



Lone Pine Bistro

	Member	Non Member
Soup of the Day & Bread Roll	\$7.00	\$8.00
Garlic Herb Bread 555kj	\$7.00	\$8.00
Cheesy Herb & Garlic Bread 1010kj	\$7.50	\$8.50
Baked Cobb Loaf to share Virgin Olive Oil <u>w</u> Roasted Garlic Butter, Balsamic & Sea Salt 1480kj	\$8.00	\$9.00
Entrée		
Grilled Mussels Shell Grilled, Garlic Buttered New Zealand Green Lip & Ciabatta Bread 1220kj gf	\$16.00	\$18.00
Chilli Garlic Prawns Western Australian King Prawn – Chilli, Garlic, Coriander, Napoli Sauce & Jasmine Rice 2300kj gf	\$17.50	\$19.00
Seasoned Calamari Lemon Pepper Calamari, Garlic Aioli <u>w</u> Parmesan & Rocket 1310kj gf	\$16.00	\$18.00
Chicken Satay Tenderloin Fillets, Asian Satay Sauce <u>w</u> Rice & Prawn Crackers 1850kj agf	\$15.00	\$17.00
Baked Camembert Filo Pastry Covered Camembert <u>w</u> Red Current & Cranberry Jelly 2870kj	\$15.00	\$16.50

Mains

Your Mains are served with Chips & Salad **1549kj** or Seasonal Vegetables **350kj** Unless Stated on Dish

Please Specify When Ordering

	Member	Non Member
Flathead Fillets		
Lightly Battered Australian Fillets 4339kj	\$21.50	\$24.00
Flake		
Local Gummy Shark Beer Battered 1900kj	\$22.50	\$25.00
Or Grilled 1150kj (2 fillets)	\$26.00	\$29.00
Prawn & Scallops		
Grilled Prawn & Scallop Skewers <u>w</u> Cilantro, Chilli Oil, Jasmine Rice & Garden Salad 2975kj gf	\$28.00	\$31.00
Seasoned Calamari		
Lemon Pepper Calamari, Garlic Aioli <u>w</u> Rocket & Parmesan Salad 3381kj gf	\$21.50	\$24.00
Salmon Fillet		
Cajun Style Tasmanian Salmon Mash Potato & Sautéed Asian Greens 2140kj gf	\$30.00	\$33.00
Chicken Stir Fry		
<u>w</u> Tofu, Cashews, Hokkien Noodles & Asian Greens 2468kj	\$25.00	\$28.00
With Prawns 349kj	\$27.00	\$30.00
No Chicken	\$27.00	\$30.00
Classic Caesar		
Baby Cos, Bacon, Parmesan, Garlic Croutons, Anchovies <u>w</u> Classic Creamy Dressing & a Poached Egg 2750kj	\$17.00	\$19.00
Add Chicken 828kj	\$20.00	\$23.00
Add Smoked Salmon 449kj	\$22.00	\$25.00
Add Australian Prawns 349kj	\$22.00	\$25.00

	Member	Non Member
Chicken Parmigiana		
<i>Panko Crumbed w Smoked Virginia Ham, Napoli & Mozzarella</i> 2280kj	\$23.00	\$26.00
<i>Gf Option</i>	\$25.00	\$29.00
Chicken Schnitzel		
<i>Panko Crumbed with Your Choice of Sauce</i> 1745kj	\$21.00	\$23.00
<i>Can add Mozzarella</i>	\$2.00	\$3.00
<i>Gf Option</i>	\$23.00	\$26.00
Chicken Scaloppini		
<i>Pan-fried w Garlic Onion Bacon & Mushrooms In White Wine & Finished with Cream</i> 3130kj gf	\$28.00	\$30.00
Lamb Shank		
<i>Slow Cooked w Sweet Potato Mash & Rosemary Red Wine Jus</i> 3709kj gf	\$29.00	\$33.00
Corned Beef		
<i>Gippsland Grass Fed Beef, Mash Potato, Vegetables & Creamy Seeded Mustard Sauce</i> 2080kj gf	\$23.00	\$26.00
Porterhouse		
<i>Gippsland Grass Fed 300g Char Grilled</i> 2160kj gf	\$31.00	\$34.00
Eye Fillet		
<i>Gippsland Grass Fed 220g Char Grilled</i> 1200kj gf	\$32.00	\$36.00
Rib Eye		
<i>Gippsland Grass Fed 350g Char Grilled</i> 2930kj gf	\$36.00	\$40.00
<u>Condiments:</u>		
<i>House Made Roasted Garlic Aioli</i> 110kj All	\$0.80	\$1.00
<i>House Made Tartare</i> 110kj		
<i>Choice of Sauces</i>		

Please See Our Daily Specials:
 Fish of The Day
 Roast of the Day
 Curry of the Day

Suggested Sides

Member Non Member

Sweet Potato Fries with Lemon Myrtle Aioli
& Sweet Chilli Sauce **1400kj** v

\$11.00

\$13.00

Beer Battered Onion Rings & Garlic Aioli **1820kj**

\$10.00

\$12.00

Crumbled Feta & Steamed Greens Bowl **580kj** gf v

\$7.00

\$8.00

Rosemary Sea Salted Fries & Aioli **1400kj** gf

\$8.00

\$9.00

Condiments: One Only – All Gluten Free

Pepper Sauce **460kj**

Garlic Butter **550kj**

Dijon Mustard **63kj**

Creamy Mushroom **1130kj**

Seeded Mustard **1120kj**

Red Wine Jus or Gravy **274kj**

Creamy Garlic Prawn Sauce **1160kj**

\$8.00

\$9.50

Vegetarian & Vegan

Mushroom & Asparagus Risotto

Forest Mushrooms, Local Asparagus Topped w Fried
Roquette **1280kj** v gf

\$24.00

\$26.00

Bhaji Fritters

Indian Onion Fritters w Mixed Salad Leaves & Tamarind
Chutney **1899kj** v vegan gf

