



TRIGS

BISTRO

affordable family dining

- KIDS EAT FREE EVERY SUNDAY* -
- CHECK OUR DAILY BLACKBOARD SPECIALS -
- EARN & SPEND CLUB REWARDS POINTS HERE -

*ONE KID'S MEAL WITH EVERY SINGLE MEAL PURCHASE OF \$25.00 OR MORE AND
NOT AVAILABLE DURING PUBLIC HOLIDAYS (MEMBERS ONLY)
CREDIT CARD MINIMUM \$10.00

OPEN 7 DAYS
LUNCH FROM 11.30AM | DINNER FROM 5.00PM
PH: 9426 1007

All prices inclusive of GST.
Public holidays incur a 10% surcharge.
Please order and pay at the counter.



ENTRÉES	MEMBERS	NON MEMBERS
GARLIC BREAD	8.50	9.50
MELTED CHEESE BREAD	9.50	10.50
BRUSCHETTA & FETA tomato, onion, fresh basil and feta finished with a balsamic glaze	12.00	13.00
SPRING ROLLS (4) served with sweet chilli sauce	12.00	13.00
SESAME PRAWN TOAST ⓘ served with chilli mayonnaise sauce	12.00	13.00
CRISPY CHICKEN WINGS (6) served with sweet chilli sauce	12.00	13.00
SATAY CHICKEN SKEWERS (3) served with satay sauce	12.00	13.00
SALT & PEPPER SQUID ⓘ served with chilli mayonnaise sauce	18.00	20.00

SALADS	MEMBERS	NON MEMBERS
GRILLED VEGETABLE SALAD Ⓜ eggplant, zucchini, pumpkin, rocket leaves and parmesan with balsamic dressing	17.00	19.00
CAESAR SALAD cos lettuce, free range egg, crispy bacon, croutons and parmesan served with homemade caesar dressing	17.00	19.00
ADD GRILLED CHICKEN	5.50	6.50
ADD PRAWNS (4) Ⓜ	8.00	10.00
KING PRAWN & AVOCADO SALAD Ⓜ Ⓜ grilled king prawns, avocado, mesclun lettuce, tomato, spinach, onion, cucumber and croutons served with lemon sauce	27.00	30.00

PIZZAS	MEMBERS	NON MEMBERS
MARGHERITA fresh tomato, basil and mozzarella	19.00	21.00
GRILLED VEGETABLE & FETA with mozzarella and rocket leaves	24.00	26.00
SUPREME ham, salami, ground beef, cabanossi, mushrooms, capsicum, onion, olives and mozzarella	25.00	28.00
PEPPERONI pepperoni, onions and mozzarella	25.00	28.00
MEAT LOVER shredded ham, pepperoni, chicken, cabanossi and bbq sauce	26.00	29.00

PASTAS	MEMBERS	NON MEMBERS
CHICKEN & MUSHROOM PENNE with chicken, mushrooms, sun-dried tomatoes in a creamy pesto sauce	26.00	28.00
BEEF STROGANOFF	26.00	28.00
SPAGHETTI BOLOGNESE	26.00	28.00
SPINACH & RICOTTA RAVIOLI with napolitana sauce	26.00	28.00
GARLIC PRAWN SPAGHETTI Ⓜ with prawns, chorizo and baby spinach in a spicy napolitana sauce	29.00	32.00

BURGERS	MEMBERS	NON MEMBERS
All served with beer battered chips		
GRILLED HALLOUMI & VEGETABLE BURGER ⓘ with guacamole	21.00	23.00

BEEF BURGER 200g beef patty, grilled onion, iceberg lettuce, beetroot, fresh tomato and bbq sauce	21.00	23.00
GRILLED CHICKEN BLT grilled chicken breast, mixed lettuce, tomato, bacon, tasty cheese and aioli served on Turkish bread	23.00	26.00
STEAK SANDWICH mini scotch fillet, lettuce, cheese, tomato, onion jam and bbq sauce served on Turkish bread	24.00	26.00
ADD BACON	3.00	3.50
ADD EGG	3.00	3.50
ADD PINEAPPLE	2.00	2.50
ADD CHEESE	2.00	2.50
ADD AVOCADO	3.00	3.50

