Menu

frenzy
food court

Start or Share

GARLIC BREAD (VE, DF)	**$7.5**	**$10**
CHEESE & BACON GARLIC BREAD Garlic cheese bread topped with crispy bacon	**$9.9**	**$12**
THICK FRIES (GFR)		
SMALL	**$5.9**	**$7.9**
LARGE	**$7.9**	**$9.9**
- ADD GRAVY or AIOLI	**$1**	**$2**
SEASONED WEDGES		
- With Sour cream & sweet chilli	**$8.9**	**$10.9**
- Loaded with melted cheddar, bacon & shallots	**$10.9**	**$12.9**
LASAGNE SPRING ROLLS [2] With beef mince, melted mozzarella, parmesan herb crumb, tomato relish,	**$10.9**	**$14.9**
KARAAGE CHICKEN POPPERS (GFR, DF) Crispy chicken, Shoyu, coral lettuce, Kewpie mayonnaise, toasted sesame	**$11.9**	**$15.9**
FISH & CHIP SNACK BASKET Flathead fillets, thick chips, tartare, lemon wedge	**$12.9**	**$16.9**
PORTUGUESE SALT & PEPPER SQUID (DF) Spice dusted barrero squid with rocket, olives, chipotle remoulade	**$16.9**	**$21.9**
CRISPY PANKO KING PRAWNS [5] (DF) Sticky honey gochujang glaze, yuzu aioli, mango salsa	**$19.9**	**$24.9**

For the Kids

ALL KIDS MEALS $10.9*

KIDS GRILLED CHICKEN (GFR, DF)
Served with rice and broccolini

KIDS BOLOGNAISE
Beef bolognaise & linguine topped with cheese

CHICKEN NUGGETS
Served with chips, salad and tomato sauce

KIDS FISH BITES
Served with chips, salad and tomato sauce

SENIORS RECEIVE $2 DISCOUNT ON PRESENTATION OF THEIR SENIOR'S CARD AT LUNCH.

*Member's pricing shown for Kids Meals. Guest pricing at $13.9
Please let staff know of any allergies. All sauces are gluten-free.
15% surchage applies on public holidays.

Salads

BUFFALO CHICKEN & BACON SALAD Roast chicken breast, honey buffalo dressing, bacon, mixed leaves, corn, cherry tomato, quinoa, tortilla crisps, ranch	**$16.9**	**$20.9**
- ADD AVOCADO	**$3**	**$4**
VEGAN INCA SALAD (GFR, VE, DF) Sweet corn fritters, vegan chipotle aioli, organic quinoa, black beans, pickled vegetables, cucumber, cherry tomatoes, lemon dressing	**$17.9**	**$22.9**
- ADD AVOCADO	**$3**	**$4**
THAI BEEF SALAD (GFR, DF) Charred Angus beef, cashews, bean sprouts, carrot, mixed leaves, wombok, lime & sweet chilli dressing with yuzu aioli	**$24.9**	**$29.9**

Burgers

All burgers served with thick fries

STACKED BEEF & BACON Flame grilled Angus patty, rasher bacon, caramelised onion, lettuce, tomato, cheddar, pickles, aioli and tomato chutney, brioche bun	**$23.9**	**$27.9**
VEGAN BEETROOT & QUINOA (VE, DF) Grilled beetroot & quinoa patty, vegan cheddar, tomato, lettuce and vegan mayonnaise, toasted Turkish bun	**$19.9**	**$23.9**
CRISPY CHIPOTLE CHICKEN Crumbed chicken breast, melted cheddar, chiptole aioli, guacamole, lettuce and mexi-slaw, brioche bun	**$19.9**	**$23.9**

Parmageddon

THE BASIC Crumbed chicken breast schnitzel served with chips & salad or mash and panache of vegetables	**$22.9**	**$26.9**
- GF OPTION ADDITIONAL	**$2**	**$3**
PARMIGIANA Crumbed chicken breast schnitzel topped with-		
THE CLASSIC Rich napoli, ham & cheese	**$24.9**	**$28.9**
THE GODFATHER Basil pesto, semi-dried tomatoes & melted cheddar	**$24.9**	**$28.9**
THE HANGOVER BBQ sauce, bacon, onion, cheese, hollandaise	**$24.9**	**$28.9**

The Grill

GARLIC PRAWN TOPPER $7.9

Grain-fed Beef cooked to your liking served with chips & side salad, or mash and panache of vegetables and your favourite sauce-
Mushroom
Dianne
Pepper
Gravy
Garlic cream

200g ANGUS BEEF RUMP	**$24.9**	**$28.9**
300g ANGUS RUMP STEAK	**$30.9**	**$34.9**
180g EYE FILLET	**$32.9**	**$36.9**
220g EYE FILLET	**$34.9**	**$38.9**

Mains

CREAMY CHICKEN & PORCINI CARBONARA Tuscan chicken breast, rasher bacon, porcini mushrooms, caramelised leek, fettuccine, shaved parmesan	**$25.9**	**$29.9**
COMBINATION LAKSA Prawns, pork tenderloin, sprouts, egg noodles, crispy shallot, house made creamy coconut curry broth	**$22**	**$27**
VEGAN PUMPKIN & CHICKPEA CURRY (GFR, VE, DF) Fragrant curry with steamed rice, vegetable crackers, crispy shallot, mango chutney, coconut cream	**$25.9**	**$29.9**
ROAST OF THE DAY (GFR) Choose from Beef, Pork or both with roast potato, pumpkin, greens and rich pan gravy	**$21.9**	**$24.9**

Seafood

FRENZY'S FISHERMAN'S CATCH Battered flathead fillets, salt & pepper calamari, prawn cutlets and tempura seafood stick served with a zesty kale slaw, thick fries, tartare and lemon wedge	**$28.9**	**$32.9**
BARRAMUNDI (GFR, DF) Barramundi - grilled or craft beer battered with tartare, thick fries and house salad	**$26.9**	**$29.9**
GRILLED ATLANTIC SALMON (GFR, DF) Signature crusted salmon, panang curry, pak choy, lime roasted macadamias, jasmine rice	**$29.9**	**$33.9**

(V) Vegetarian, (GFR) Gluten Free on Request, (DF) Dairy Free, (VE) Vegan