

KIDS MEALS

includes a scoop of
vanilla or chocolate ice cream

	MEMBERS	NON MEMBERS
CHICKEN NUGGETS & CHIPS	14.00	16.00
SALT & PEPPER SQUID WITH CHIPS	14.00	16.00
CHEESE BURGER & CHIPS	14.00	16.00
FISH COCKTAILS & CHIPS	14.00	16.00
120G MINI STEAK & VEGGIES	14.00	16.00
SPAGHETTI NAPOLITANA	14.00	16.00

SIDES

	MEMBERS	NON MEMBERS
BREAD ROLL	4.00	4.50
BOWL OF CHIPS	7.00	8.00
SWEET POTATO FRIES	12.00	13.00
POTATO WEDGES served with sweet chilli and sour cream	12.00	13.00
SEASONAL VEGETABLES	8.50	9.50
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	2.75

DESSERTS

	MEMBERS	NON MEMBERS
SLICE OF CAKE delicious variety of cakes available	7.50	8.50
DEEP FRIED ICE CREAM	10.00	10.00
MILKSHAKES	7.00	8.00
ICE CREAM - 1 SCOOP	4.00	4.50
ICE CREAM - 2 SCOOPS	7.00	8.00
ICE CREAM - 3 SCOOPS	8.50	9.50

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

*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
(1.5% SURCHARGE, 2.5% SURCHARGE FOR AMERICAN EXPRESS)

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.

triglav
mountiesgroup





TRIGS

B I S T R O

affordable family dining



ENTRÉES

	MEMBERS	NON MEMBERS
GARLIC BREAD OR MELTED CHEESE BREAD	5.50	6.05
BRUSCHETTA & FETA tomato, fresh basil and feta finished with a balsamic glaze	7.50	8.25
SPRING ROLLS (4) served with sweet chilli sauce	9.00	9.90
CRISPY MARINATED SQUID TENTACLES with chilli mayonnaise	12.00	14.00
GARLIC & HERB PIZZA	10.00	11.00
CRISPY CHICKEN WINGS 6 wings served with sweet chilli sauce	10.00	12.00
DIM SIM (4) steamed or deep-fried, served with hot chilli sauce	9.00	9.90
SATAY CHICKEN SKEWERS (4) served with satay sauce	9.00	9.90
MUSHROOM ARANCINI WITH AIOLI SAUCE (4)	11.00	12.10
MIXED FRIED spring rolls (2), dim sims (2), calamari rings (3), prawn cutlets (3) served with sweet chilli sauce	16.00	17.60
SIZZLING GARLIC PRAWN with shallots, garlic and chili on a sizzling plate	16.00	18.00
ADD SOUR CREAM	2.50	2.75
ADD SIDE SALAD	2.50	2.75
ADD SIDE CHIPS	2.50	2.75

SALADS

	MEMBERS	NON MEMBERS
ROASTED PUMPKIN & BEETROOT SALAD roasted pumpkin, beetroot, baby spinach, red onion, fetta cheese and honey mustard dressing	19.00	21.00
THAI BEEF marinated porter house steak, lettuce, tomato, cucumber, spinach, onion, coriander and bean sprouts served with a thai dressing	20.00	22.00
CAESAR cos lettuce, free range egg, crispy bacon, croutons and parmesan served with a homemade caesar dressing	16.00	18.00
ADD GRILLED CHICKEN	21.50	24.50
ADD PRAWNS (4)	24.00	28.00
KING PRAWN & AVOCADO grilled king prawns, avocado, mesclun lettuce, tomato, spinach, onion, cucumber and croutons served with a lemon dressing	25.00	27.50

PIZZAS

	MEMBERS	NON MEMBERS
MARGHERITA fresh tomato, basil and mozzarella	16.00	18.00
SUPREME ham, salami, ground beef, cabanossi, mushrooms, capsicum, onion, olives and mozzarella	22.00	24.00
HAWAIIAN shredded leg ham, pineapple and mozzarella	22.00	24.00
BBQ CHICKEN & BACON diced chicken, bacon, mushroom, spanish onion and mozzarella topped with bbq sauce	24.00	26.00
LAMB PIZZA shredded lamb, chilli beans, baby spinach, red onions and cheese	24.00	26.00

PASTAS

	MEMBERS	NON MEMBERS
LINGUINE BOSCAIOLA with bacon, mushroom in white wine and cream sauce	22.00	24.00
GARLIC PRAWN SPAGHETTI with creamy garlic sauce, rocket, diced tomato and parmesan cheese	23.00	26.00
SPINACH & RICOTTA RAVIOLI with napolitana sauce	20.00	22.00
SPAGHETTI BOLOGNESE	20.00	22.00
PRAWN & CHORIZO LINGUINE with prawn, chorizo, baby spinach in spicy napolitana sauce	26.00	29.00

