

Please indicate in the boxes below the number of each item required.
When completed, take this form to the cashier in Frenzy Food Court.

	Members	Non-Members	No.
ENTREES			
Garlic Bread	\$4.50	\$5.50	<input type="checkbox"/>
Garlic Pizza Bread ^{GF}	\$6.50	\$7.50	<input type="checkbox"/>
Pizza dough topped w' tuscan napoli, garlic, sea salt and mozzarella cheese			
Bruschetta ^V	\$7.50	\$8.50	<input type="checkbox"/>
Garlic pizza bread topped w' diced tomato, basil and red onion			
Oysters Natural	6 \$12.90	\$14.90	<input type="checkbox"/>
	12 \$19.90	\$21.90	<input type="checkbox"/>
Oysters Kilpatrick	6 \$14.90	\$16.90	<input type="checkbox"/>
	12 \$22.90	\$24.90	<input type="checkbox"/>
Coconut Crumbed Prawns	\$12.50	\$13.50	<input type="checkbox"/>
With Thai sweet chilli dipping sauce			

FROM THE GRILL - SURF

Tempura Battered Flathead Fillets	\$19.90	\$21.90	<input type="checkbox"/>
With chips, salad & tartare			
Frenzy Seafood Basket	\$21.90	\$23.90	<input type="checkbox"/>
Crumbed prawns & calamari with lightly battered flathead, chips & green salad			
Garlic Prawns ^{GF}	\$23.90	\$25.90	<input type="checkbox"/>
Pan fried tiger prawns in a garlic cream sauce with steamed rice & a side salad			
Herb & Macadamia Crusted Barramundi	\$25.90	\$27.90	<input type="checkbox"/>
With mashed potato, braised spinach & lemon buerre blanc			
Soy Glazed Salmon	\$24.90	\$26.90	<input type="checkbox"/>
Oven baked salmon fillet with mildly spiced ginger & sweet soy glaze with steamed rice & Asian greens			
Frenzy Seafood Platter For Two	\$59.90	\$69.90	<input type="checkbox"/>
Chilled King prawns, Tasmanian Pacific Oysters natural, grilled salmon, smoked salmon & Moreton Bay bugs with battered flathead, coconut prawns, crumbed calamari, chips & condiments			

FROM THE GRILL - TURF

Our steaks have been carefully selected and we are proud to only use Nolans Private Selection beef, which is aged for maximum flavour and tenderness

Served with chips & salad or steamed vegetables & mash (available on request) & your choice of sauce

Rump Steak 350gm ^{GF}	\$21.90	\$23.90	<input type="checkbox"/>
<input type="checkbox"/> Rare <input type="checkbox"/> Medium Rare <input type="checkbox"/> Medium <input type="checkbox"/> Medium Well <input type="checkbox"/> Well Done			
<input type="checkbox"/> Gravy <input type="checkbox"/> Mushroom <input type="checkbox"/> Pepper <input type="checkbox"/> Dianne			
<input type="checkbox"/> Chips & Salad OR <input type="checkbox"/> Vegetables & Mash			
Rib Fillet Steak 250gm ^{GF}	\$24.90	\$26.90	<input type="checkbox"/>
<input type="checkbox"/> Rare <input type="checkbox"/> Medium Rare <input type="checkbox"/> Medium <input type="checkbox"/> Medium Well <input type="checkbox"/> Well Done			
<input type="checkbox"/> Gravy <input type="checkbox"/> Mushroom <input type="checkbox"/> Pepper <input type="checkbox"/> Dianne			
<input type="checkbox"/> Chips & Salad OR <input type="checkbox"/> Vegetables & Mash			
T-Bone Steak 400gm ^{GF}	\$27.90	\$29.90	<input type="checkbox"/>
<input type="checkbox"/> Rare <input type="checkbox"/> Medium Rare <input type="checkbox"/> Medium <input type="checkbox"/> Medium Well <input type="checkbox"/> Well Done			
<input type="checkbox"/> Gravy <input type="checkbox"/> Mushroom <input type="checkbox"/> Pepper <input type="checkbox"/> Dianne			
<input type="checkbox"/> Chips & Salad OR <input type="checkbox"/> Vegetables & Mash			
Eye Fillet Medallions 200gm ^{GF}	\$29.90	\$31.90	<input type="checkbox"/>
<input type="checkbox"/> Rare <input type="checkbox"/> Medium Rare <input type="checkbox"/> Medium <input type="checkbox"/> Medium Well <input type="checkbox"/> Well Done			
<input type="checkbox"/> Gravy <input type="checkbox"/> Mushroom <input type="checkbox"/> Pepper <input type="checkbox"/> Dianne			
<input type="checkbox"/> Chips & Salad OR <input type="checkbox"/> Vegetables & Mash			
Lamb Shank	\$24.90	\$26.90	<input type="checkbox"/>
Braised lamb shank on creamy mash with roasted root vegetables & port wine jus			
Surf & Turf ^{GF}	\$31.90	\$33.90	<input type="checkbox"/>
Eye fillet medallions with prawns & Moreton Bay bug meat in a brandy peppercorn cream sauce with mash potato & steamed vegetables			
<input type="checkbox"/> Rare <input type="checkbox"/> Medium Rare <input type="checkbox"/> Medium <input type="checkbox"/> Medium Well <input type="checkbox"/> Well Done			

