



TRIOS
CRANBOURNE

BISTRO
MENU

THE STARTING GATES

SOUP OF THE DAY (GFO)	\$9.90
Served with grilled ciabatta bread and butter	
GARLIC AND HERB BREAD (V) (VGO)	\$8.90
Add cheese (VO)	\$9.90
GARLIC AND CHEESE SHARE PIZZA (V)	\$16.90
A large 12 inch pizza base topped with tasty and mozzarella cheeses	
DUO OF DIPS (SHARE FOR 2) (V)	\$18.50
House made dips with grilled ciabatta bread	
HONEY SESAME PRAWNS (5)	\$19.50
Lightly battered served on a julienne of vegetables with sweet chilli aioli	
SOUTHERN FRIED CHICKEN RIBS	\$16.50
Served with a Thai infused dipping sauce	
NONA'S BEEF MEATBALLS	\$16.50
Sugo and parmesan cheese with grilled ciabatta	
SPRING ROLLS (4) (VG) (GF)	\$16.50
With Thai plum sauce	
CHORIZO AND GOATS CHEESE ARANCINI	\$18.50
With roasted eggplant puree	
LAMB KOFTA SKEWERS (2)	\$19.50
Grilled with tomatoes and zucchini, served on a bed of steamed rice, side salad and finished with a tangy dressing	

SOMETHING LEAFY

CAESAR SALAD (GFO)	\$22.90
Cos lettuce, bacon, parmesan cheese, poached egg, croutons, anchovies and house made dressing	
TRADITIONAL GREEK SALAD (GF)	\$22.90
Cos lettuce, kalamata olives, salad onion, fetta, heirloom tomatoes, house tangy dressing and oregano	
ADD SEASONED CHICKEN (GF)	\$6
ADD LEMON PEPPER CALAMARI	\$6
ADD SLOW COOKED LAMB SHOULDER (GF)	\$8

REIGNS AND GRAINS

SPAGHETTI BOLOGNAISE	\$22.50
Traditional rich meat sauce with parmesan cheese	
VEGETARIAN GNOCCHI	\$29.90
Potato gnocchi tossed in a herbed Napoli sauce, spinach, baby bocconcini and grated parmesan cheese	
PENNE CARBONARA	\$27.90
Onion, garlic, bacon, cream, parmesan cheese	
VEGETARIAN RISOTTO	\$29.90
Mushroom and asparagus, spinach, cream, parmesan cheese and herbs	
FETTUCCINE OSSO BUCCO	\$31.50
Fettuccine, chilli, garlic, onion, peas, spinach, Napoli, parmesan cheese and herbs	
CREAMY CHICKEN FETTUCCINI	\$29.90
Fettuccini pasta with seasoned chicken pieces, roast pumpkin, onion, semi sundried tomato, cream, broccolini, onion, garlic, parmesan cheese and herbs	
CHILLI BEEF STIR FRY (GFO)	\$32.50
Hokkien noodles, Asian vegetables with soy, chilli and ginger sauce	
CHICKEN, CHORIZO AND SEAFOOD NASI GORENG	\$36.90
A traditional Indonesian fried rice finished with chilli, shallots and topped with a fried egg	

FROM THE PASTURE

300G PORTERHOUSE (GFO)	\$42.00
M3 Grass-fed Angus Porterhouse, chips, house salad and choice of sauce	
350G SCOTCH (GFO)	\$49.00
M3 Grass-fed Angus Scotch, chips, house salad and choice of sauce	
"APACHE CAT" MEAL OF A CHAMPION (GFO)	\$95.50
Feast for 2 Featuring a 300gm venetian sliced porterhouse steak, 400gm pork ribs, 2 x chicken tenderloins, a slow cooked lamb shoulder, sautéed calamari, herbed prawns, bacon, caramelised onions, beer battered chips with aioli, a house made slaw and your choice of gravy	
STEAK TOPPERS	Garlic Prawns (GF) \$12
	Onion Rings \$5
	Fried Egg \$2

SAUCES

Gravy, mushroom, peppercorn, garlic butter, hollandaise, aioli

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THE MANE RACE - Favourites and more

CHICKEN SCHNITZEL	\$27.90
Crumbed chicken breast, chips, house salad and choice of gravy	
CHICKEN PARMA	\$29.90
Chicken breast schnitzel, napoli, ham, cheese, chips and house salad	
THE PORK LOVER PARMA	\$38.90
House made chicken schnitzel topped with ham, bacon, pulled pork, salami and finished with BBQ sauce and cheese, served with chips and salad	
TRIOS BIG BEEF BURGER	\$26.90
Milk bun, beef patty, bacon, cheese, grilled onion, gherkin, slaw and aioli	
MOROCCAN CHICKEN BURGER	\$26.90
Milk bun, cheese, Moroccan seasoned grilled chicken breast, bacon, sliced avocado, cos lettuce, aioli	
STEAK SANDWICH	\$29.90
Turkish roll, lettuce, bacon, caramelised onions, cheese, tomato relish, cos lettuce	
CURRY OF THE DAY (GFO)	\$31.90
Served with roti bread, rice, salad and a raita yoghurt	
OPEN SOUVLAKI (GFO)	
Crisp lettuce, tomato, spanish onion, pita bread, tzatziki, herbs, side chips	
LAMB SLOW COOKED (GF)	\$32.50
CHICKEN TENDERLOIN (GF)	\$30.50
SLOW COOKED LAMB SHANK	\$36.00
A 6-hour slow cooked Lamb Shank in a traditional red wine and tomato sauce, resting on a bed of mash potato and served with buttered seasonal vegetables	
VEGAN PARMA (VG) (GF)	\$32.90
A potato and vegetable schnitzel, topped with a Napoli sauce and vegan cheese, served with chips and house salad	
CHICKEN CHRISTIAN	\$34.90
Chicken breast fillet stuffed with swiss cheese and capsicum, wrapped in a bacon blanket, served with sweet potato chips and salad, all finished with a creamy peri peri sauce	
PORK SALTIMBOCCA	\$34.90
Pan seared medallions of pork with prosciutto and sage, served on a bed of fluffy mash and buttered seasonal vegetables	
CHICKEN QUESADILLA	\$29.90
Mushroom, bacon, sour cream, tasty cheese, Mexican salsa served with side chips	
VEGETARIAN QUESADILLA	\$29.90
Roasted pumpkin, spinach, zucchini, roasted eggplant, sour cream and Mexican salsa served with side chips	

