

Vegetarian and Plant Based Meals

Vegan Crumbed Plant Based Schnitzel chips, salad and vegan aioli. \$22

Vegan Crumbed Plant Based Parmie "bacon" bits, red sauce, vegan cheese, chips, salad and vegan aioli. \$27

Vegan Tropical Crumbed Plant Based Parmie red sauce, bacon" bits, pineapple, vegan cheese and vegan aioli. \$28

Vegan Sizzling Tofu and Cashew Stir-fry special vegan based sauce, wok vegies and Jasmine rice. \$24

V Plant Based "Chicken" Pad Thai egg, onion, garlic, sweet and sour tamarind sauce, bean sprouts, peanut and lime. **\$25** (Wegan with no egg)

Vegetarian Singapore Style Curry Noodles seasoned tofu, egg, onion, garlic, capsicum, celery, carrot, bean sprouts and sesame seeds. **\$25** (Vegan with no egg)

Plant Based Sizzling "Chicken" Cashew Stir-fry wok vegies, vegan special tamarind sauce and Jasmine rice. \$25

Plant Based Satay "Chicken" wok vegies, peanut butter sweet chilli coconut sauce, crushed peanuts and Jasmine rice. \$25

Vegetarian Plant Based "Chicken" Fried Rice egg, onion, garlic, carrot, peas, gluten free soy sauce and bean sprouts. \$24 (vor Vegan no egg)

"Chicken" Plant Protein Fettuccini red sauce, semi dry tomato, spinach and parmesan cheese. \$25 | (Vegan no cheese (Courter) Gluten Free on request)









Mains

Guine Grilled Chicken Avocado béarnaise sauce, chips and salad. \$28

Chicken Macadamia topped with macadamia cashew pesto, mozzarella, roast vegies, spinach and red wine sauce. \$30

Combo Plate grilled chicken breast, BBQ ribs and buffalo wings served with chips, salad and a side of BBQ sauce. \$38

BBQ Pork Ribs dry rubbed, hickory smoke, chips and salad. \$37

Chicken Schnitzel panko crumb, chips, salad and gravy. \$22

Chicken Parmie smoked ham, red sauce, chips, salad and gravy. \$27

Tropical Parmie smoked ham, pineapple, red sauce, chips, salad and gravy. \$28

GF Chicken Schnitzel Option Add: \$2.5

Salads

Classic Caesar poached egg, bacon, parmesan and croutons. \$18 (Guine) gluten free and / or Vegetarian on request)

Buddha Bowl avocado, quinoa, roasted beetroot, pumpkin, sweet potato, mixed salads, mint and green goddess dressing. \$18

Haloumi & Avocado Salad mixed salads, roasted beet, pumpkin, sweet potato and soy citrus dressing. **\$18** (wy egan on request)

Vietnamese Rice Noodle Salad Iceberg lettuce, pickled carrot and daikon, cucumber, red onion, bean sprouts, mint, crispy shallot, peanuts and fish sauce dressing (vegan available w/ vegan citrus soy dressing)

Vietnamese Salad Only With No Topping. \$15

Salad Add On

Vegan Spring Rolls. \$10 Chicken Spring Rolls. \$10 (Guine) Chargrilled Chicken. \$10 Crispy Salt and Pepper Calamari. \$8 Gluten Free Crispy Calamari. \$8 Creamy Coconut Satay Chicken. \$10 Satay "Chicken" Plant Protein. \$10

raspberry jelly, whipped cream and Freddo frog. \$6 (GUTEN) gluten free no Freddo frog)

Pasta

Creamy Chicken Bacon Fettuccini spinach, pesto and parmesan. \$25 Lasagna Bolognaise béchamel, three cheeses, salad and chips. \$24 Prawn Carbonara bacon, semi dried tomato, garlic and cream. \$30

Pizza

Margherita red sauce, mozzarella and basil. \$17

Pepperoni red sauce and mozzarella. \$20

Tandoori Chicken and Cashew red sauce, Spanish onion, spinach and mozzarella. \$21

GLUTEN Gluten Free Base Add. \$4

Kids Meals

Add an Activity Pack, Zooper Dooper and drink. \$2 Chicken Nuggets (6) and chips. \$12 Battered Australian Whiting (3) and chips. \$12 Crumbed Calamari and chips. \$12

> Ham and Pineapple Pizza. \$12 (GF base add. \$3)

> > Lasagna and chips. \$12

Spaghetti Bolognaise and parmesan cheese. \$10

Dessert

Flaming Crème Brule vanilla scented custard. \$10

Warm Flourless Chocolate Brownie chocolate ice cream and berry coulis. \$10

Warm Spiced Apple Crepes vanilla ice cream and butterscotch sauce. \$10

Frog in a Pond

h**m** Teakhouse

Breads

V Garlic Bread. \$8 Cheesy Garlic Bread. \$9 Bruschetta. \$9 Bacon Cheese Bread. \$10 GUTEN GF Bread Add. \$4

