

# Seniors

|  | Members | Non Members |
|--|---------|-------------|
| <b>200GM PORTERHOUSE STEAK</b><br>Chips and salad or chips and seasonal vegetables and choice of gravy, creamy pepper, mushroom gravy, onion gravy, garlic butter (GF) | \$19.00 | \$20.00     |
| <b>LAMB SHANK</b><br>Creamy potato mash, seasonal vegetables, red wine gravy (GF)  | \$17.00 | \$18.00     |
| <b>CHICKEN PARMA</b><br>Hand crumbed organic chicken breast, Virginia ham, Napoli, mozzarella cheese, chips and house dressed salad                                    | \$15.00 | \$16.00     |
| <b>SPAGHETTI CARBONARA</b><br>Bacon, cream, egg, parsley   | \$13.00 | \$14.00     |
| <b>CHICKEN SCHNITZEL</b><br>Hand crumbed organic chicken breast, chips and house dressed salad, jug of gravy   | \$13.00 | \$14.00     |
| <b>BEER BATTERED FLATHEAD AND CHIPS</b><br>Tartare sauce, lemon, house dressed salad   | \$13.00 | \$14.00     |
| <b>CURRIED SAUSAGES</b><br>Creamy potato mash, seasonal vegetables   | \$13.00 | \$14.00     |
| <b>ROAST OF THE DAY (GF,DF)</b><br>Seasonal vegetables, grilled pumpkin, baked potatoes, gravy   | \$13.00 | \$14.00     |
| <b>SENIOR CAKE OF THE DAY</b><br>With cream  | \$5.00  | \$6.00      |
| <b>SENIOR PAVLOVA</b><br>Cream, mixed summer berries   | \$6.00  | \$7.00      |

SENIOR'S CARD MUST BE PRESENTED  
IN ORDER TO RECEIVE SENIOR'S MEAL

# Menu

## Entrée

|   | Members                    | Non Members                |
|---|----------------------------|----------------------------|
| <b>GARLIC AND HERB BREAD (V)</b><br>With cheese (V)<br>With jalapeño and cheese (V)           | \$7.00<br>\$8.00<br>\$8.00 | \$8.00<br>\$9.00<br>\$9.00 |
| <b>WILD MUSHROOM &amp; CHEESE ARANCINI BALLS (3)</b><br>Spiced aioli, rocket and parmesan (V) | \$12.00                    | \$13.00                    |
| <b>BAO BUNS TRIO (3)</b><br>Crispy Chicken, BBQ Pork, Fried Fish<br>With Kewpie mayo and slaw | \$13.00                    | \$14.00                    |
| <b>PRAWN SPRING ROLLS (4)</b><br>Sweet chilli sauce   | \$14.00                    | \$15.00                    |
| <b>CRISPY CALAMARI (GF)</b><br>Caper tartare, sesame seeds, rocket                            | \$12.00                    | \$13.00                    |
| <b>MAC AND CHEESE BITES (4) (V)</b><br>BBQ mayo, Grana Padano cheese                          | \$13.00                    | \$14.00                    |
| <b>BRUSCHETTA (3) (V)</b><br>Tomato, onion, aged Balsamic, goat's cheese                      | \$15.00                    | \$16.00                    |
| <b>SOUP OF THE DAY</b><br>See specials board, served with crusty focaccia                     | \$8.00                     | \$9.00                     |

### Bistro Dining Hours

**Lunch** 11:30am-2:00pm

**Dinner** 5:30pm-8:30pm

**V-Vegetarian VG- Vegan DF- Dairy Free GF- Gluten Free**

Please inform staff when ordering of any dietary requirements.

## Burgers

|   | Members | Non Members |
|---|---------|-------------|
| <b>LONGBEACH CLASSIC BEEF BURGER</b>  | \$24.00 | \$26.00     |
| Angus beef, American cheddar cheese, lettuce, Westmont pickles, mild American mustard, Carolina aioli, fresh tomatoes, Spanish onion, milk bun, chips |         |             |
| <b>KOREAN FRIED CHICKEN BURGER</b>  | \$23.00 | \$25.00     |
| Crispy chicken, bacon, cabbage slaw, fresh tomatoes, milk bun, chips  |         |             |
| <b>BEEF BRISKET BURGER</b>  | \$23.00 | \$25.00     |
| 24hrs braised beef brisket, barbeque aioli, rocket, westmont pickles, milk bun, chips   |         |             |
| <b>CLASSIC STEAK SANGA</b>  | \$26.00 | \$28.00     |
| 200gm porterhouse steak, swiss cheese, caramelised onions, lettuce, aioli, relish, fresh tomatoes, Turkish bread, potato wedges                       |         |             |