MAINS	MEMBERS	NON MEMBERS
CHICKEN SCHNITZEL crumbed chicken breast, chips, salad and gravy	24.00	26.00
CHICKEN PARMI breast schnitzel topped with bolognaise sauce and mozzarella served with chips and salad	29.00	31.00
GRILLED CHICKEN & AVOCADO BRUSCHETTA melted tasty cheese over grilled chicken breast, avocado and diced tomato served with sweet potato chips	27.00	29.00
PORTUGUESE CHICKEN with chips, salad and chilli mayonnaise sauce	29.00	31.00
LAMB SOUVLAKI with pita bread, chips, salad and tzatziki sauce	30.00	32.00

FROM THE GRILL Ⓜ	MEMBERS	NON MEMBERS
All served with beer battered chips and salad or mash and veggies		
SCOTCH FILLET (300G) grain fed, MSA certified	34.00	37.00
T-BONE STEAK (350G) grain fed, MSA certified	34.00	37.00
RUMP STEAK (400G) grain fed, MSA certified	34.00	37.00
SURF & TURF ⓘ 300g New York steak and garlic prawns served with a homemade garlic sauce	34.00	37.00

ASIAN	MEMBERS	NON MEMBERS
HONEY CHICKEN served with steamed jasmine rice	25.00	28.00
MONGOLIAN BEEF stir-fried beef with onion and leek served with jasmine rice	25.00	28.00
NASI GORENG ⓘ fried rice, garlic prawns, chicken, fried egg, bean sprouts, shallots, coriander and chilli sambal paste	25.00	28.00
SINGAPORE NOODLES with prawns, chicken, bacon, egg, vegetables and rice noodles	25.00	28.00

SEAFOOD	MEMBERS	NON MEMBERS
All served with beer battered chips and salad or mash and veggies		
BEER BATTERED FLATHEAD Ⓜ served with lemon and baby caper tartare sauce	27.00	30.00
GRILLED BARRAMUNDI Ⓜ ⓘ served with lemon and baby caper tartare sauce	27.00	30.00
GRILLED KING SALMON Ⓜ ⓘ served with lemon and hollandaise sauce	30.00	32.00
SEAFOOD BASKET ⓘ battered fish, crumbed calamari, scallops, crab bite, prawn cutlet and tartare sauce	30.00	32.00

KIDS MEALS	MEMBERS	NON MEMBERS
Includes a scoop of vanilla or chocolate ice cream		
CHICKEN NUGGETS & CHIPS	15.00	17.00
CHEESE BURGER & CHIPS	15.00	17.00
120G MINI STEAK & VEGGIES	15.00	17.00
SPAGHETTI NAPOLITANA	15.00	17.00

SIDES	MEMBERS	NON MEMBERS
BREAD ROLL	4.00	4.50
BOWL OF CHIPS	7.50	8.50
SWEET POTATO FRIES	12.00	13.00
POTATO WEDGES served with sweet chilli and sour cream	12.00	13.00
SEASONAL VEGETABLES	12.00	13.00
GREEK SIDE SALAD	10.00	11.00
STEAMED JASMINE RICE	3.00	3.50
HOMEMADE SAUCES plain gravy, mushroom, peppercorn, diane or garlic sauce	2.50	3.00

DESSERTS	MEMBERS	NON MEMBERS
SLICE OF CAKE delicious variety of cakes available	8.50	9.50
DEEP FRIED ICE CREAM	13.50	15.00
MILKSHAKES	7.50	8.50
ICE CREAM - 1 SCOOP	4.50	5.00
ICE CREAM - 2 SCOOPS	7.50	8.00
ICE CREAM - 3 SCOOPS	9.00	10.00