FROM THE GRILL - CHICKEN

Chicken Breast Schnitzel	\$18.90	\$19.90	<input type="checkbox"/>
With chips & salad or steamed vegetables & mashed potato			
Chicken Parmigiana	\$19.90	\$21.90	<input type="checkbox"/>
With chips & salad or steamed vegetables & mashed potato			
Grilled Chicken Breast on Pad Thai Style Noodles ^{GF}	\$23.90	\$25.90	<input type="checkbox"/>
Wok tossed rice noodles with prawn, egg, tofu & bean sprouts finished with lime & coriander			
PASTA & CURRY			
Frenzy's Lasagne with Salad	\$17.90	\$19.90	<input type="checkbox"/>
Homemade beef lasagne served with a Greek salad			
Penne Mediterranean ^V	\$16.90	\$18.90	<input type="checkbox"/>
Eggplant, olives, sun dried tomatoes & artichoke in tuscan style tomato sauce			
Seafood Fettucini	\$20.90	\$22.90	<input type="checkbox"/>
Smoked salmon, prawns, calamari & bug meat in a cream & tomato sauce			
Green Chicken Curry	\$20.90	\$22.90	<input type="checkbox"/>
Tender chicken breast in a mildly spiced Thai curry sauce with Jasmine rice			

BURGERS & SNACKS

Jaws Burger	\$13.90	\$15.90	<input type="checkbox"/>
100% lean beef pattie, Swiss cheese, fried egg, BBQ relish & beetroot with lettuce, tomato & chips			
Chicken Turkish Roll	\$14.90	\$16.90	<input type="checkbox"/>
Grilled chicken breast, avocado, gouda & roasted capsicum with pesto mayonnaise, lettuce, tomato & chips			
Steak Panini	\$15.90	\$17.90	<input type="checkbox"/>
Grilled steak topped with bacon, caramelised onion, Swiss cheese, rocket lettuce, tomato kasoundi relish & chips			
Aussie Lamb	\$15.90	\$17.90	<input type="checkbox"/>
Lean gourmet lamb pattie with fetta cheese, beetroot relish, aioli, lettuce, tomato & avocado served with chips			
Side of chips	\$3.50	\$4.50	<input type="checkbox"/>
Chips & gravy	\$5.50	\$6.50	<input type="checkbox"/>
Wedges with sweet chilli & sour cream	\$6.50	\$7.50	<input type="checkbox"/>

SALADS

Caesar Salad ^{GF}	\$14.90	\$16.90	<input type="checkbox"/>
Cos lettuce with parmesan, bacon, Turkish bread croutons & homemade caesar style dressing			
Caesar Salad with Chicken ^{GF}	\$16.90	\$18.90	<input type="checkbox"/>
Caesar Salad with Smoked Salmon	\$18.90	\$20.90	<input type="checkbox"/>
Caesar Salad with Coconut Prawns	\$19.90	\$21.90	<input type="checkbox"/>
Thai Beef Salad ^{GF}	\$16.50	\$18.50	<input type="checkbox"/>
Marinated sirloin steak with mixed lettuce, crispy rice noodles, cherry tomato, bean sprouts & cashews			

