

MAIN MENU

LUNCH (DAILY) 11.30AM - 2PM | DINNER (SUN-THU) 5.30PM - 8.30PM | DINNER (FRI-SAT) 5.30PM - 9PM

BREADS & SMALL BITES

M NM

Garlic Cheese Bread (V) (Pizza oven cooked)	\$9	\$12
Aglio Pizza House-made dough with confit garlic, fior di latte	\$19	\$22
House-Made Pumpkin, Sage & Bocconcini Arancini (4) Aioli, parmesan, sticky balsamic	\$17	\$20
Betel Leaf Prawns (3) (DF, GF) Garlic prawn on betel leaf, green paw paw salad, spicy nahm jim dressing	\$18	\$21
Dusted Squid (DF, GFO) Lemon pepper spice, smoked paprika aioli, lemon	\$18	\$21
Chicken Bao Buns (3) spiced chicken, slaw, house pickles, peri peri aioli	\$18	\$21
Lamb Filo Lamb shoulder, herbs, pastry, charred carrot puree, jus, crisp parsley	\$21	\$24

SALADS

M NM

Mooloolaba Prawn & Crispy Pork Belly Salad (GFO, DF) Coriander, mint, bean shoots, pineapple, tomato, cabbage, red onion, spicy nahm jim dressing	\$28	\$31
Tempura Salmon Salad Crisp salmon, potato, green bean, red onion, fennel, olive, sundried tomato, beetroot puree	\$26	\$29
Buttermilk Chicken Salad (GFO) Gem leaves, avocado, egg, tomato, bacon, parmesan, buttermilk ranch dressing	\$27	\$30
Pearl Cous Cous & Chargrilled Pumpkin (V, VGO) Roasted peppers, red onion, tomato, feta, herbed yoghurt dressing	\$25	\$28
Add chicken	+\$5	+\$8

PASTAS

Linguine Seafood Marinara Garlic prawns, fish, squid, rocket, chilli, house napoli sauce, parmesan, grilled mooloolaba prawn & half shell scallop, lemon	\$38	\$41
Beef Cheek Ragout Rigatoni Slow braised beef cheek, spinach, feta, cooking sauce, parmesan, truffle oil	\$31	\$34
Mushroom Risotto (V) Mixed mushrooms, italian rice, spinach, herbs, parmesan	\$26	\$29
Add Chicken	\$5	\$8
House-Made Potato Gnocchi (V) Zucchini, peas, spinach, herbs, pine nuts, goat's cheese	\$26	\$29
*Gluten Free Option	+\$2	+\$5

KIDS MENU

For children 12 years & under

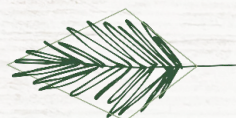
Grilled Chicken Tenderloin (GFO) Chips, mixed leaves, tomato sauce	\$12	\$15
Fish & Chips (GFO) Mixed leaves, tomato sauce, lemon	\$12	\$15
Cheeseburger Chips, mixed leaves, tomato sauce	\$12	\$15
Spaghetti Bolognese (GFO) Cheese, mixed leaves	\$12	\$15
Spaghetti, Napoli & Cheese (GFO) Cheese, mixed leaves	\$12	\$15
Ham & Pineapple Pizza	\$12	\$15
Margherita Pizza	\$12	\$15

M / Members NM / Non Members

V / Vegetarian VG / Vegan VGO / Vegan Option GF / Gluten Free GFO / Gluten Free Option DF / Dairy Free DFO / Dairy Free Option

FOOD ALLERGIES / All care is taken when preparing your meal. If you have any kind of food allergy, please inform our staff at the time of ordering. It must be noted that we operate a commercial kitchen that has nuts, seafood, shellfish, seeds, flours, eggs and dairy products. We endeavour to accommodate all our customers' requests where possible.

Card processing fees apply.



