

— ROCK SALT — MENU

TRADING HOURS

Lunch 12pm to 2pm.
Dinner 6pm to 8pm Sunday to Thursday and
6pm to 8.30pm Friday and Saturday

WE SOURCE & USE LOCAL PRODUCE & SUPPLIERS
WE ARE A GLUTEN FRIENDLY KITCHEN



From the Char Grill

200g MSA RUMP

served w/ fries and a choice of vegetables or salad

\$24.90 GF

400g MSA RUMP

served w/ fries and a choice of vegetables or salad

\$29.50 GF

300g MSA RIB FILLET

served w/ fries and a choice of vegetables or salad

\$31.50 GF

200g MSA EYE FILLET

served w/ fries and a choice of vegetables or salad

\$31.50 GF

200g BACON-WRAPPED EYE FILLET

served w/ fries and a choice of vegetables or salad

\$33.50 GF

Complimentary Sauces (all GF): complimentary sauces only
available w/ char grill selections:

- hollandaise
- bearnaise
- mushroom
- three pepper
- diane
- garlic cream
- bourbon BBQ glaze

additional sauces

\$2.00

Topper (GF)

garlic prawns sauce

\$9.50

V = Vegetarian

GF = Gluten Free by Ingredient | GFO = Gluten Free Option Available

Please advise cashier when ordering of dietary requirements.

Please note that The Waves' deep fryers cannot be 100% gluten free

Breads

BREAD ROLLS

\$1.50

GARLIC PIZZA BREAD

\$9.50

GARLIC, CHEESE AND BACON PIZZA BREAD

\$11.50

Entrees

LEMON PEPPERED BABY CALAMARI

w/ lemon myrtle mayonnaise

entree

main, served with chips and salad

\$14.90

\$24.90

OYSTERS KILPATRICK (GF)

(5)

(10)

\$16.50

\$28.50

Salads

CAESAR SALAD (GF OPTION)

baby cos, crispy bacon, poached egg, anchovies, garlic
croutons and shaved parmesan w/ chef's freshly made
special caesar dressing

plain
chicken

\$17.90

\$20.90

CRISPY ASIAN PORK BELLY (GF)

crispy pork belly tossed in asian dressing w/ a fresh citrus
salad

\$22.50

CRUNCHY CHICKEN & AVOCADO (GF OPTION)

chicken strips on a tomato, sundried tomato, onion, avocado
capsicum, bacon, and crouton salad w/ ranch dressing

\$23.50

GREEK LAMB SALAD (GF OPTION)

marinated lamb loin fillet served on charred pita bread &
tossed salad greens w/ hommus, cucumber, feta, sundried
tomato, roasted capsicum and tzatziki

\$24.50

Chicken Breast

*served w/ fries and a choice of vegetables or salad

SCHNITZEL (GF OPTION)

w/ your choice of sauce *

\$21.90

SCHNITZEL AUSSIE PARMIGIANINO (GF OPTION)

napoli, bacon, cheese and BBQ sauce *

\$23.90

WAVES PARMIGIANINO SCHNITZEL (GF OPTION)

napoli, guacamole, prawns and cheese *

\$24.90

ENCRUSTED W/ MACADAMIA & PARMESAN CRUST (GF OPTION)

w/ garlic cream sauce *

\$23.90

ROASTED CHICKEN BREAST (GF)

w/ a cauliflower potato gratin, broccolini, and your choice of sauce

\$21.90

Seafood

*served w/ fries and a choice of vegetables or salad

SEAFOOD BASKET

coconut prawn, crumbed calamari and prawn, battered fish, scallops, seafood twister w/ tartare sauce *

\$26.50

WILD CAUGHT QLD BARRAMUNDI PAN-FRIED OR CRUMBED (GF OPTION)

w/ citrus aioli and lemon *

\$27.50

FRESH ATLANTIC SALMON FILLETS (GF)

w/ avocado, tomato salsa and hollandaise sauce

\$27.50

CREAMY SWEET COCONUT CURRY PRAWNS (GF)

w/ mango chutney, steamed rice and pappadums

\$27.50



Pasta / Risotto

CHICKEN BREAST & BACON FETTUCCINI (GF OPTION)

creamy base w/ onions, garlic and bacon pan-fried in butter w/ a touch of white wine, finished w/ shallots, basil, parmesan

\$21.50

PAPPARDELLE BOLOGNAISE (GF OPTION)

beef, red wine, and fresh herbs blended into a traditional italian sauce w/ parmesan

\$19.50

GARLIC PRAWN FETTUCCINI (GF OPTION)

garlic marinated prawns in a creamy garlic, basil, shallot sauce, and parmesan

\$27.50

VEGETARIAN FETTUCCINI OR RISOTTO (V, GF OPTION)

tomato base w/ onions, garlic and grilled mediterranean vegetables and a touch of white wine, finished w/ shallots, basil, and parmesan

\$19.50

PRAWN & CRAB RAVIOLI

crab ravioli in a lemon, tomato, parmesan, dill, and basil butter sauce w/ pan-fried prawns

\$25.50

POTATO & SMOKED SALMON GNOCCHI

fresh made gnocchi in a parmesan, smoked salmon, and basil cream sauce

\$22.50

Slow-Cooked

SLOW COOKED PORK BELLY (GF)

in chef's special golden honey asian sauce served w/ stir fry vegetables and rice

\$24.90

BRAISED LAMB SHANK

on a bed of potato mash and spiced beetroot sauce

\$28.90

BRAISED STEAK & ONIONS (GF)

6-hour american braised oyster blade w/ balsamic button onions and batton gnocchi

\$23.90

Kid's Meals

For children 12 years and under.

CALAMARI & CHIPS

\$9.50

FRESH BATTERED CHICKEN TENDERLOINS & CHIPS (GF OPTION)

\$9.50

BATTERED FISH & CHIPS (GF OPTION)

\$9.50

SPAGHETTI BOLOGNAISE (GF OPTION)

\$9.50

HAM & PINEAPPLE PIZZA & CHIPS

\$9.50

All served with an activity pack, soft drink and Paddle Pop.

Sides

BATTERED ONION RINGS

\$7.50

SIDE SALAD (GF)

\$7.50

CRISPY FRIES (GF OPTION)

\$7.50

SWEET POTATO FRIES

\$8.50

POTATO MASH (GF)

\$6.50

PAN FRIED VEGETABLES (GF)

\$8.50

PAN FRIED MUSHROOMS (GF)

\$9.50

