

# Restaurant MEND



## ALLERGY INFORMATION

Please let us know if you have any allergies or dietary requirements. While all care is taken to meet requirements, we do advise that a variety of ingredients and produce are used in our kitchen.

GF GLUTEN FREE V VEGETARIAN DF DAIRY FREE VG VEGAN

VGA VEGAN AVAILABLE VA VEGETARIAN AVAILABLE GFA GLUTEN FREE AVAILABLE

NON-MEMBERS PRICE SHOWN. MEMBERS DISCOUNT APPLIES.

## Trading Hours

MONDAY - THURSDAY

11.30am - 3pm  
5.30pm - 8.30pm

FRIDAY - SATURDAY

11.30am - 9pm (all day dining)

SUNDAY

11.30am - 8.30pm (all day dining)

## BREADS

**GARLIC BREAD** V **5.9**  
Sliced baguette, baked with rich garlic butter

**CHEESY GARLIC BREAD** V **7.9**  
Cheese makes everything better  
Add bacon +2.0

## STARTERS

**LOADED CHIPS** GFA **10.9**  
Crispy golden potato chips, topped with caramelised bacon & stretchy mozzarella

**BARRAMUNDI** DF **14.9**  
**SPRING ROLLS**  
With sesame soy sauce & coriander

**SALT & PEPPER CALAMARI** GFA **15.9**  
With the chef's special Szechuan salt & pepper seasoning. Served with lemon & aioli

**DEVIL'S WINGS** **16.9**  
1/2 kg of chicken wings, coated in your choice of mild Korean Chilli or Ginger Pineapple marinade. Served with mayo

**1/2 SHELL HERVEY BAY SCALLOPS** **(4) 16.9 (8) 29.9**  
See Chef's Selection menu for today's preparation style & accompaniments

## SALADS

**PORK BELLY SALAD** DF **18.9**  
Pork belly served atop a salad of bean sprouts, cucumber, apple, rocket, red onion, mint & coriander with a tangy plum dressing  
Add grilled tiger prawns (x4) +10.0

**CAESAR SALAD** VA **14.9**  
Cos lettuce, garlic croutons, caramelised bacon, parmesan & creamy Caesar dressing, topped with a poached egg & optional anchovies  
Add grilled chicken breast +6.0 / pan fried haloumi +6.0 salt & pepper calamari +6.0 / grilled tiger prawns (x4)+10.0

## BURGERS

**DEVIL'S DIRTY** VA **20.9**  
**BRISKET BURGER**  
Slow cooked brisket with American style rub, coleslaw, onion rings and cheese on a brioche bun. Served with sweet potato chips

**WAGYU BEEF BURGER** VA **21.9**  
With bacon, cheese, pickle, caramelised onion, lettuce & tomato on a brioche bun. Served with chips

**GRILLED PERI-PERI CHICKEN BURGER** **21.9**  
Chicken breast, smashed avocado, bacon, aioli, lettuce & tomato on a brioche bun. Served with chips

## PIZZA & PASTA

\*Gluten-free pizza bases & pasta substitutes available for an additional \$2

**MEAT LOVERS PIZZA** GFA **23.9**  
With pepperoni, chorizo, ham, bacon, bolognese & mozzarella, topped with smoky BBQ sauce

**VEGETARIAN PIZZA** VGA GFA **21.9**  
With sweet potato, zucchini, spinach, cherry tomato, field mushroom & mozzarella, topped with basil pesto

**BAKED POTATO GNOCCHI** V **27.9**  
With mushroom, red onion, spinach, peas tossed in roasted red pepper sauce, topped with parmesan & mozzarella

**PRAWN SPAGHETTI** GFA **27.9**  
Tiger prawns, red onion, garlic, chilli, tossed in a light Napoli sauce, fresh herbs & lemon

NOT A MEMBER YET? JOIN TODAY!  
ONLY \$5 FOR 5 YEARS OF DISCOUNTS, ENTRIES INTO CASH DRAWS & MORE!  
SEE OUR FRIENDLY STAFF TO JOIN TODAY!

## MAIN MEALS

### ROAST OF THE DAY DF GF 15.9

See our friendly staff for today's variety!  
Served with seasonal vegetables & gravy

### SEAFOOD BASKET 16.9

Crumbed prawn cutlets, calamari, scallops, crab sticks & battered fish. Served with chips, salad, lemon & tartare sauce

### 250G CRUMBED STEAK 16.9

A comforting classic! Served with chips, salad & your choice of sauce

Make it a parmy! +6.0

### CHICKEN BREAST VA VGA SCHNITZEL 15.9

Tender chicken breast in a golden crumb coating. Served with chips, salad & your choice of sauce

### CHICKEN PARMIGIANA 21.9

Chicken breast schnitzel, topped with napolitana sauce, shredded ham & gooey mozzarella

Make it meaty!

Add chorizo, bacon & pepperoni +5.0

### WAGYU FLANK STEAK DF 27.9

300g MB7 wagyu flank, cooked to medium rare with a fruity, Korean style marinade. Served with apple and watercress salad

### CATCH OF THE DAY MP

See Chef's Selection menu for today's preparation style & accompaniments

### SMOKY BBQ PORK RIBS 28.9

Slow cooked pork ribs, smothered in house-made BBQ sauce. Served with chips & salad

## FROM THE GRILL

All steaks cooked to your liking & served with choice of sauce and either: Chips & salad or potato gratin & greens

### 400G RIB ON THE BONE 36.9

*Chef's Signature Steak*

Premium 70 day grain-fed Royal beef, pastured in South East QLD. Served on the bone for maximum flavour & tenderness

### 300G WAGYU RUMP 33.9

MB 6, ICON XB Wagyu, grain-fed

### 200G EYE FILLET 33.9

Grass-fed, AMH, Eastern Australia

### 250G RUMP STEAK 21.9

MSA, 120 day grain-fed, Beef City Black, Toowoomba QLD

### 300G PORK CUTLET 27.9

Free range grain fed, Gooralie, Goondiwindi

### GRILLED ½ CHICKEN 21.9

Prepared sous-vide in lemon & thyme marinade, then finished on the grill

## SAUCES

Mushroom, green peppercorn, diane, red wine jus & gravy

ADDITIONAL SAUCES +2.0

## SIDES 6.0

Garden salad, sweet potato chips, chips, butter mash, garlic butter greens

## TOPPERS

Grilled tiger prawns (4) 10.0

Salt & pepper calamari 6.0

Onion rings 6.0

Fried eggs (2) 4.0

## LUNCH FAVOURITES (MEMBERS PRICES SHOWN)

Available 11:30am-3:00pm daily

### TOASTED SANDWICH 8.9

Ham, cheese and tomato, or chicken, cheese and avocado. Served with chips

### ROAST OF THE DAY GF DF 10.9

Seasonal veg & gravy

### HAM STEAK GF 10.9

With pineapple, topped with melted cheese, served with chips & salad

### LAMB'S FRY 10.9

Served with caramelised bacon, buttered mash & seasonal veg

### CRUMBED FLOUNDER GF 10.9

Served with chips, salad, lemon & tartare

### BRAISED STEAK GF & MUSHROOM 10.9

Slow braised in rich tomato red wine base, served with mash & veg

### MILD BUTTER CHICKEN CURRY 10.9

Succulent chicken thigh, roti bread & rice

No further discount applies.

Non-Members add \$5

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SEE OUR FRIENDLY STAFF TO JOIN TODAY!

*Treat yourself* ... INDULGE IN ONE OF THE CHEF'S DECADENT, HOUSE-MADE DESSERTS. SEE STAFF FOR DESSERT & COFFEE MENU