

## Breads

MEMBERS | NON MEMBERS

Bread Rolls	\$2   \$3
Garlic, Cheese Pizza Paddle	\$10   \$11
Garlic, Cheese & Bacon Pizza Paddle	\$12   \$13
with balsamic drizzle	
Jalapeno Sweet Chilli Cheese Pizza Paddle	\$12   \$13

## Entrees

Pacific Oysters Kilpatrick (gf)	(6)	\$24   \$26
	(12)	\$44   \$46
Lemon Pepper Calamari (gf)		\$16   \$17
With roasted garlic aioli		
BBQ Pork Spring Rolls (4)		\$16   \$17
With Hoisin dipping sauce		
Italian Tomato Arancini (gf, v)		\$15   \$16
With house made Napoli sauce, grated parmesan & salsa verde		

## Chef's Specials

Braised Lamb Shoulder (gf)	\$33   \$35
With butter roasted Dutch carrots, cauliflower puree & red wine jus	
Pan Fried Gold Band Snapper (gf)	\$31   \$33
With crispy chat potato, pea puree & fennel remoulade	
Roasted Chicken Breast (gf)	\$30   \$32
On a bed of mash, roasted root vegetables & chicken thyme jus	
Grilled Pork Cutlet (gf)	\$31   \$33
With beetroot & rocket salad, whipped honey goats cheese, walnuts & balsamic drizzle	

## - Rock Salt -

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

## From the Char Grill

Served with one sauce, fries & a choice of vegetables or salad

MEMBERS | NON MEMBERS

200g MSA Rump  
\$29 | \$32

400g MSA Rump  
\$37 | \$40

300g MSA Rib Fillet  
\$40 | \$43

200g MSA Eye Fillet  
\$41 | \$44

200g Filet Mignon  
\$43 | \$46

Garlic Prawn Sauce (4) (gf) \$10 | \$12

## Complimentary Sauces (gf)

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

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

The  
waves  
sports club

## Seafood

\*Served with fries & a choice of vegetables or salad

MEMBERS | NON MEMBERS

Seafood Basket\*  
Coconut prawn, crumbed calamari & scallops, battered fish & prawns, seafood twister with tartare sauce  
\$34 | \$36

Lemon Pepper Calamari\* (gf)  
With roasted garlic aioli  
\$26 | \$28

Herb & Macadamia Crusted Barramundi\* (gf)  
With garlic aioli & lemon  
\$35 | \$37

Wild Caught Queensland Barramundi\*  
Pan fried (gfo) or crumbed with garlic aioli & lemon  
\$33 | \$35

Creamy Coconut Curry Prawns (gf)  
Served with mango chutney, steamed rice & a pappadam  
\$32 | \$34

## Sides & Extras

Side Salad (gf)	\$9	Potato Mash (gf)	\$8
Crispy Fries (gfo)	\$9	Bacon (gf)	\$6
Sweet Potato Fries (gf)	\$9	Fried Egg (gf)	\$4
Pan Fried Vegetables (gf)	\$9	Avocado (gf)	\$5
Pan Fried Mushrooms (gf)	\$10	Onion Rings	\$10



## Salad

MEMBERS | NON MEMBERS

Crunchy Chicken & Avocado (gfo) \$25 | \$27  
Crunchy chicken strips on a tomato, onion, capsicum, crispy bacon, avocado salad with croutons & ranch dressing

Asian Beef Salad \$27 | \$29  
Pan fried marinated beef strips with rice noodles, cherry tomato, cucumber, roasted peanuts, crispy onion salad with a peanut dressing

Chicken Caesar Salad (gfo) \$25 | \$27  
Grilled chicken, baby cos, crispy bacon, poached egg, anchovies, garlic croutons & shaved parmesan with Chef's freshly made special Caesar dressing

Crispy Haloumi Salad (gfo)(v) \$21 | \$23  
With avocado, cherry tomato, cucumber, red onion with honey sweet chilli dressing

## Seniors Meals

Bangers & Mash

Crumbed Chicken Tenderloins with Chips & Salad

Spaghetti Bolognese & Salad

Fish, Chips & Salad

Crumbed Calamari, Chips & Salad

**\$18**

**Must show Seniors Card**

## - Rock Salt -

## Pasta

MEMBERS | NON MEMBERS

Chicken & Bacon Fettuccine \$25 | \$27  
Garlic, bacon & onion pan-fried in butter with a touch of white wine & finished with shallots, basil, parmesan, cream & rocket

Slow Braised Beef Ragu \$24 | \$26  
Slow braised beef ragu with pappardelle & parmesan cheese with rocket

Garlic Prawn Fettuccine \$31 | \$32  
Garlic marinated prawns in a creamy garlic, basil & shallot sauce with rocket

Creamy Sweet Chilli Prawn Spaghetti \$31 | \$32  
Prawns tossed in creamy sweet chilli sauce with rocket & cherry tomatoes

Creamy Herb & Mushroom Spaghetti (v) \$25 | \$27  
Medley of mushrooms tossed in a cream sauce

Add Chicken \$28 | \$30

Add Bacon \$27 | \$29

- 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) \$26 | \$28  
Chicken schnitzel includes one complimentary sauce

Chicken Parmigiana\* (gfo) \$29 | \$31  
Chicken schnitzel topped with Napoli, bacon & cheese

French Schnitzel Parmigiana\* (gfo) \$30 | \$32  
Guacamole, bacon, camembert cheese & hollandaise drizzle

Waves Seafood Parmigiana \$30 | \$32  
Schnitzel\* (gfo)  
Napoli, guacamole, prawns & cheese

Herb & Macadamia Encrusted \$29 | \$31  
Chicken Breast\* (gfo)  
With garlic cream sauce

Creamy Coconut Curry Chicken (gf) \$32 | \$34  
Served with mango chutney, steamed rice & a pappadum

## 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**

**\$14**