

LUNCH & DINNER MENU

MEMBERS* GUESTS

TO START

Bread Roll <i>w/ butter</i>	1.80	2
Garlic Bread	6	7
Cheese Bread	7	8
Bacon & Cheese Bread	8	9
Sweet Potato Wedges <i>w/ chipotle aioli (v)</i>	8	9
Onion Rings <i>w/ sriracha aioli (v)</i>	8	9
Bowl Of Chips	5.50	6

IT'S THE SCHNITZEL

All served w/ chips & salad or mash & vegetables

320g Crumbed Chicken Schnitzel	15	17
250g Crumbed Veal Schnitzel	17	19

ADD A TOPPER

Parmi <i>shaved ham, napolitan sauce & cheese</i>	5	6
King Avocado <i>bacon, diced avocado, cheese, sour cream & sweet chilli</i>	6	7
Hawaiian <i>napolitan sauce, ham, pineapple & cheese</i>	5	6
Miss Piggy <i>pulled pork, BBQ sauce, & cheese</i>	6	7

HOUSE MADE GLUTEN FREE SAUCE:

PEPPERCORN, DIANNE, MUSHROOM OR GARLIC CREAM	3	4
SAUTÉED PRAWNS IN A GARLIC CREAM SAUCE	8	9

FROM THE SEA

Battered Fish & Chips <i>two battered whiting fillets w/ chips, salad, lemon & tartare sauce</i>	17	19
Golden Fried Prawn Cutlets (6) <i>panko crumbed prawn cutlets w/ chips, potato scallop, salad, lemon & tartare sauce</i>	16	18
Golden Calamari Rings <i>panko crumbed calamari w/ lemon, chips, salad & tartare sauce</i>	16	18
Seafood Basket <i>battered whiting fillet, crumbed calamari & crumbed prawn cutlets w/ chips, salad, lemon & tartare sauce</i>	18	20
Coconut Crumbed Prawns (8) <i>coconut crumbed prawns, w/ chips, salad & mango sweet chilli sauce</i>	17	19
Grilled Barramundi Fillet <i>w/ lemon & your choice of chips & salad or mash & vegetables</i>	18	20

MEMBERS* GUESTS

BURGER ON THE BUN

served on a toasted milk bun w/ a side of chips (gluten free bun available - \$2 surcharge)

Angus Cheese & Bacon Burger <i>flame grilled Angus beef patty, tasty cheese, bacon, caramelised onion, tomato relish & aioli</i>	15	17
Double Angus Cheese & Bacon Burger <i>two flame grilled Angus beef patties, caramelised onion, double cheese, double bacon, tomato relish & aioli</i>	19	22
Veggie Burger <i>pumpkin, goats cheese & beetroot patty w/ cheese, tomato, lettuce, onion rings & garlic aioli</i>	16	18

SANDWICHES served in a Turkish roll w/ a side of chips

Chicken Sandwich <i>chicken breast schnitzel, lettuce, tomato, tasty cheese, beetroot, sour cream & sweet chilli sauce</i>	18	20
Steak Sandwich <i>minute steak w/ bacon, lettuce, tomato, beetroot, cheese & house made BBQ sauce</i>	18	20

FROM THE GRILL

All served w/ chips & salad or mash & vegetables

200g Char Grilled Rump	17	19
400g Char Grilled Rump	23	26
250g Char Grilled Scotch Fillet	24	27
300g T-Bone Steak	23	26
100g Minute Steak	15	17

HOUSE MADE GLUTEN FREE SAUCE:

PEPPERCORN, DIANNE, MUSHROOM OR GARLIC CREAM	3	4
SAUTÉED PRAWNS IN A GARLIC CREAM SAUCE	8	9

FOR THE LITTLE FOLK

Panko Crumbed Calamari	Veggie Nuggets (v)	8	9
Spaghetti Bolognese^	Beef Nachos^		
Tempura Chicken Nuggets	Tempura Fish Pieces		

