$13

KIDS

For children 12 and under only

All kids meals \$11.90

Add Activity Pack + Dixie Cup Bundle \$4.50

- Chicken Parmigiana

with chips and tomato sauce
- Crumbed Chicken Nuggets

with chips and tomato sauce
- Cheeseburger

with lettuce, tomato, chips and tomato sauce
- Lemon Pepper Calamari

with chips and tomato sauce  
Gluten Free on Request
- Kids Fish & Chips

with chips and tomato sauce  
Gluten Free on Request
- Kids Penne

Napoli with parmesan cheese

EASTER SPECIALS

- ENTRÉE:
- Fish Cakes - Whiting infused with Thai spices, deep fried and served with a spicy nam jim dipping sauce \$15
- Oysters - Sold per oyster.
- Natural- \$4 each (GF)
- Kilpatrick- \$5 each (GF)
- Mornay-\$5 each
- Shooters-\$6 each (GF)
- MAINS
- Linguini- Pippies and blue swimmer crab meat sauteed in a herb, chilli butter tossed with Linguini, finished with lemon gremolata. \$32 / \$35
- Barramundi- Poached fillet of Barramundi served on a bed of Julienne veg in a coconut and ginger broth with a side of herbed basmati rice. \$34 / \$37 (GF)



WINES

- of the month -

WHITES	GLASS 150ML	GLASS 250ML	BOTTLE
ROCOCO SPARKLING	\$7.00		\$32.50
DB WINEMAKERS CHARDONNAY	\$7.00	\$11.50	\$32.50
PITCHFORK MARGARET RIVER SEMILLION SAUVIGNON BLANC			\$38.00
DB WINEMAKERS SAUVIGNON BLANC	\$7.00	\$11.50	\$32.50
GRANT BURGE BENCHMARK PINOT GRIGIO			\$32.50
BROOKLAND VALLEY VERSE 1 CHARDONNAY, MARGARET RIVER	\$8.00	\$13.00	\$38.00
REDS	GLASS 150ML	GLASS 250ML	BOTTLE
DEVIL'S CORNER TASMANIAN PINOT NOIR	\$8.00	\$13.50	\$40.00
DB WINEMAKERS SHIRAZ			\$32.50
DB WINEMAKERS CABERNET SAUVIGNON	\$7.00	\$11.50	\$32.50
PITCHFORK CABERNET MERLOT			\$38.00
GRANT BURGE BENCHMARK SHIRAZ	\$7.00	\$11.50	\$32.50
ST HALLETT BLACK CLAY SHIRAZ BAROSSA VALLEY	\$8.00	\$13.00	\$38.00
WINEMAKER'S CHOICE MCLAREN VALE PINOT NOIR			\$36.00

Members receive a Discount of \$0.50 on every glass of wine, and \$3.00 per bottle.

Scan the QR Code to view the Manager's Wine Cabinet selection.



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