Entrées / Share / Sides

Share Plate for 4 chicken spring rolls, garlic cheese bread, salt and pepper calamari. \$35 Buffalo Wings blue cheese dip, carrot and celery sticks 10 piece. \$15 20 piece. \$26 Chicken Spring Rolls (4). \$15 Vegan Spring Rolls (4). \$15 Steamed Pork Dim Sims (4). \$15 (GLUTEN) Creamy Garlic Prawn Entrée. \$19 Entrée Salt & Pepper Calamari. \$16 Gluten Free Entrée Calamari. \$16 (GLUTEN) Fresh Oysters seafood sauce, lemon (Half Dozen) \$25 (Dozen) \$40 Oysters Kilpatrick bacon and Worcestershire BBQ sauce (Half Dozen) \$27 (Dozen) \$42 Basket of Chips (Wegan with vegan aioli). \$9 Basket of Wedges sweet chili and sour cream. \$9 Basket of Sweet Potato Chips aioli and sweet chili. \$9 Basket of Onion Rings aioli and blue cheese dip. \$9

Sizzling Stir-Fries

Served with wok tossed vegies, house made sauces and Jasmine rice (Aure) Chicken and Cashew. \$25 (Aure) Chicken and Prawn. \$28 Guiten Beef and Prawn. \$29 Guiten Prawn and Cashew. \$30 Mongolian Beef. \$26 Mongolian Lamb. \$28

Wok Tossed Noodles and Rice

Pad Thai onion, garlic, sweet and sour tamarind sauce, bean sprout, peanut and lime Chicken. \$25 Prawn. \$30

Lemongrass Chicken Fried Rice egg, onion, garlic, vegies. \$24

Singapore Style Noodles BBQ pork, fish cake, egg, onion, garlic, vegies, oyster sauce, curry powder, bean sprouts, sesame seeds. \$25

Wok Favorites

Spicy Thai Green Curry coconut milk, wok vegies, fish sauce, Jasmine rice and lime Chicken. \$25 Prawn. \$30

Satay Chicken Stir-fry lightly spiced coconut cream peanut sauce, wok vegies, Jasmine rice. \$25

> Battered Sweet and Sour Pork tossed with pineapple, capsicum, onion and carrot, Jasmine rice. \$24

(Gume) Teriyaki wok vegies and Jasmine rice, ginger infused sauce Chicken. \$25 Beef. \$25

Battered Honey Lemon Chicken wok vegies, Jasmine rice, sesame seeds. \$25

Seafood

Tempura Australian Whiting chips, salad, tartare sauce and lemon. \$20

Crumbed Flathead chips, salad, tartare sauce and lemon. \$20

Fish Duet whiting and flathead, chips, salad, tartare sauce and lemon. \$18

Seafood Basket flathead, whiting, tempura prawns, calamari, chips, salad, tomato, aioli and tartare sauces. \$25

Main Size Salt and Pepper Calamari chips, salad, aioli and lemon \$25 Guiten Free Crumbed Calamari Main Size. \$27.5

Lemon Myrtle Barramundi oven baked with chips and salad. \$26

Mango and Macadamia Barra baked with a sweet mango sauce, served with wok tossed vegies and Jasmine rice. \$30

> Seafood Paella barramundi, prawns, calamari, peas, chorizo, capsicum, aioli, spring onion and lemon. \$30

(autres) Creamy Garlic Prawns Main Jasmine rice, lemon and salad. \$30

Fresh Tasmanian Salmon Fillet crispy skin, creamy mash, vegies, béarnaise sauce and lemon. \$34

Wagyu Maple Bacon Snags mash, vegies and red wine sauce. \$20 Petite Rump 200g. \$25 Porterhouse 250g. \$34 Bacon Wrapped Fillet Mignon 200g. \$46 Chargrilled Tenderloin 200g. \$46 Eye Fillet Hot Rock cook at your table 200g. \$46 The Big Rump 400g. \$39 Pork Rib Cutlet moisture infused 300g. \$35 Rib Fillet 300g. \$48 Double Chargrilled Tenderloin 2 x 200g. \$65 Double Eye Fillet Hot Rock cook at your table 2 x 200g. \$65

Char Grill

Toppers

Battered Onion Rings. \$6 Salt and Pepper Calamari. \$8 Avocado and Béarnaise. \$7.5 Buffalo Wings (4). \$7

Guine Creamy Garlic Prawns (3). \$8.5

Served with your choice of gluten free chips, creamy mash potato, jacket potato (with butter, sour cream and shallots) and salad or vegies with nut free pesto

(guie) Sauces: gravy, mushroom, pepper, red wine, béarnaise, Dianne, French Dijon mustard, seeded mustard, hot English mustard, horseradish

Roasted Chilli Oil (NOT GF), Dim Sim Chilli (NOT GF)

Burgers

Crumbed Chicken Bacon Burger American cheddar, mayo, milk bun. \$18

Angus American Cheese Burger pickle, mustard, ketchup, milk bun. \$19

Lamb and Smoked Feta Sliders (2) bacon jam and tzatziki. \$19

100% Plant Based Burger char grilled with American cheddar, dill pickle, mustard and ketchup on a milk bun. \$19

> Steak Sandwich maple bacon, fried egg, American cheddar and mayo on a continental roll. \$23

All burgers are served with chips and come with lettuce, tomato and red onion

Gluten Dairy Free Bun for any Burger Add \$2