

Members Specials

MONDAY

MEMBERS POINTS

250 REWARDS POINTS PER HALF MEAL | 500 REWARDS POINTS PER MAIN MEAL

\$10 OFF ANY MAIN BISTRO PURCHASE ~~CHEW TUE~~ **SDAYS**

WEDNESDAY **STEAK** *night*

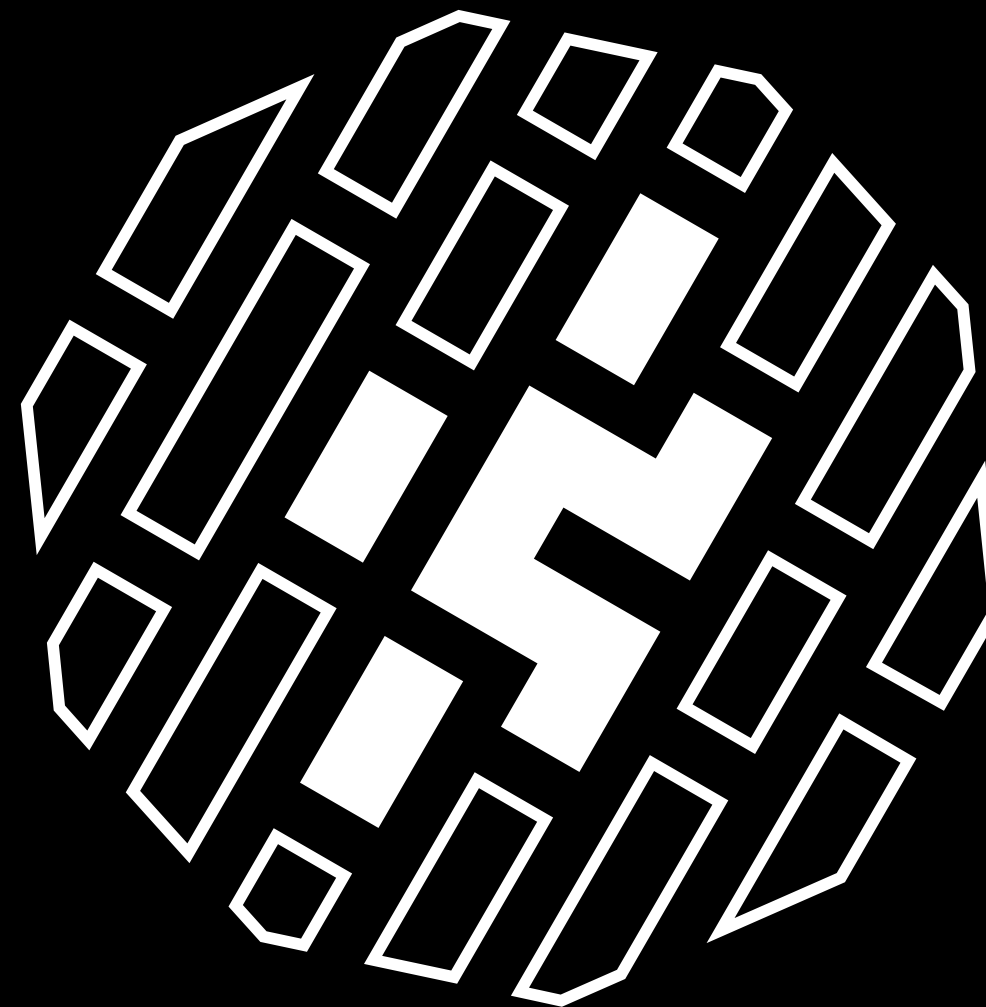
THURSDAY **18 DOLLAR** **CURRY**

FREEDOM FRIDAY
KIDS EAT FREE

SATURDAY \$3 TOPPERS
COMPLEMENT ANY MEAL WITH \$3 TOPPERS

3 COURSE
SUNDAY
BROAST **\$22**

PROMOTIONS ARE FOR THE BENEFIT OF MEMBERS ONLY, CONDITIONS APPLY*.



