

- Rock Salt -

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

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 Calamari (gfo)

With lemon myrtle mayonnaise

• 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 \$14.50 | \$15.50

With truffle garlic mayonnaise

Lamb & Pork

Slow Cooked Pork Cutlet (gfo) \$29.90 | \$31.90
In maple, mustard jus with mash and broccolini

Braised Lamb Shank \$30.90 | \$33.90

On a bed of mash, broccolini & roasted garlic

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
Butter, Garlic Cream, Hollandaise, Bourbon BBQ
Glaze, Maple Mustard Jus, Red Wine Jus

Complimentary sauces only available with
Char Grill selections - additional sauces \$3 | \$4

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

Winter

Seafood

MEMBERS | NON MEMBERS

Seafood Basket* \$31.90 | \$33.90

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

Wild Caught Queensland \$32.90 | \$34.90

Barramundi*

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

Fresh Atlantic Salmon Fillet (gfo)* \$34.90 | \$36.90

With cherry tomato salsa & hollandaise

Creamy Coconut Curry Prawns (gf) \$31.90 | \$33.90

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

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 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

Creamy Herb & Mushroom Spaghetti \$24.90 | \$26.90
Medley of mushrooms tossed in a cream sauce

Add Chicken \$27.90 | \$29.90

Add Bacon \$26.90 | \$28.90

Seafood Marinara \$29.90 | \$31.90
Fettuccine with barramundi, prawns, calamari, scallops tossed in a tomato and 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
Creamy Coconut Curry Chicken \$31.90 | \$33.90

With mango chutney, steamed rice & a pappadam

Kids Meals under 12 years

Calamari & Chips

Crumbed Chicken Tenderloins & Chips (gfo)

Battered Fish & Chips (gfo)

Spaghetti Bolognese (gfo)

Ham & Pineapple Pizza

Daywood Dog & Chips

All served with a soft drink & Ice Cream

MEMBERS | NON MEMBERS

\$10.90 | \$12.90