

- Rock Salt -

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

Spring
Summer

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) <i>With lemon myrtle mayonnaise</i>	
• Entree	\$15.90 \$16.90
• Main - served with chips & salad	\$25.90 \$27.90
Pacific Oysters Kilpatrick (gf)	(5) \$18.50 \$20.50 (10) \$31.50 \$33.50
Crumbed Shiitake Mushrooms <i>With truffle garlic mayonnaise</i>	\$14.50 \$15.50

Beef, Lamb & Pork

Slow Cooked Pork Cutlet (gfo) <i>In maple, mustard jus with mash and broccolini</i>	\$29.90 \$31.90 \$30.90 \$33.90
Braised Lamb Shank <i>On a bed of mash, broccolini & roasted garlic</i>	
24 Hour Slow Cooked Wagyu <i>With mushroom, tomato, marinated onions with mash and broccolini</i>	\$32.90 \$36.90

From the Char Grill

MEMBERS | NON MEMBERS

200g MSA Rump
\$27.90 | \$30.90

400g MSA Rump
\$35.90 | \$38.90

300g MSA Rib Fillet
\$38.90 | \$41.90

200g MSA Eye Fillet
\$38.90 | \$41.90

200g Filet Mignon
\$41.90 | \$44.90

Served with fries & a choice of vegetables or salad

Complimentary Sauces (gf)

Gravy, Mushroom, Three Pepper, Diane, Garlic Cream, Béarnaise, Hollandaise, Bourbon BBQ Glaze, Maple Mustard Jus

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

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

Seafood

MEMBERS | NON MEMBERS

Seafood Basket* <i>Coconut prawn, crumbed calamari & scallops, battered fish & prawns, seafood twister with tartare sauce</i>	\$31.90 \$33.90
Wild Caught Queensland Barramundi* <i>Pan fried (gfo) or crumbed with citrus aioli & lemon</i>	\$32.90 \$34.90
Fresh Atlantic Salmon Fillet (gfo)* <i>With hollandaise & asparagus</i>	\$34.90 \$36.90
Creamy Coconut Curry Prawns (gf) <i>With mango chutney, steamed rice & a pappadum</i>	\$31.90 \$33.90

*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

Salad

MEMBERS | NON MEMBERS

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 \$19.90 | \$21.90

Add Chicken \$24.90 | \$26.90

Add Prawns \$29.90 | \$31.90

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 \$20.50 | \$22.50

Add Chicken \$25.50 | \$27.50

Add Prawns \$30.50 | \$32.50

Asian Beef Salad \$26.50 | \$29.50

Chargrilled rib fillet with an Asian sesame seed dressing, bean sprouts, roasted peanuts, crispy onions, cucumber and cherry tomato salad

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Pasta

MEMBERS | NON MEMBERS

Chicken & Bacon Fettuccine \$24.90 | \$26.90

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

Spaghetti Bolognese \$23.90 | \$25.90

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

Garlic Prawn Fettuccine \$30.90 | \$31.90

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

Vegetarian Fettuccine \$24.90 | \$26.90

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

Prawn & Chorizo Spaghetti \$29.90 | \$31.90

Prawns & chorizo tossed with spaghetti in a tomato & basil cream sauce

- 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

MEMBERS | NON MEMBERS

Chicken Schnitzel (gfo) \$25.90 | \$27.90

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

Schnitzel Aussie Parmigiana (gfo) \$28.90 | \$30.90

Napoli, bacon, cheese & BBQ sauce

Waves Seafood Parmigiana \$29.90 | \$31.90

Schnitzel (gfo)

Napoli, guacamole, prawns & cheese

Macadamia Encrusted Chicken \$28.90 | \$30.90

Breast (gfo)

With garlic cream sauce

Pan Roasted Chicken Breast (gf) \$28.90 | \$30.90

With broccolini, buttered garlic mushrooms & mash potato

Kids Meals

under 12 years

Calamari & Chips

Crumbed Chicken Tenderloins & Chips (gfo)

Battered Fish & Chips (gfo)

Spaghetti Bolognese (gfo)

Ham & Pineapple Pizza

Dagwood Dog & Chips

All served with a soft drink & Ice Cream

MEMBERS | NON MEMBERS

\$10.90 | \$12.90