

# MENU

LUNCH 12-2PM DINNER 5.30-8PM  
FRIDAY - SATURDAY DINNER 5.30-8.30PM



*Thank you for dining with us today and  
supporting a community organisation that has been  
saving lives on Maroochydore Beach since 1916.*

*Jack Orr*  
General Manager



# ENTRÉE SELECTION

M NM

<b>GARLIC PIZZA BREAD (GFO)</b>	\$10	\$12
Our very own garlic puree base topped with mozzarella		
<b>CREAMY GARLIC PRAWNS (GF)</b>	\$19	\$21
Served with Jasmine rice and soft herbs		
<b>TUSCAN STYLE BRUSCHETTA</b>	\$16	\$18
Vine ripened tomatoes, Spanish onion, brie and balsamic glaze served on ciabatta		
<b>TOM YUM SQUID</b>	\$19	\$21
Served with Greek salad and tartare sauce		
<b>CRISPY FRIED PORK BELLY BITES</b>	\$19	\$21
Tossed through a chilli plum sauce served with Jasmine rice and Asian slaw		
<b>SHARE PLATTER</b>	\$38	\$40
Tuscan style bruschetta, crispy fried pork belly bites, tom yum squid		



# SALADS

M NM

<b>CAESAR SALAD (GFO)</b>	\$18	\$20
Served with baby cos lettuce, crispy bacon, tortilla chips, shaved parmesan and hard boiled egg with parmesan aioli (anchovies optional)		
<b>CRUMBED HALOUMI SALAD (GFO)</b>	\$18	\$20
Served with balsamic roasted baby beetroots, spinach, quinoa, spiced cashews and honey mustard dressing		
<b>PANZANELLA SALAD (GFO)</b>	\$18	\$20
Served with cherry tomatoes, cucumber, mesclun, red onion, fetta, olives, tortilla chips and lemon vinaigrette		
<b>TOP YOUR SALAD</b>		
Char grilled chicken breast.....	\$6	
Tom yum squid .....	\$6	
Avocado .....	\$3	

# FLAGS BISTRO MAIN MENU

	M	NM
<b>CREAMY GARLIC PRAWNS (GF)</b>	\$28	\$30
Served with Jasmine rice and soft herbs		
<b>FISHERMAN'S CATCH</b>	\$27	\$29
Beer battered flathead, panko crumbed prawns, tempura prawns, crumbed scallops, Tom yum calamari, fries, house salad, French dressing and tartare sauce		
<b>BUTTERFLIED CHICKEN BREAST (GF)</b>	\$26	\$28
Marinated in lemon and thyme served with warmed potato, grilled chorizo, spinach, toasted pine nuts and aioli salad		
<b>FISH OF THE DAY (GF)</b>	\$29	\$31
Fresh fish, warmed potato, grilled chorizo, spinach, toasted pine nuts and aioli salad		



**PRAWN AND CHORIZO SPAGHETTI** ..... \$28 ..... \$30  
 Pan sautéed prawns, garlic, red onion and spaghetti tossed through a white wine and roasted tomato sauces (VO)

**SLOW BRAISED PORK BELLY (GFO)** ..... \$28.50 ..... \$30.50  
 Served with Thai infused sweet potato mash, broccolini, baby spinach and chilli plum sauce

**MSA 250g RUMP (GF)** ..... \$27 ..... \$29  
 Cooked to your liking served with the choice of two sides;

## SIDE OPTIONS

Steak fries, creamy mash potato, garlic roasted chats, house salad, Caesar salad and steamed seasonal vegetables

## SAUCES

Choose from roast field mushroom, gravy, Dianne, garlic sauce and chilli plum sauce

## TOP YOUR MEAL

Creamy Garlic Prawns  
Tom Yum Squid

\$8  
\$6



(GF) - Gluten Free (GFO) - Gluten Free Options (VO) - Vegetarian Option | M - Members NM - Non-Members

If you have any special allergy requirements let our friendly staff know and we will be happy to do our best to meet them.

Images are for illustrative purposes only

# \$8

## NIPPERS MENU KIDS MEAL

All Nipper meals are served with ice-cream or jelly.  
Colouring packs available for \$2.

HOMEMADE SPAGHETTI  
BOLOGNESE

BEER BATTERED FLATHEAD,  
FRIES AND SALAD

CHICKEN NUGGETS,  
FRIES AND SALAD

KID'S HAM AND PINEAPPLE  
PIZZA (GFO)



## PIZZA

12" Pizza bases freshly made  
in-house and pizza oven baked.

	M	NM
PEPPERONI	\$17	\$19
On a Napoli base with pepperoni, Italian herbs and mozzarella		
BBQ CHICKEN AND BACON	\$22	\$24
On a BBQ base with chicken breast, bacon, mushrooms, red onion and mozzarella		
PORK BELLY	\$22	\$24
On a Napoli base with slow braised pork belly, bok choy, roasted peppers, spiced cashews, red onion jam, mozzarella and fried shallots		
VEGETARIAN	\$22	\$24
On a Napoli base with roasted sweet potato, spinach, fetta, caramelised onion, mushrooms, roasted capsicum and mozzarella		
MAROOCHY MEAT LOVERS	\$24	\$26
On a BBQ base with pepperoni, ham, beef, chorizo, bacon and mozzarella		
FIREBREATHER	\$24	\$26
On a Napoli base with pepperoni, chorizo, bacon, fetta, red onion, fresh chilli, jalapenos, sundried tomatoes, mozzarella and sriracha		
GLUTEN FREE BASE AVAILABLE	\$3	

## SCHNITZEL SELECTION

All schnitzels are hand crumbed 250g fresh chicken breast served with the choice of two sides.