ARROWS
BISTRO

MAIN MENU

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MAINS

	M	NM
Bower Tree Fish & Chips (DF)	\$27	\$30
Beer-battered coral trout, salad, lemon, tartare sauce		
Queensland Barramundi Pan-Fried (GF)	\$38	\$41
Potato, baby carrot, chorizo, zucchini, red onion, tomato, parsley, butter sauce, lemon		
Twice-Cooked Duck Leg Curry (GFO)	\$37	\$40
Cherry tomato, green beans, rice, pineapple pickle, coriander, cucumber yoghurt		
Salmon Chargrilled (GF)	\$36	\$39
Potato colcannon, seasonal greens, citrus butter sauce, lemon		
Steaks From The Chargrill (GFO)		
250g Black Angus sirloin (Riverina)	\$42	\$45
180g Eye fillet	\$49	\$52
350g Rib fillet	\$58	\$61
Served with chips and salad or mash, broccolini & beer-battered onion rings		
Sauces: Jus, Mushroom, Béarnaise, Green Peppercorn		
200g Black Angus Rump & Pork Ribs (GFO)	\$45	\$48
Slow-cooked ribs, chargrilled rump (Riverina), house bbq sauce, slaw, chips		
Garlic Prawn Chicken Breast Parmigiana	\$33	\$36
Garlic prawns, smashed avocado, cheese, garlic cream sauce, chips & salad or mash & broccolini		
Chicken Breast Schnitzel	\$26	\$29
Parmesan, lemon, chips & salad or mash & broccolini		
Chicken Breast Parmigiana	\$29	\$32
Napoli sauce, ham, cheese, chips & salad or mash & broccolini		
Mooloolaba King Prawns	\$34	\$37
Pan-roasted local prawns, romesco sauce, cherry tomato, parsley oil, lemon		
Eggplant Parmigiana (V, GFO)	\$27	\$30
Chargrilled eggplant, napoli, goat's cheese, chips, salad		

DESSERTS

	M	NM
Sticky Date & Banana Pudding (GF)	\$13	\$16
Butterscotch sauce, vanilla ice-cream		
Crème Brulée (GFO)	\$13	\$16
Mango sorbet, almond crumb		
Apple Rhubarb Strudel	\$13	\$16
Vanilla bean ice-cream, hazelnut		
Coconut Pannacotta (GF)	\$13	\$16
Pineapple salsa, mint, mango gelato		
Hokey Pokey Sundae	\$13	\$16
Ice-cream, candied popcorn, marshmallows, frozen raspberry, chocolate sauce, wafer, cream		

LUNCHTIME BITES

Monday to Friday Lunch only

Lunch Steak	\$22	\$25
200g Black Angus rump, chips, salad		
Lunch Fish & Chips	\$22	\$25
Beer-battered chips, salad		

SIDES

Chips with Garlic Aioli	\$10	\$13
Garden Salad	\$10	\$13
Beer-Battered Onion Rings with Garlic Aioli	\$10	\$13
Char-Grilled Broccolini with Garlic Butter	\$10	\$13
Seasonal Vegetables	\$10	\$13
Mash	\$10	\$13
*Extra Sauce	+\$1	+\$1

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PIZZA MENU

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PIZZAS

Aglia \$19 M | \$22 NM

Our pizza dough, confit garlic, cheese

Margherita \$23 M | \$26 NM

Tomato sugo, fior di latte, basil, italian parmesan

Diavola \$26 M | \$29 NM

Spicy pepperoni, tomato sugo, fior di latte, parmesan, italian herbs

Tropicale \$25 M | \$28 NM

Fior di latte, sugo, ham, pineapple, parmesan

Garlic Prawn Pizza \$29 M | \$32 NM

Confit garlic, fior di latte, prawns, fennel, tomato, parmesan, herb oil

Meatlovers \$29 M | \$32 NM

Sugo, fior di latte, ham, pepperoni, bacon, pork sausage, bbq sauce

Funghi (V) \$26 M | \$29 NM

Forest mushroom, pesto, goats cheese, fior di latte, zucchini, sticky onion, chilli

Add Prosciutto +\$5

Pollo \$26 M | \$29 NM

Sugo, fior di latte, chicken, chorizo, capsicum, chipotle aioli, rocket

Capricciosa \$27 M | \$30 NM

Fior di latte, sugo, ham, mushroom, artichokes, olives, italian herbs, parmesan

Pork Belly \$28 M | \$31 NM

Fior di latte, tomato sugo, pork belly, capsicum, red onion, bbq hoisin, crispy shallot

Braised Lamb \$28 M | \$31 NM

Sugo, fior di latte, lamb, lemon pepper potato, red onion, herb yoghurt, rocket

Vegetarian \$24 M | \$27 NM

Fior di latte, sugo, pumpkin, sundried tomato, charred cauliflower

***Gluten Free Base Available +\$6**

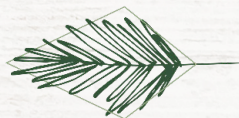


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