SPORTIES BISTRO



SCAN TO VIEW
ONLINE MENU

NUTRITIONAL GUIDE

G GLUTEN FREE

G* GLUTEN FREE AVAILABLE

N NUT FREE

N* NUT FREE AVAILABLE

D DAIRY FREE

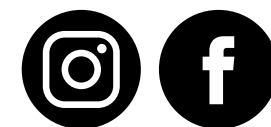
D* DAIRY FREE AVAILABLE

VEG VEGETARIAN

VEG* VEGETARIAN AVAILABLE

V VEGAN

V* VEGAN AVAILABLE



@sportiesbarooga

STARTERS

BREAD ROLL	N D	0.5
GARLIC HERB TURKISH BREAD	VEG	8.5
CHEESY GARLIC HERB BREAD	VEG	9.0
+ ADD Salami		+ 2.5
BRUSCHETTA	VEG D	12.5
Prosciutto, tomato, red onion, basil, balsamic & ricotta		
TANDOORI WINGS	D	15.5
Succulent roasted Tandoori Chicken wings with minted yoghurt, spanish onion & coriander		
SALT & SZECHUAN PEPPER SQUID	N	11.5
Served with Asian slaw & lime aioli		
DAILY SPRING ROLLS	D	13.5
Please check our daily specials board or ask your server		
FISH TIKKA BITES		15.5
Tikka marinated fish cubes, battered & deep fried. Served with tamarind chutney, grilled naan & salad		
CHEF'S SOUP OF THE DAY	G	14.0
Please check our daily specials board or ask your server		

SALADS

CHEF'S DAILY SALAD	G N D	22.0
Please check our daily specials board or ask your server		
GREEK LAMB KOFTA SALAD	G N D	26.0
Juicy lamb koftas on fresh greens, cherry tomatoes, cucumber, red onions, Kalamata olives, feta cheese, and lemon-oregano dressing.		
THAI BEEF SALAD	G D	23.0
Beef pieces marinated in a sweet soy, chilli & lime dressing, vermicelli, nam jim, sesame seed & cashews		

KIDS MEALS

Under 12 years – All kids meals include a FREE soft drink & jelly cup

MEMBERS KIDS EAT FREE EVERY FRIDAY IN THE BISTRO	FREE
2 Kids Meals per member*	
CHICKEN NUGGETS (6)	N 10.0
Served with chips & tomato sauce	
CRUMBED FISH	10.0
Served with chips, tartare sauce & lemon wedge	
ROAST OF THE DAY	G D 10.0
Served with roasted potato, pumpkin & gravy	
SPAGHETTI BOLOGNAISE	N D 10.0
Spaghetti topped with herbed bolognaise & parmesan cheese	

HALF MEALS

ROAST OF THE DAY	G N D	15.0
Served with roasted & steamed vegetables, finished with gravy & accompanying condiments. Please check daily special board		
CHICKEN SCHNITZEL		15.0
Golden brown lightly crumbed chicken breast, served with chips & crispy salad		
BEER BATTERED HOKI	N	18.0
Crispy battered hoki fillet, served with seasoned chips, crispy salad, lemon wedge & tartare		
STICKY & SMOKED BEEF RIBS	G N D	27.0
Served with seasoned chips & crispy salad		
LAMBS FRY	G N D	15.0
Grilled lambs fry with smoky bacon, creamy mash potato, seasonal vegetables & gravy		
WORCESTERSHIRE RISSOLES	G N D	15.0
Pepper and Worcestershire flavoured beef rissoles, served with creamy mash, seasonal vegetables & gravy		
CHICKEN PARMIGIANA		18.0
Golden brown chicken schnitzel topped with napoli, smoked ham, shredded mozzarella, served with chips & salad		
BOURBON PARMIGIANA		19.0
Golden brown chicken schnitzel topped with bourbon BBQ sauce, roasted red peppers, smoked ham and mozzarella. Served with chips & salad		
+ ADD Onion Rings Topper		+ \$4
CREAMY TOMATO RIGATONI	VEG V* N*	15.0
Onion, garlic, chopped tomatoes, cream, basil pesto with rigatoni, topped with parmesan.		
+ ADD Chicken		+ \$4.5

DESSERTS

STICKY DATE PUDDING		7.0
With butter scotch sauce, whipped cream & mixed berries		
MINI PAVLOVA	G	6.5
With seasonal fruits, drizzled passionfruit pulp, cream, and chocolate shards		
CREAMY DARK CHOC MOUSSE	G	6.5
With chantilly cream and chocolate shavings		
FRUIT SALAD	G N V VEG D	6.5
DAILY CHEESECAKE		7.0
Check specials board for daily flavour. served with chantilly cream, fresh berries, & chocolate shards		

NUTRITIONAL GUIDE			
G	GLUTEN FREE	G*	GLUTEN FREE AVAILABLE
N	NUT FREE	N*	NUT FREE AVAILABLE
D	DAIRY FREE	D*	DAIRY FREE AVAILABLE
VEG	VEGETARIAN	VEG*	VEGETARIAN AVAILABLE
V	VEGAN	V*	VEGAN AVAILABLE