BURGERS

	MEMBERS	NON MEMBERS
all served with beer battered chips		
BEEF BURGER 200g beef patty, grilled onion, iceberg lettuce, beetroot, fresh tomato and bbq sauce	18.00	20.00
GRILLED CHICKEN BLT grilled chicken breast, mixed lettuce, tomato, bacon, tasty cheese and aioli sauce served on turkish bread	20.00	22.00
STEAK SANDWICH mini scotch fillet, lettuce, cheese, tomato, onion jam and BBQ sauce served on turkish bread	20.50	22.00
FISH BURGER fish patty, cheese, gherkins, lettuce and tartare sauce	18.00	20.00
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 MEMBERS

LOADED CHIPS 19.50 21.50

chips topped with bacon, mozzarella cheese, cheddar cheese and aioli sauce

BEEF NACHOS 20.00 22.00

topped with melted cheese, tomato salsa, guacamole and sour cream

GRILLED HALLOUMI & VEGETABLE STACK (V) 20.00 22.00

halloumi, pumpkin, sweet potato, zucchini, tomato and basil topped with a balsamic glaze

CHICKEN SCHNITZEL 20.00 22.00

crumbed chicken breast, chips, salad and gravy

KING'S SPECIAL SCHNITZEL 29.00 32.00

250g chicken breast topped with avocado, prawn, bacon and hollandaise sauce

GRILLED CHICKEN & AVOCADO BRUSCHETTA 25.00 27.00

melted tasty cheese over grilled chicken breast, avocado and diced tomato served with sweet potato chips

CHICKEN PARMI SPECIAL 25.00 27.00

breast schnitzel topped with bolognese sauce and mozzarella served with beer battered chips and salad

TEXAS PORK RIBS 30.00 33.00

served with chips and garden salad

BANGERS & MASH 21.00 23.00

served with green peas, onions and gravy

CURRY OF THE DAY 20.00 22.00

served with steamed rice

CRUMBED LAMB CUTLETS (3) 29.00 32.00

served with chips, salad and gravy

VEAL SCHNITZEL 27.00 30.00

PORK CABBAGE ROLLS 22.00 24.00

FROM THE GRILL (GF)

MEMBERS NON
MEMBERS MEMBERS

all served with beer battered chips and salad or mash and veggies

T-BONE STEAK 350G 26.00 28.60

grain fed, MSA certified

RIB EYE STEAK 350G 30.00 33.00

grain fed, MSA certified

RUMP STEAK 400G 28.00 30.80

grain fed, MSA certified

SURF & TURF 28.00 30.80

300g new york steak and garlic prawns served with a homemade garlic sauce

ASIAN

MEMBERS NON
MEMBERS MEMBERS

SWEET & SOUR PORK 22.00 24.00

served with jasmine rice

MONGOLIAN BEEF 22.00 24.00

stir-fry with onion and leek served with jasmine rice

PRAWN LAKSA 21.00 23.00

malaysian laksa paste, green beans, dried tofu, bean sprouts and rice noodles

CRUMBED PORK CHOPS 20.00 22.00

served with steamed jasmine rice, salad, fried egg and homemade fish sauce

PAD THAI WITH CHICKEN 21.00 23.00

pad thai noodles, grilled chicken breast, onion mixed in with a spicy oil sauce

PAD THAI WITH PRAWN 25.00 28.00

rice noodles, marinated king prawn, fried tofu, bean sprouts and shallots in pad thai sauce

NASI GORENG 20.00 22.00

fried rice, garlic prawns, chicken, fried egg, bean sprouts, shallots, coriander and a chilli sambal paste

SEAFOOD

MEMBERS NON
MEMBERS MEMBERS

all served with beer battered chips and salad or mash and veggies

GRILLED BARRAMUNDI (GF) 23.00 25.50

served with lemon and baby caper tartare sauce

GRILLED KING SALMON (GF) 27.00 30.00

served with lemon and hollandaise sauce

SEAFOOD BASKET 22.00 24.50

battered fish, crumbed calamari, scallop, crab bite, prawn cutlet and tartare sauce

BEER BATTERED FLATHEAD 24.00 26.50

served with lemon and baby caper tartare sauce

SALT & PEPPER SQUID 21.00 23.50

served with lemon and baby caper tartare sauce