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 (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	$18	$21
Dusted Squid (DF, GF, I) Lemon pepper spice, smoked paprika aioli, lemon	$19	$22
Duck Spring Rolls (3) Peking duck spring rolls, asian salad, yellow curry sauce	$21	$24
Zucchini Flowers (2) Salmon mousse filling (I), crispy fried, dill aioli	$19	$22
Beef Mignon (GF) Prosciutto, beetroot, baby carrot, feta, jus	$21	$24
Chicken Wings (8) Spicy buffalo or BBQ sauce, buttermilk ranch dressing dipper	$16	$19

SALADS

	M	NM
Master Stock Pork Belly & Mooloolaba Prawn Salad (GFO, DF, A) Pineapple, tomato, red onion, bean shoots, coriander, mint, spicy nahm jim	$31	$34
Spiced Buttermilk Chicken Salad (GFO) Gem leaves, avocado, cucumber, tomato, fennel, parmesan, buttermilk ranch dressing	$29	$32
Warm Chargrilled Pumpkin Salad (GF, DFO, V, VGO) Peppers, red onion, tomato, beetroot, feta, roasted carrot hommus, dukkha, sticky balsamic	$27	$30
Add chicken +$6		

PASTAS

GFO +$2

Linguine Garlic Prawns (M) Garlic prawns, rocket, chilli, tomato, prawn sauce, parmesan, grilled Mooloolaba king prawn, lemon	$38	$41
Lamb Shank Ragout Rigatoni Slow braised lamb shank, spinach, feta, cooking sauce, parmesan, truffle oil	$31	$34
Mushroom Risotto (GF, V) Mixed mushrooms, Italian rice, spinach, herbs, parmesan	$28	$31
Add Chicken +$6		
House-Made Potato Gnocchi (V) Pumpkin, tomato, pesto, spinach, pine nuts, goats cheese, parmesan	$28	$31
Add Chicken +$6		

KIDS MENU

For children 12 years & under

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

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I / International A / Australian M / Mixed

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CQ & MCCAIN FOODS AWARDS FOR EXCELLENCE 2026 Finalist BEST DINING GRAND

CQ & MCCAIN FOODS AWARDS FOR EXCELLENCE 2026 Winner CLUB CHEF OF THE YEAR

ARROWS BISTRO

MAIN MENU

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

MAINS

	M	NM
Bower Tree Fish & Chips (M) Beer-battered coral trout, salad, lemon, tartare	$28	$31
Queensland Barramundi Pan-Fried (A) Potato, zucchini, peas, capers, tomato, butter sauce, herb oil, lemon	$38	$41
Red Braised Chicken Maryland Curry (GFO) Cherry tomato, green beans, rice, pineapple pickle, coriander, cucumber yoghurt	$38	$41
Pork Cutlet 300g Chargrilled (GF) Potato colcannon, seasonal greens, beetroot relish, jus	$42	$45
Steaks From The Chargrill Served with chips & salad or Mash, broccolini & onion rings		
250g Black Angus sirloin (Riverina)	$45	$48
180g Eye fillet	$54	$57
350g Rib fillet	$62	$65
Sauces: Gravy, Mushroom, Green Peppercorn, Béarnaise **Extra Sauce** +$1		
Lamb Rump Chargrilled Potato rosti, baby onion, seasonal greens, red wine sauce	$45	$48
Vegetable Moussaka (GF, V) Eggplant, ratatouille, cheese sauce, napoli, parmesan, salad, chips	$29	$32
Chicken Breast Schnitzel Parmesan, lemon, chips & salad or mash & broccolini	$26	$29
Chicken Breast Parmigiana Napoli sauce, ham, cheese, chips & salad or mash & broccolini	$29	$32
Garlic Prawn Chicken Breast Parmigiana (I) Garlic prawns, smashed avocado, cheese, garlic cream sauce, chips & salad or mash & broccolini	$33	$36

DESSERTS

	M	NM
Sticky Date & Banana Pudding (GF) Butterscotch sauce, vanilla ice-cream	$15	$18
Crème Brulée (GFO) Mango gelato, almond crumb, biscotti	$15	$18
Apple Rhubarb Strudel Vanilla bean ice-cream, hazelnut, orange syrup	$15	$18
Honey Parfait (GF) Fig & date compote, macadamia ice-cream, praline crumb	$15	$18
Espresso Pannacotta (GF) Sticky spiced dried fruit, vanilla bean ice-cream	$15	$18

LUNCHTIME BITES

Monday to Friday Lunch only

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

SIDES

Chips with Garlic Aioli	$10	$13
Garden Salad	$10	$13
Pan Tossed Vegetables	$10	$13
Seasonal Greens with Garlic Butter & Feta	$10	$13
Mash	$10	$13

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CQ & MCCAIN FOODS AWARDS FOR EXCELLENCE 2026 Winner CLUB CHEF OF THE YEAR

ARROWS BISTRO

PIZZA MENU

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



PIZZAS

Aglio $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 (I) $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, hummus and herb oil, rocket

Vegetarian $24 M | $27 NM
Fior di latte, sugo, pumpkin, sundried tomato, charred cauliflower

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

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ARROWS BISTRO