\$22.00

\$20.00

Rustic Veggie Patties

A lightly spiced mix of Potato, Broad Beans, Peas & Herbs
Shallow Pan Fried w Sweet Potato Fries, Beetroot Relish
Tahini & Garden Salad **3100kj** vegan gf

\$23.00

\$24.00

Mediterranean Salad

Roasted & Char Grilled Eggplant, Capsicum, Pumpkin,
& Zucchini w Candied Walnuts, Balsamic Aioli Dressing
& Persian Feta **1890kj** v gf

\$23.00

\$26.00

Tofu & Cashew Stir Fry

with Asian greens & hokkien noodles v vegan **1640kj**

\$22.00

\$24.00

	Member	Non Member
Vegetarian Pasta Penne, Cherry Tomatoes, Mushrooms, Baby Spinach & Herb House Made Tomato Sauce topped with Shaved Parmesan 1855kj v	\$25.00	\$26.00

Desserts

Warm Apple Pie <u>w</u> vanilla bean ice cream 1430kj	\$8.00	\$9.00
Sticky date pudding <u>w</u> butterscotch sauce 1890kj	\$8.00	\$9.00

Seniors

A valid Senior's card must be produced for every Senior's meal ordered.
All mains are served with your choice of chips & salad (**1549kj**) or seasonal vegetables (**350kj**) unless otherwise specified. Chips are gluten free.

Soup of the Day	\$5.00	\$6.00
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Rustic Veggie Patty

Shallow Pan Fried <u>w</u> Sweet Potato Fries, Beetroot Relish, Tahini & Garden Salad 2100kj gf vegan	\$15.00	\$16.00
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Crispy Beer Battered Fish

Served <u>w</u> Seasoned Chips, Garden Salad, Lemon & Tartare 3099kj	\$12.50	\$13.50
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Seasoned Calamari

Lemon Pepper Calamari Seasoned Chips, Garden Salad & Aioli 1848kj gf	\$12.50	\$13.50
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Grilled Gummy Shark Seasoned Chips, Garden Salad & Aioli 575kj gf	\$13.00	\$14.00
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Chicken Schnitzel

Panko Crumbed, Seasoned Chips, Garden Salad Or Vegetables 2430kj	\$12.50	\$13.50
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Chicken Parmigiana

Panko Crumbed Smoked Virginia Ham, Napoli & Mozzarella, Seasoned Chips & Salad OR Vegetables 3380kj	\$14.00	\$15.00
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Corned Beef

Gippsland Grass Fed Beef, Mash Potato, Vegetables & Creamy Seeded Mustard 1680kj gf	\$14.00	\$16.00
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	Member	Non Member
Pot Pie Our House made Pie <u>w</u> Vegetables 1068kj	\$12.00	\$14.00
Curry of the Day Served <u>w</u> Jasmine Rice, Toasted Naan & Raita 2290kj	\$14.00	\$16.00
Roast of the Day 1970kj gf	\$14.50	\$16.50
Senior's Dessert	\$4.00	\$5.00

Please See Our Daily Senior's Special's Screens for More

Juniors

For children aged Under 12 years

Smashed Steamed Potato Bacon, Melted Mozzarella & Sour Cream 2010kj gf	\$9.00	\$10.00
Grilled Fish & Garden Salad 1140kj gf	\$7.50	\$8.00
Battered Fish & Chips 2150kj	\$7.50	\$8.00
Calamari & Chips 3210kj	\$9.00	\$10.00
Chicken Nuggets & Chips 1400kj	\$7.50	\$8.00
Pizza Ham & Pineapple <u>w</u> Chips 1890kj	\$8.00	\$9.00
Grilled Chicken Tenderloin <u>w</u> Our House Salad 1770kj gf	\$9.00	\$10.00
Chicken Schnitzel <u>w</u> Our House Salad 2590kj	\$10.00	\$11.00
Chicken Parmigiana Panko Crumbed, Smoked Virginia Ham, Napoli & Mozzarella 3560kj	\$11.50	\$12.50
Bolognese Penne Pasta 847kj	\$9.00	\$10.00
Or Tomato Napoli Only 460kj	\$9.00	\$10.00

	Member	Non Member
Rustic Veggie Patty		
<i>Shallow Pan Fried w Sweet Potato Fries, Beetroot Relish</i>		
<i>Tahini & Garden Salad 2100kj vegan gf</i>	\$14.00	\$16.00
Classic Chicken Caesar Salad No Anchovies 1380kj		
	\$12.00	\$14.00
Roast of the Day 1450kj gf		
	\$14.00	\$15.00
Kid's Desserts		
Frog in a Pond 1100kj	\$3.00	\$4.00
Snakes Alive 922kj	\$3.00	\$4.00

Free soft drink with every child's meal purchased – take docket to the Bar to redeem.

Have you joined your child or grandchild to Joey's Kid's Club? It's free for Phillip Island RSL members' children &/or grandchildren to join. Application forms are available at the Bistro. For more details : www.pirsl.com.au/membership

GF – Gluten Free
V – Vegetarian
Vegan

Phillip Island RSL has partnered with Bass Coast Health's Healthy Choice program promoting healthy eating in our community. Kilojoule values are only a guide and are calculated on approximate serving size.

Disclaimer: These healthy eating guidelines are recommendations only

Green – Best Choice

Amber – Choose Carefully and Consume in Moderation

Red – Limit Consumption and Only in Small Amounts