SIDES

TRIO'S FAMOUS BEER BATTERED CHIPS	SMALL	\$4.00
	LARGE	\$9.00
ONION RINGS		\$9.00
MIXED SUMMER SALAD (GF)		\$9.00
SEASONED VEGETABLES (GF)		\$9.00
SAUTÉED ASIAN GREENS (GF)		\$11.00

FROM THE SEA

LEMON PEPPER CALAMARI (GFO)	\$28.90
Asian slaw and aioli	
FISH AND CHIPS (GFO)	\$29.90
Apple cider battered flathead tails, house tartare, chips and house salad	
SEAFOOD SAGANAKI	\$39.90
Greek saganaki cheese topped with a selection of pan seared fresh seafood and shellfish finished with a white wine, heirloom tomato, butter cream sauce topped with toasted almonds and herbs	
GRILLED SNAPPER FILLET	\$37.90
Snapper fillet lightly grilled served on a bed of blistered heirloom tomatoes, zucchini and baby spinach, roasted baby chat potatoes and topped with a citrus and orange infused garlic and chilli dressing	
PARISIAN SALMON	\$38.90
A cumin and turmeric spiced Atlantic salmon fillet, resting atop of a modernised Niçoise salad, featuring kipler potatoes, eggs, baby cos lettuce, green beans, olives, herbs, fresh pear, heirloom tomatoes and finished with a tangy vinaigrette	
GARLIC PRAWNS (GF)	\$34.90
Succulent prawns in a creamy white wine and herb sauce, served with jasmine rice and house salad	

THE SWEET TRIFECTA

COCONUT INFUSED PANNACOTTA (GF)	\$14.90
Served with sugar shards, berries and side Chantilly cream	
STICKY DATE PUDDING	\$14.90
Served with berries, cream and butterscotch sauce	
HOT CHOC BROWNIE	\$14.90
Served with mixed berries and ice cream	
CHURROS TO SHARE (2 OR MORE)	\$19.90
8 cinnamon dusted churros with Nutella cream	

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SENIORS UPGRADE BUNDLE

ALL DAY, EVERY DAY
(WHEN PURCHASED IN THE SAME TRANSACTION WITH A MAIN MEAL)
ENTRÉE ONLY – \$3.00 | DESSERT ONLY – \$3.00

STARTER

SENIOR GARLIC BREAD	\$5.00
add cheese	\$5.50
SOUP OF THE DAY (GFO)	\$5.00
Grilled ciabatta and butter	

FAVOURITES RANGE

CHICKEN SCHNITZEL	\$16.00
With chips and house salad	
SPAGHETTI BOLOGNAISE	\$16.00
Traditional rich meat sauce with parmesan cheese	
FISH AND CHIPS	\$16.00
Served with a house salad	
BANGERS AND MASH	\$16.00
Served with a side of bacon and gravy	
ROAST OF THE DAY	\$16.00
Served with veggies and gravy	
CRUMBED CALAMARI	\$16.00
Served with chips and house salad	
SATAY CHICKEN SKEWERS	\$16.00
Served with rice and house salad	
LAMBS FRY BACON	\$16.00
Served with mash, vegetables and gravy	

DESSERTS

FRUIT SALAD WITH CREAM (GF)	\$5.00
CAKE OF THE DAY	\$5.00
VANILLA ICE CREAM AND TOPPING	\$5.00

PREMIUM RANGE

CHICKEN PARMA	\$22.00
Served with chips and house salad	
GRILLED SALMON (GF)	\$22.00
Served with chips, house salad and hollandaise sauce	
GARLIC PRAWNS (GF)	\$22.00
Creamy sauce with rice and house salad	
PIE AND MASH	\$22.00
Served with smashed peas	
LAMB SHANK (GF)	\$22.00
Served with mash	
CURRY OF THE DAY	\$22.00
Served with rice and Roti bread	
RISOTTO	\$22.00
Bacon, mushroom, and parmesan cheese	
200GM PORTERHOUSE STEAK (GFO)	\$25.00
Cooked to your liking, served with chips and salad and a choice of sauce.	

COLTS AND FILLIES 12 YEARS AND UNDER

PENNE BOLOGNAISE (VO)	\$12.00	CHEESEBURGER	\$12.00
		Beef patty, cheese, American mild mustard, tomato sauce and chips	
CHICKEN NUGGETS	\$12.00	CALAMARI AND CHIPS	\$12.00
With chips			
FISH AND CHIPS (GFO)	\$12.00		
Battered flathead tails and chips			
MAC N CHEESE BITES	\$12.00		
Bacon, mac and cheese with chips			
PENNE NAPOLI (V)	\$12.00		

KIDS MEAL \$15
Kids main, soft drink or juice,
dixie cup and activity pack

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