

frenzy

food court

# A LA CARTE DINNER MENU

## A LA CARTE DINNER MEALS AVAILABLE 7 DAYS

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

**The Coast's Best Buffet  
also available from \$24.90**

### 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.

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

<b>Garlic Bread</b>		\$4.50	\$5.50	<input type="checkbox"/>
<b>Garlic Pizza Bread</b> 		\$6.50	\$7.50	<input type="checkbox"/>
Pizza dough topped w' tuscan napoli, garilic, sea salt and mozzarella cheese				
<b>Bruschetta</b> 		\$7.50	\$8.50	<input type="checkbox"/>
Garlic pizza bread topped w' diced tomato, basil and red onion				
<b>Oysters Natural</b>	6	\$12.90	\$14.90	<input type="checkbox"/>
	12	\$19.90	\$21.90	<input type="checkbox"/>
<b>Oysters Kilpatrick</b>	6	\$14.90	\$16.90	<input type="checkbox"/>
	12	\$22.90	\$24.90	<input type="checkbox"/>
<b>Coconut Crumbed Prawns</b>		\$12.50	\$13.50	<input type="checkbox"/>
With Thai sweet chilli dipping sauce				

## FROM THE GRILL - SURF

<b>Tempura Battered Flathead Fillets</b>		\$20.90	\$22.90	<input type="checkbox"/>
With chips, salad & tartare				
<b>Frenzy Seafood Basket</b>		\$22.90	\$24.90	<input type="checkbox"/>
Crumbed prawns & calamari with lightly battered flathead, chips & green salad				
<b>Garlic Prawns</b> 		\$24.90	\$26.90	<input type="checkbox"/>
Pan fried tiger prawns in a garlic cream sauce with steamed rice & a side salad				
<b>Herb &amp; Macadamia Crusted Barramundi</b>		\$25.90	\$27.90	<input type="checkbox"/>
With mashed potato, braised spinach & lemon buerre blanc				
<b>Soy Glazed Salmon</b>		\$25.90	\$27.90	<input type="checkbox"/>
Oven baked salmon fillet with mildly spiced ginger & sweet soy glaze with steamed rice & Asian greens				
<b>Frenzy Seafood Platter For Two</b>		\$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

We are proud of our steaks. They have been carefully selected and are aged for maximum flavour and tenderness.

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

<b>Rump Steak 350gm</b> 		\$22.90	\$24.90	<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		
<b>Rib Fillet Steak 250gm</b> 		\$25.90	\$27.90	<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		
<b>T-Bone Steak 400gm</b> 		\$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		
<b>Eye Fillet Medallions 200gm</b> 		\$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		
<b>Lamb Shank</b>		\$25.90	\$27.90	<input type="checkbox"/>
Braised lamb shank on creamy mash with roasted root vegetables & port wine jus				
<b>Surf &amp; Turf</b> 		\$32.90	\$34.90	<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

Members Non-Members No.

## FROM THE GRILL - CHICKEN

<b>Chicken Breast Schnitzel</b>	\$19.90	\$21.90	<input type="checkbox"/>
With chips & salad or steamed vegetables & mashed potato			
<b>Chicken Parmigiana</b>	\$20.90	\$22.90	<input type="checkbox"/>
With chips & salad or steamed vegetables & mashed potato			
<b>Grilled Chicken Breast on Pad Thai Style Noodles</b>	\$24.90	\$26.90	<input type="checkbox"/>
Wok tossed rice noodles with prawn, egg, tofu & bean sprouts finished with lime & coriander			

## PASTA & CURRY

<b>Frenzy's Lasagne with Salad</b>	\$18.90	\$20.90	<input type="checkbox"/>
Homemade beef lasagne served with a Greek salad			
<b>Penne Mediterranean</b> 	\$16.90	\$18.90	<input type="checkbox"/>
Eggplant, olives, sun dried tomatoes & artichoke in tuscan style tomato sauce			
<b>Seafood Fettucini</b>	\$21.90	\$23.90	<input type="checkbox"/>
Smoked salmon, prawns, calamari & bug meat in a cream & tomato sauce			
<b>Green Chicken Curry</b>	\$21.90	\$23.90	<input type="checkbox"/>
Tender chicken breast in a mildly spiced Thai curry sauce with Jasmine rice			

## BURGERS & SNACKS

<b>Jaws Burger</b>	\$14.90	\$16.90	<input type="checkbox"/>
100% lean beef pattie, Swiss cheese, fried egg, BBQ relish & beetroot with lettuce, tomato & chips			
<b>Chicken Turkish Roll</b>	\$15.90	\$17.90	<input type="checkbox"/>
Grilled chicken breast, avocado, gouda & roasted capsicum with pesto mayonnaise, lettuce, tomato & chips			
<b>Steak Panini</b>	\$16.90	\$18.90	<input type="checkbox"/>
Grilled steak topped with bacon, caramelised onion, Swiss cheese, rocket lettuce, tomato kasoundi relish & chips			
<b>Aussie Lamb</b>	\$16.90	\$18.90	<input type="checkbox"/>
Lean gourmet lamb pattie with fetta cheese, beetroot relish, aioli, lettuce, tomato & avocado served with chips			
<b>Side of chips</b>	\$3.50	\$4.50	<input type="checkbox"/>
<b>Chips &amp; gravy</b>	\$5.50	\$6.50	<input type="checkbox"/>
<b>Wedges with sweet chilli &amp; sour cream</b>	\$6.50	\$7.50	<input type="checkbox"/>

## SALADS

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

## TRADITIONAL PIZZAS

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

## GOURMET PIZZAS

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

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

## DESSERT SELF SERVE BAR

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

## 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.

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