## Salads

|  | Members | Non Members |
|--|---------|-------------|
| <b>CRISPY CALAMARI SALAD</b>   | \$26.00 | \$28.00     |
| Wombok, red cabbage, fresh Asian herbs, toasted peanuts, carrots, nouc mam pha sauce, bean sprouts, spring onions, chilli (DF, GF) |         |             |
| <b>CLASSIC CHICKEN CEASAR SALAD</b>  | \$24.00 | \$26.00     |
| Grilled chicken tenderloins, crispy pancetta, cos lettuce, poached egg, croutons, lemon dressing                                   |         |             |
| <b>MOROCCAN LAMB SALAD</b>   | \$29.00 | \$31.00     |
| Chargrilled lamb tenderloin skewers, grilled pumpkin, chickpeas, grilled capsicum, mint yoghurt, toasted almonds                   |         |             |
| <b>GREEK SALAD</b>   | \$18.00 | \$20.00     |
| Fresh lettuce, Kalamata olives, Bulgarian feta cheese, fresh tomatoes, cucumber, Dijon mustard dressing (V,DF,GF)                  |         |             |
| Add Chicken  | \$4     |             |

## Little Soldiers

ALL \$10

### KIDS CHICKEN NUGGETS & CHIPS

Tomato sauce (DF)

### KIDS PARMA & CHIPS

Parmesan cheese

### KIDS SPAGHETTI NAPOLI (V)

Parmesan cheese

### KIDS ROAST

Seasonal vegetables and gravy (GF,DF)

### KIDS CHEESE BURGER

Tomato sauce and chips

### KIDS FISH & CHIPS

Tomato sauce

ALL KIDS MEALS COME WITH A SOFT DRINK AND KIDS ICE CREAM

## Sides

|  |        |
|--|--------|
| <b>HOUSE CHIPS</b>   | \$8.00 |
| Aioli, tomato ketchup  |        |
| <b>POTATO WEDGES</b>   | \$9.50 |
| Sweet chilli sauce, sour cream                                   |        |
| <b>CREAMY POTATO MASH (GF)</b>                                   | \$5.00 |
| <b>BOWL OF SEASONAL VEGETABLES (GF)</b>                          | \$5.00 |
| <b>SIDE SALAD (V) (GF)</b>                                       | \$6.00 |
| <b>JUG OF SAUCE</b>  | \$3.00 |
| Gravy, creamy pepper, mushroom gravy, onion gravy, garlic butter |        |

# Parma Menu

|  | Members | Non Members |
|--|---------|-------------|
| Hand crumbed organic free-range chicken breast, all served with chips & salad                          |         |             |
| <b>TRADITIONAL CHICKEN PARMA</b><br>Virginia ham, Napoli, mozzarella cheese                            | \$26.00 | \$28.00     |
| <b>MUSHROOM PARMA</b><br>Napoli, virginia ham, portobello & wild mushrooms, fresh thyme and mozzarella | \$26.00 | \$28.00     |
| <b>BBQ MEATLOVERS PARMA</b><br>Napoli, Virginia ham, bacon, Sicilian salami, mozzarella BBQ sauce      | \$28.00 | \$30.00     |
| <b>ITALIAN PARMA</b><br>Virginia ham, mushroom, kalamata olives, mozzarella and anchovies              | \$27.00 | \$29.00     |
| <b>MEXICAN PARMA</b><br>Chilli con carne, mozzarella, jalapeños, sour cream and corn chips             | \$27.00 | \$29.00     |
| <b>AUSSIE PARMA</b><br>Virginia ham, bacon, beetroot, mozzarella, fried egg, barbeque sauce            | \$27.00 | \$29.00     |
| <b>HAWAIIAN PARMA</b><br>Virginia Ham, mozzarella, grilled pineapple slices                            | \$27.00 | \$29.00     |

# Desserts

|   | Members | Non Members |
|---|---------|-------------|
| <b>STICKY DATE AND FIG PUDDING</b><br>Toffee sauce, vanilla bean ice cream        | \$12    | \$13        |
| <b>DEATH BY CHOCOLATE</b><br>Chocolate fudge, chocolate mousse, chocolate crumble | \$12    | \$13        |
| <b>ORANGE AND POLENTA CAKE (GF)</b><br>Orange brandy syrup, vanilla ice cream     | \$12    | \$13        |
| <b>PAVLOVA (GF)</b><br>Cream, mixed summer berries                                | \$12    | \$13        |