	M	NM
<b>CHICKEN SCHNITZEL</b>	\$20	\$22
Traditional golden house crumbed chicken breast schnitzel with your choice of sauce and fresh lemon		
<b>THE SURF</b>	\$25	\$27
Chicken schnitzel, garlic cream sauce, tiger prawns, avocado and mozzarella		
<b>THE PARMIGIANA</b>	\$23	\$25
Chicken schnitzel, Napoli sauce, shaved ham and mozzarella		

### SIDE OPTIONS

Steak fries, creamy mash potatoes, garlic roasted chats, house salad, Caesar salad, seasonal steamed vegetables



## DESSERTS MENU

WARMED STICKY DATE PUDDING	\$10
With butterscotch sauce and ice cream	
WARMED CHOCOLATE LAVA CAKE	\$10
With chocolate sauce and ice cream	
ICE CREAM SUNDAE	\$6
Chocolate, Caramel, Strawberry with vanilla ice-cream, nuts, wafer and topped with cream	

# CHEF'S SPECIALS

M NM

## MONDAY NIGHT

### ITALIAN HERBS & SPICES NIGHT

Italian inspired mains, including pizza and pasta dishes

\$18.90

\$20.90

## TUESDAY NIGHT

### SURF & TURF NIGHT

250g Rump steak, sautéed green beans, crushed garlic chatts, garlic cream sauce with grilled Moroccan prawn skewers

\$26.90

\$28.90

## WEDNESDAY NIGHT

### ROAST NIGHT

Selection of pork, beef and lamb with veg, Yorkshire pudding, roasted potatoes, pumpkin and gravy

\$14.90

\$16.90

## THURSDAY NIGHT

### RUMP & RIB NIGHT

250g Chargrilled rump topped with sticky BBQ pork ribs, chips and salad. Includes schooner of Iron Jack

\$26.50

\$28.50

## SUNDAY NIGHT

### CHICKEN PARMI NIGHT

Four toppings to choose from, served with house salad and chips

\$19.95

\$21.95

# \$15

## BLACKBOARD

### DAILY LUNCH SPECIALS



*Check the menu board for daily lunch specials*

**AVAILABLE 7 DAYS - LUNCH 12-2PM**



**SURF RESCUE**

# \$14

## SENIORS' LUNCHES

AVAILABLE  
MONDAY - FRIDAY  
INCLUDES MEAL AND  
SELECTED CAKE



## SENIORS' LUNCH

THICK PORK SAUSAGES (GF) \$14

With creamy mash, green beans and gravy

BEER BATTERED FLATHEAD \$14

With shoestring chips, house salad and tartare

TOM YUM SQUID \$14

With Greek salad and tartare

FRESH SALAD (GF) \$14

Of cherry tomatoes, cucumber, red onion, fetta, olives and lemon vinaigrette

Coffee \$3 extra

# ALL DAY DINING

AVAILABLE FROM 12PM - 8PM DAILY

## BURGER BAR

	M	NM
<b>RIB FILLET STEAK SANDWICH</b>	\$19.50	\$20.50
Warmed ciabatta roll with 12 hour slow cooked rib fillet, old English cheese, mesclun, tomato, caramelised onion, beetroot, aioli, tomato relish, BBQ sauce and fries		
<b>BEEF BURGER</b>	\$19.50	\$20.50
Sesame seed bun with juicy beef patty, old English cheese, lettuce, tomato, caramelized onion, beetroot, tomato relish and fries		
<b>CHICKEN SCHNITZEL BURGER</b>	\$19.50	\$20.50
Warmed ciabatta roll with golden fried chicken schnitzel, Asian slaw, tomato, aioli and fries		

## SIDES

<b>STEAK FRIES</b> with aioli	\$8
<b>SPICY WEDGES</b> with sour cream and sweet chilli	\$10
<b>SIDE SALAD</b> with French dressing	\$8
<b>CREAMY MASH POTATO</b>	\$6
<b>BUTTERED STEAMED SEASONAL VEGETABLES</b>	\$6

# \$8

NIPPERS MENU  
KIDS MEAL



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<b>VEGETARIAN</b>	\$22	\$24
On a Napoli base with roasted sweet potato, spinach, fetta, caramelised onion, mushrooms, roasted capsicum and mozzarella		
<b>MAROOCHY MEAT LOVERS</b>	\$24	\$26
On a BBQ base with pepperoni, ham, beef, chorizo, bacon and mozzarella		
<b>FIREBREATHER</b>	\$24	\$26
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<b>GLUTEN FREE BASE AVAILABLE</b>	\$3	



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HOMEMADE SPAGHETTI BOLOGNESE

BEER BATTERED FLATHEAD, FRIES AND SALAD

CHICKEN NUGGETS, FRIES AND SALAD

KID'S HAM AND PINEAPPLE PIZZA (GFO)

