



frenzy

food court

A LA CARTE LUNCH MENU

11.30AM TO 2.00PM

Members Non-Members No.

WEEKDAY SOUP

\$5.50 \$6.50

DAILY LUNCH SPECIALS PRICED FROM \$7.50 \$8.50

Refer to the 'Lunch Specials Board' for today's meals.

All Daily Lunch Specials served with vegetables or chips & salad.
Available Monday to Saturday. Not valid Sundays & public holidays.

THREE COURSE ROAST SPECIAL \$11.90 \$13.90

A LA CARTE LUNCH MEALS

Turn overleaf to view menu and prices

LUNCH MENU HOW TO ORDER

- STEP 1** Fill in your table number in the box below
- STEP 2** Make your selections from the menu above and overleaf and indicate the number of each item required
- STEP 3** Present this form to the cashier and PAY for your order. A ticket will be issued by the cashier for 'pre-made' items, which can be taken to the section chef for service **whenever you are ready for your meal**
- STEP 4** A buzzer will be issued by the cashier for A la Carte items

TABLE NUMBER

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

BURGERS

Jaws Burger	\$12.90	\$14.90	█
100% lean beef pattie, Swiss cheese, fried egg, BBQ relish & beetroot with lettuce, tomato & chips			
Chicken Turkish Roll	\$13.90	\$15.90	█
Grilled chicken breast, avocado, gouda & roasted capsicum with pesto mayonnaise, lettuce, tomato and chips			
Steak Panini	\$14.90	\$16.90	█
Grilled steak topped with bacon, caramelised onion, Swiss cheese, rocket lettuce, tomato kasoundi relish & chips			
Aussie Lamb	\$14.90	\$16.90	█
Lean gourmet lamb pattie with fetta cheese, beetroot relish, aioli, lettuce, tomato & avocado served with chips			

SALADS

Caesar Salad ^{GFR}	\$13.90	\$15.90	█
Cos lettuce with parmesan, bacon, Turkish bread croutons & homemade caesar style dressing			
Caesar Salad with Chicken ^{GFR}	\$15.90	\$17.90	█
Caesar Salad with Smoked Salmon	\$18.90	\$20.90	█
Caesar Salad with Coconut Prawns	\$19.90	\$21.90	█
Thai Beef Salad ^{GF}	\$16.50	\$18.50	█
Marinated sirloin steak w' mixed lettuce, crispy rice noodles, cherry tomato, bean sprouts and cashews			

LUNCH SELECTIONS

Penne Mediterranean ^V	\$14.90	\$16.90	█	
Eggplant, olives, sun dried tomatoes & artichoke in Tuscan style tomato sauce				
Chicken Parmigiana	\$17.90	\$19.90	█	
Served with chips & salad or steamed vegetables & mashed potato				
Tempura Battered Flathead Fillets	\$17.90	\$19.90	█	
Served with chips, salad & tartare				
Frenzy Seafood Basket	\$19.90	\$21.90	█	
Crumbed prawns & calamari with lightly battered flathead, chips & green salad				
Nolans Private Selection Rib Fillet Steak ^{GFR}	\$21.90	\$23.90	█	
Served with chips & salad or roast potato & steamed vegetables				
█ Rare	█ Medium Rare	█ Medium	█ Medium Well	█ Well Done
█ Gravy	█ Mushroom	█ Pepper	█ Dianne	
█ Chips & Salad	OR	█ Mash Potato & Vegetables		
Side of chips	\$3.50	\$4.50	█	
Chips & gravy	\$5.50	\$6.50	█	
Wedges with sweet chilli & sour cream	\$6.50	\$7.50	█	

TRADITIONAL PIZZAS

GLUTEN FREE BASES AVAILABLE UPON REQUEST ^{GFR} extra	\$2.00	\$3.00	█
Garlic Pizza Bread	\$6.50	\$7.50	█
With rosemary, mozzarella & sea salt			
Vegetarian	\$11.90	\$13.90	█
Roasted eggplant, zucchini & fire roasted capsicum with red onion, olives & mushroom			
Simply Supreme	\$11.90	\$13.90	█
Leg ham, smoked pepperoni, capsicum, mushrooms, olives & red onion			
Meat Lovers	\$11.90	\$13.90	█
Leg ham, smoked pepperoni, bacon, cabanossi & marinated sirloin steak with BBQ sauce			
Hawaiian	\$11.90	\$13.90	█
Leg ham & pineapple			

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	█
Fish Bites & Chips	█
Ham & Pineapple Pizza	█
Spaghetti Bolognese	█
Grilled Chicken & Vegetables ^{GFR}	█
Cheeseburger & Chips	█
Chips & Sauce	█

^{GF} Gluten Free ^{GFR} Gluten Free on Request ^V Vegetarian
We request at all times that you should notify the cashier if you require a gluten free meal or have any allergies

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