MAINS

CHICKEN SCHNITZEL		23.0
Lightly crumbed chicken breast cooked to golden brown, served with gravy, seasoned chips & crispy salad		
BEEF SCHNITZEL	N	23.0
Golden brown crumbed beef, served with seasoned chips & crispy salad		
CALAMARI SCHNITZEL	N	25.0
Panko crumbed calamari served with chips, crispy salad & chilli mayonnaise		
CHICKEN PARMIGIANA		28.0
Golden brown chicken schnitzel topped with napoli, smoked ham, mozzarella, served with chips & salad		
BOURBON PARMIGIANA		30.0
Golden brown chicken schnitzel topped with bourbon BBQ sauce, red peppers, smoked ham and mozzarella. Served with chips & salad		
+ ADD Onion Rings Topper		+ 4.0
MEXICAN PARMIGIANA		30.0
Golden brown chicken schnitzel topped with salsa, sour cream, guacamole, jalapenos, cheese & corn chips. Served with chips & salad.		
BEER BATTERED HOKI FILLET	N	27.0
Crispy battered hoki fillet served with chips, crispy salad, lemon & tartare		
WORCESTERSHIRE RISSOLES	G N D	25.0
Cracked pepper & Worcestershire beef rissoles, served with mash, vegetables & gravy		
ROAST OF THE DAY	G N	25.0
Served with roasted & steamed vegetables, finished with gravy & accompanying condiments. Please check daily special board		
STICKY & SMOKED BEEF RIBS	G N D	45.0
Served with seasoned chips & crispy salad		
SLOW COOKED LAMB SHANK	G N D	36.0
Slow cooked lamb shank with creamy pumpkin mash, peas & rosemary jus		
DUCK DUO	N	36.0
Confit duck leg, with duck croquette, parsnip puree, grilled asparagus, star anise & port jus		
CHICKEN SCALLOPINI	G N	29.0
Grilled chicken breast served with potato & herb gratin, steamed seasonal vegetables & mushroom compote		
LAMBS FRY	G N D	25.0
Grilled lambs fry with bacon, mash potato, seasonal vegetables & gravy		
CREAMY TOMATO RIGATONI	VEG V* N*	22.0
Onion, garlic, chopped tomatoes, cream, basil pesto with rigatoni, topped with parmesan.		
+ ADD Chicken		+ 4.50
CARBONARA FETTUCCINE	N	24.0
Bacon, mushroom & carbonara sauce with fettuccine		
+ ADD Chicken		+ 4.50
POTATO & PUMPKIN GNOCCHI	VEG D	22.0
With semi-dried tomato, basil pesto, baby spinach, in a cream sauce with parmesan		
+ ADD Chicken		+ 4.50
LINGUINE PRAWN PASTA	D	26.0
Garlic prawns cooked in white wine and lemon garlic pesto with linguine pasta & parmesan		

Chef SELECT

Let our amazing chefs shine! Daily changing descriptions and plating create adventurous and refined dishes for those seeking a culinary delight. Discover new flavors and experiences. Check the speical board for nightly combinations.

ANGUS EYE FILLET	48.0
250g Y.G. grass fed grain finish	
CURRY PLATTER	28.0
Two of our authentic curry dishes paired together with baked rice, pappadum & naan bread	
PORK	32.0
Description & allergens changed daily	
FISH	34.0
Description & allergens changed daily	
BEEF CHEEK	36.0
Description & allergens changed daily	

CHEF SELECT ITEMS NOT APPLICABLE WITH MEMBER SPECIALS

THE GRILL

Choice of 2 sides and 1 sauce.

RUMP	G D	31.0
300g Y.G. grass fed grain finish		
SCOTCH FILLET	G D	40.0
300g Y.G. grass fed grain finish		
T-BONE	G D	34.0
350g Y.G. grass fed grain finish		
PORTERHOUSE	G D	38.0
350g Y.G. grass fed grain finish		
STEAK & RIBS	G D	40.0
200g porterhouse, smokey beef ribs		
BARRAMUNDI FILLET	G D	34.0
200g grilled, wild caught		

SIDES

Seasoned chips
Crispy salad
Roast vegetables
Mash potato
Seasonal steamed vegetables

SAUCES

Creamy Mushroom	G
Diane	G D
Gravy	G D
Garlic & Pepper Butter	G
Red Peppercorn Sauce	G
Bearnaise	G N

TOPPERS

CREAMY SEAFOOD MARINARA	G	8.5
ONION RINGS	N	4.0
FRIED EGGS (2)	G N D	3.0
GARLIC PRAWN SKEWERS (2)	G N D	8.0
PANKO CALAMARI RINGS (3)	N	8.0