TRADITIONAL PIZZAS

GLUTEN FREE BASES AVAILABLE UPON REQUEST extra	\$2.00	\$3.00	<input type="checkbox"/>
Vegetarian ^V	\$13.90	\$15.90	<input type="checkbox"/>
Roasted eggplant, zucchini and fire roasted capsicum w' red onion, olives & mushroom			
Simply Supreme	\$13.90	\$15.90	<input type="checkbox"/>
Leg ham, smoked pepperoni, capsicum, mushrooms, olives & red onion			
Meat lovers	\$13.90	\$15.90	<input type="checkbox"/>
Leg ham, smoked pepperoni, bacon, cabanossi & marinated sirloin steak with BBQ sauce			
Hawaiian	\$13.90	\$15.90	<input type="checkbox"/>
Leg ham & pineapple			

frenzy

food court

frenzy

food court

A LA CARTE DINNER MENU

A LA CARTE DINNER MEALS AVAILABLE 7 DAYS

Breakfast Daily	8:30am – 10.00am
Lunch Daily	11.30am – 2.00pm
Dinner Sun, Mon	5.30pm – 8.30pm
Dinner Tues, Wed	6.00pm – 8.30pm
Dinner Thurs, Fri, Sat	5.30pm – 9.00pm

The Coast's Best Buffet also available from \$24

HOW TO ORDER YOUR MEAL

- STEP 1** See Host for table allocation and menu
- STEP 2** When you have selected your meals please take your menu and order at the Cashier
- STEP 3**
- A la Carte meals will be delivered to your table
 - Ready-to-go Asian or roast meals can be collected at your convenience.

TABLE NUMBER

Please advise the Cashier if all meals are required to be served at the same time.

GOURMET PIZZAS

	Members	Non-Members	No.
GLUTEN FREE BASES AVAILABLE UPON REQUEST extra	\$2.00	\$3.00	<input type="checkbox"/>
Roasted Chicken & Camembert Roast chicken with chorizo, mushrooms, red capsicum & avocado topped with Tasmanian camembert & mozzarella cheese	\$15.90	\$17.90	<input type="checkbox"/>
Outback Beef Sliced marinated sirloin steak with smoke house bacon, olives, roasted capsicum, red onion, pineapple, egg & prawns	\$15.90	\$17.90	<input type="checkbox"/>
Prawn & Salmon Frenzy Tiger prawns & smoked salmon with roasted capsicum, capers & red onion topped with bocconcini cheese & rocket lettuce	\$15.90	\$17.90	<input type="checkbox"/>
Sicilian Smoke house pepperoni & chorizo with artichokes, red onion, capsicum, olives & mushrooms with bocconcini cheese & topped with rocket lettuce & parmesan cheese	\$15.90	\$17.90	<input type="checkbox"/>
Spicy Garlic Prawn Prawns marinated in garlic with chilli tomato sauce, red onion, roasted capsicum & mozzarella	\$15.90	\$17.90	<input type="checkbox"/>
Healthy Chicken Chicken breast with roast pumpkin, capsicum & cherry tomato topped with low fat mozzarella cheese topped with rocket lettuce	\$16.90	\$18.90	<input type="checkbox"/>

All Gourmet Pizzas available as a folded calzone

ROAST CARVERY

Soup of the Day	\$5.50	\$6.50	<input type="checkbox"/>
Vegetable Plate Roasted pumpkin & potato, honeyed carrots, baby peas & cauliflower gratin	\$10.90	\$12.90	<input type="checkbox"/>
Roast Dinner Pork, Beef or Combination	\$14.50	\$16.50	<input type="checkbox"/>
Oven baked bread roll	\$0.50	\$1.00	<input type="checkbox"/>

ASIAN SELF SERVE BAR

An exotic selection of Asian style dishes Self service - one plate per person	\$15.50	\$17.50	<input type="checkbox"/>
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DESSERT SELF SERVE BAR

A selection of cakes, mousses & fruit salad Self service - one plate per person	\$6.90	\$7.90	<input type="checkbox"/>
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KIDS MENU

ALL \$8.50 \$9.50

Each Kids Meal includes one soft serve cone/cup and a softdrink. This menu is for children under twelve years of age only.

Golden Nuggets & Chips	<input type="checkbox"/>
Fish Bites & Chips	<input type="checkbox"/>
Ham & Pineapple Pizza	<input type="checkbox"/>
Spaghetti Bolognese	<input type="checkbox"/>
Grilled Chicken & Vegetables	<input type="checkbox"/>
Cheeseburger & Chips	<input type="checkbox"/>
Chips & Sauce	<input type="checkbox"/>

Gluten Free Gluten Free on Request Vegetarian

We request at all times that you should notify the cashier if you require a gluten free meal or have any allergies