# From the Sea

|  | Members | Non Members |
|--|---------|-------------|
| <b>SEAFOOD PLATTER FOR 1</b>   | \$35.00 | \$37.00     |
| <b>SEAFOOD PLATTER FOR 2</b><br>Fresh prawn, smoked salmon, prawn spring rolls, crumbed prawns, scallops, calamari, flathead, chips, tartare sauce, lemon, house salad | \$59.00 | \$61.00     |
| <b>FISH OF THE DAY</b><br>Fresh grilled market fish (see specials board)   | \$28.00 | \$30.00     |
| <b>BATTERED FLATHEAD AND CHIPS</b><br>Flat head fillet, tartare sauce, lemon, house dressed salad & chips  | \$27.00 | \$29.00     |
| <b>CRISPY CALAMARI</b><br>Caper tartare, black sesame, chips, rocket   | \$24.00 | \$26.00     |
| <b>SEAFOOD SPAGHETTI</b><br>Fresh prawns, local mussels, pipi, calamari, flat head, white wine, olive oil, parsley   | \$31.00 | \$33.00     |

# From the Chargrill

|   | Members | Non Members |
|---|---------|-------------|
| <b>SCOTCH FILLET 300gm MB3 SOUTHERN RANGES</b>  | \$37.00 | \$39.00     |
| <b>PORTERHOUSE 300GM MB3 SOUTHERN RANGES</b><br>Served with your choice of Chips & Salad or Mash & Veg and choice of sauce<br>Gravy, creamy pepper, mushroom gravy, garlic butter | \$36.00 | \$38.00     |
| <b>ADD A TOPPER:</b>  |         |             |
| <b>ONION RINGS</b>  | \$4     |             |
| <b>SEAFOOD TOPPER</b>   | \$9     |             |
| <b>BACON AND EGG</b>  | \$7     |             |

## Mains

|  | Members | Non Members |
|--|---------|-------------|
| <b>VEAL SCALOPINI</b>  | \$29.00 | \$31.00     |
| Pan fried veal tenderloin, white wine, mushroom and pancetta, sage, cream, long grain rice, chips            |         |             |
| <b>CHINESE PORK SPARE RIBS</b>   | \$29.00 | \$31.00     |
| Hoisin fried rice, Asian greens, fried shallots, coriander, chilli   |         |             |
| <b>PUMPKIN RICOTTA GNOCCHI (V)</b>   | \$25.00 | \$27.00     |
| Pumpkin, American corn, caramelised onion, cream, parsley, rocket and parmesan                               |         |             |
| <b>OPEN MOROCCAN CHICKEN SOUVLAKI</b>  | \$26.00 | \$28.00     |
| Moroccan spiced chicken, Ras al hanout, lettuce, tomato, onion, garlic sauce, fresh bread and crunchy wedges |         |             |
| <b>PEA AND ASPARAGUS RISOTTO</b>   | \$24.00 | \$26.00     |
| Thyme butter, baby spinach, baby leek, parsley, Grana Padano cheese  |         |             |
| <b>LAMB SHANKS</b>   | \$32.00 | \$34.00     |
| Creamy potato mash, seasonal vegetables, red wine gravy  |         |             |

### WHATS ON

**MONDAY** \$20 Steak Night 300g Porterhouse with chips and salad & choice of sauce

**TUESDAY** Buy any main meal get a second item off the club classic menu for \$10

**WEDNESDAY** \$15 Parma and Pot night any parma off the Parma Menu

**THURSDAY** Kids Eat free, free kids meal with any main meal purchase

**SUNDAY** \$16.50 Roast with all the trimmings and choice of meat

**Weekly specials - see our Instagram for information @LongbeachRSL**

## Club Classics

|  | Members | Non Members |
|--|---------|-------------|
| <b>CHICKEN TIKKA MASALA</b>  | \$25.00 | \$27.00     |
| Basmati rice, naan bread, coriander  |         |             |
| <b>VEGETARIAN KORMA (VG)</b>   | \$23.00 | \$25.00     |
| Pumpkin, potato and chickpea coconut cream, basmati rice, naan bread, coriander                                  |         |             |
| <b>SPAGHETTI CARBONARA</b>   | \$23.00 | \$25.00     |
| Bacon, cream, egg, parsley   |         |             |
| <b>ROAST OF THE DAY</b>  | \$21.00 | \$23.00     |
| Seasonal vegetables, grilled pumpkin, baked potatoes, gravy (GF)   |         |             |
| <b>CHICKEN AND PESTO SPAGHETTI</b>   | \$24.00 | \$26.00     |
| Grilled chicken, basil pesto, semi-dried tomato, cream, fresh parsley, Grana Padano cheese                       |         |             |
| <b>CHICKEN SCHNITZEL</b>   | \$21.00 | \$23.00     |
| Hand crumbed organic chicken breast, chips and house dressed salad, jug of gravy                                 |         |             |
| <b>NASI GORENG</b>   | \$23.00 | \$25.00     |
| Chicken fried rice, sweet soy sauce, asian vegetables, shrimps, fried egg, chilli, fried shallots, and coriander |         |             |



LONG BEACH RSL  
CHELSEA