All kids meals are served w/ a drink, chips & toy for kids under 12

^Does not include chips

**Full Wests membership card must be swiped to receive discount.*

MEMBERS* GUESTS

FRESH MADE SALADS

Traditional Caesar Salad <i>cos lettuce, parmesan cheese, warm bacon, croutons, Caesar dressing & topped w/ a boiled egg</i>	13	15
Add Chicken	6	7
Add Prawns	9	10
Prawn, Macadamia Nut & Mango Salad <i>prawns, cos lettuce, red onion, cucumber, cherry tomatoes, roasted macadamia nuts & mango tossed in a seeded mustard dressing</i>	18	20
Pumpkin & Quinoa Salad, <i>roasted pumpkin, tossed w/ mixed lettuce leaves, quinoa, cranberries, semi dried tomatoes, sunflower seeds, pepitas & balsamic glaze</i>	14	16

THE KITCHEN CLASSICS

Sticky Fried Pork Belly <i>fried pork belly, tossed in house made BBQ sauce, w/ fried chats & chipotle slaw</i>	18	20
Avocado Chicken Breast <i>grilled chicken breast w/ char grilled vegetables, couscous, topped w/ avocado & bearnaise</i>	18	20
Pan Seared Salmon Fillet <i>w/ fragrant rice, baby spinach, semi dried tomato & preserved lemon yoghurt</i>	19	22
Garlic Prawn Pasta <i>prawns cooked in a garlic cream sauce, baby spinach, red onion, tomato, tossed through spaghetti, & topped w/ parmesan</i>	18	20
House Made Bolognese <i>fresh ground beef mince braised in a herb & tomato sauce, tossed through spaghetti & topped w/ parmesan cheese</i>	14	16
Spinach & Ricotta Ravioli <i>tossed in a tomato & herb sauce w/ baby spinach & topped w/ shaved parmesan cheese</i>	12	14
Smoked Chicken Fettuccine Boscaiola <i>fettuccine tossed through a garlic, bacon & mushroom cream sauce, smoked chicken & parmesan cheese</i>	18	20
Grilled Chicken Supreme <i>w/ smashed potato & chorizo salad, with sour cream, broccolini, topped w/ smoked chipotle hollandaise</i>	18	20

Lunch Specials

MEMBERS* GUESTS

Grilled Fish <i>w/ fresh lemon, chips & salad</i>	12	14
Barramundi steak <i>grilled barramundi steak, w/ steamed chats, steamed greens & Béarnaise sauce</i>	16	18
200g Chicken Schnitzel <i>w/ chips & salad</i>	13	15
Chicken Caesar Wrap <i>chicken breast, shredded bacon, cos lettuce, Caesar dressing & parmesan cheese rolled in a tortilla wrap, served w/ chips</i>	14	16
Southern Fried Chicken Breast <i>served w/ chips, salad & aioli</i>	15	17
Crumbed Chicken Tenders <i>served w/ chips, salad & honey mustard dipping sauce</i>	15	17
Roast Pork Leg <i>w/ all the trimmings</i>	12	14
Thai Beef Salad <i>grilled rib eye strips, tossed w/ mixed lettuce leaves, red onion, cherry tomato, cucumber, & cashew nuts, served w/ a Thai dressing & topped w/ crispy noodles</i>	14	16
Hawaiian Beef Burger <i>flame grilled beef burger w/ lettuce, bacon, pineapple & cheese, in a toasted milk bun w/ tomato relish & aioli served with chips</i>	14	16
Pork Risotto <i>pan fried pork medallions (2), served w/ pea risotto, broccolini, roasted cherry tomatoes and topped w/ parmesan cheese</i>	16	18
Braised Lamb Shoulder <i>lamb shoulder cooked slowly with tomato & onions, served w/ greens, mash potato & jus</i>	18	20
Vego <i>spinach ravioli tossed in a cheese sauce w/ semi dried tomatoes & spinach, topped w/ shaved parmesan</i>	12	14

DINNER ONLY

GOURMET ROASTS – Available from 5pm daily

Roast Beef & Yorkshire Pudding	15	17
Rosemary & Garlic Roast Leg of Lamb	15	17
Granny Smith's Roast Pork	15	17
Roast Chicken	15	17

UPGRADE TO LARGE ROAST for \$2 extra

All roasts served w/ seasonal vegetables & gravy

the **KITCHEN**


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 AT WESTS CARDIFF

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