

- Rock Salt -

- MENU -

LUNCH 12:00PM - 2:00PM | DINNER 6:00PM - 8:00PM
(8:30PM FRI/SAT)

From the Char Grill

MEMBERS | NON MEMBERS

200g MSA Rump
\$26.90 | \$29.90

400g MSA Rump
\$33.90 | \$36.90

300g MSA Rib Fillet
\$36.90 | \$39.90

200g MSA Eye Fillet
\$36.90 | \$39.90

200g Filet Mignon
\$38.90 | \$41.90

Served with fries & a choice of
vegetables or salad

Complimentary Sauces (gf)

Gravy, Mushroom, Three Pepper, Diane, Garlic
Cream, Béarnaise, Hollandaise, Bourbon BBQ
Glaze, Red Wine Jus or Garlic Butter

Complimentary sauces only available with
Char Grill selections - additional sauces \$3.00 | \$4.00

Garlic Prawn Sauce (4) (gf) \$9.50 | \$11.50

Breads

MEMBERS | NON MEMBERS

Bread Rolls \$2.00 | \$3.00
Garlic, Cheese Pizza Paddle \$9.50 | \$10.50
Garlic, Cheese & Bacon Pizza Paddle \$11.50 | \$12.50

Entrees

Lemon Pepper Baby Calamari (gfo)
With lemon myrtle mayonnaise
• Entree \$15.90 | \$16.90
• Main - served with chips & salad \$25.90 | \$27.90

Oysters Kilpatrick (gf) (5) \$17.50 | \$19.50
(10) \$30.50 | \$32.50

Crumbed Shiitake Mushrooms \$14.50 | \$15.50
With truffle garlic mayonnaise

Lamb & Pork

Slow Cooked Pork Cutlet (gfo) \$29.90 | \$31.90
In bourbon BBQ glaze with mash and broccolini
Braised Lamb Shank \$30.90 | \$33.90
On a bed of mash potato, broccolini & roasted
garlic

The waves sports club

Spring Summer Seafood

MEMBERS | NON MEMBERS

Seafood Basket* \$29.90 | \$31.90

Coconut prawn, crumbed calamari &
scallops, battered fish & prawns,
seafood twister with tartare sauce

Wild Caught Queensland Barramundi* \$29.90 | \$31.90

Pan fried (gfo) or crumbed with citrus
aioli & lemon

Fresh Atlantic Salmon Fillet (gfo)* \$30.90 | \$32.90

With avocado bruschetta & hollandaise

Creamy Coconut Curry Prawns (gf) \$29.90 | \$31.90

With mango chutney, steamed rice &
a pappadum

*Served with fries & a choice of vegetables or salad

Toppers & Sides

MEMBERS | NON MEMBERS

Battered Onion Rings \$7.90 | \$8.90
Side Salad (gf) \$7.90 | \$8.90
Crispy Fries (gfo) \$7.90 | \$8.90
Sweet Potato Fries (gf) \$8.90 | \$9.90
Potato Mash (gf) \$6.90 | \$7.90
Pan Fried Vegetables (gf) \$8.90 | \$9.90
Pan Fried Mushrooms (gf) \$9.90 | \$10.90

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Salad

Crunchy Chicken & Avocado (gfo) \$24.50 | \$26.50

Crunchy chicken strips on a tomato, onion, capsicum, crispy bacon, avocado salad with croutons & ranch dressing

Caesar Salad (gfo)

Baby cos, crispy bacon, poached egg, anchovies, garlic croutons & shaved parmesan with Chef's freshly made special Caesar dressing

Plain \$17.90 | \$19.90

Add Chicken \$22.90 | \$24.90

Add Prawns \$27.90 | \$29.90

Roasted Pumpkin & Feta Salad (gfo)

Roasted pumpkin served on charred pita bread & tossed salad greens with hommus, feta, sundried tomato, roasted capsicum & crispy chickpeas

Plain \$19.50 | \$21.50

Add Chicken \$24.50 | \$26.50

Add Prawns \$29.50 | \$31.50

Asian Beef Salad \$25.50 | \$28.50

Chargrilled rib fillet with a sweet sauce marinade, bean sprouts, roasted peanuts, crispy onions, cucumber and cherry tomato salad

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(8:30PM FRI/SAT)

Pasta

Chicken & Bacon Fettuccine \$23.90 | \$25.90

Garlic, bacon & onion pan-fried in butter with a touch of white wine & finished with shallots, basil, parmesan & cream

Pappardelle Bolognaise \$22.90 | \$24.90

Beef, red wine & fresh herbs blended into a traditional Italian sauce

Garlic Prawn Fettuccine \$29.90 | \$30.90

Garlic marinated prawns in a creamy garlic, basil & shallot sauce

Vegetarian Fettuccine \$23.90 | \$25.90

Mediterranean vegetables tossed in a tomato, garlic, basil & shallot sauce

Seafood Marinara \$29.90 | \$31.90

Prawns, scallops & fish tossed with spaghetti in a tomato & basil cream sauce

Braised Beef Pappardelle \$25.90 | \$27.90

Braised beef, mushrooms & roasted tomatoes

- Gluten free penne pasta option
available \$1.00 extra -

Please advise cashier when ordering
of any dietary requirements or if you require a
Gluten Free or Dairy Free Option

**We source and use local produce and
suppliers where possible**

v = Vegetarian

gf = Gluten Friendly by ingredient

gfo = Gluten Friendly Option available

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

Chicken

Served with fries & a choice of
vegetables or salad

Chicken Schnitzel (gfo) \$24.90 | \$26.90

With fries & a choice of vegetables or salad &
includes one sauce

Schnitzel Aussie Parmigiana (gfo) \$27.90 | \$29.90

Napoli, bacon, cheese & BBQ sauce

Schnitzel Tex Mex \$27.90 | \$29.90

Chorizo mince, corn chips, chunky
salsa & sour cream

Waves Seafood Parmigiana \$28.90 | \$30.90

Schnitzel (gfo)

Napoli, guacamole, prawns & cheese

Reuben Schnitzel (gfo) \$27.90 | \$29.90

Pastrami, sauerkraut, pickles, cheese
& Russian dressing

Macadamia Encrusted Chicken \$27.90 | \$29.90

Breast (gfo)

With garlic cream sauce

Pan Roasted Chicken Breast (gf) \$27.90 | \$29.90

With broccolini, buttered garlic
mushrooms & mash potato

Kids Meals

Calamari & Chips

Crumbed Chicken Tenderloins & Chips (gfo)

Battered Fish & Chips (gfo)

Spaghetti Bolognaise (gfo)

Ham & Pineapple Pizza

Dagwood Dog & Chips

All served with a soft drink & Paddle Pop

MEMBERS | NON MEMBERS

\$10.90 | \$12.90