

Trios BISTRO

ENTRÉE

GARLIC BREAD (V) (GFO) ADD CHEESE (VO)	\$8.90 \$1.00
SOUP OF THE DAY (GFO) SERVED WITH GRILLED CIABATTA BREAD AND BUTTER	\$9.90
GARLIC AND CHEESE PIZZA (V) A LARGE 12 INCH GARLIC PIZZA, TOPPED WITH TASTY MOZZARELLA CHEESE	\$17.90
HALLOUMI FRIES (V) (GF) COATED WITH ZAATAR SPICE AND SERVED WITH A SIDE OF YOGHURT	\$18.90
KOREAN FRIED CHICKEN WINGS (I) SERVED WITH COLESLAW AND WARM GOCHUJANG SAUCE	\$18.90
THE TRIOS STARTER PLATTER (SERVES TWO) (I) BBQ PORK RIBS, CHORIZO, CHICKEN WINGS AND BATTERED PRAWNS	\$28.90

SALAD

CAESAR SALAD (GFO) (VO) COS LETTUCE, BACON, PARMESAN CHEESE AND CROUTONS TOSSED WITH A HOMEMADE CAESAR DRESSING, TOPPED WITH A POACHED EGG. OPTIONAL ANCHOVIES	\$23.90
GREEK SALAD (V) (GF) CRISP CUCUMBER RIBBONS, MEDLEY TOMATOES, SPANISH ONIONS, KALAMATA OLIVES AND CREAMY FETTA CHEESE, TOSSED WITH SHREDDED COS LETTUCE AND FINISHED WITH A LEMON AND OREGANO HERB VINAIGRETTE	\$24.90
THAI BEEF SALAD (GF) PAN FRIED MARINATED BEEF STRIPS TOSSED THROUGH MESCLUN LETTUCE, ROASTED BELL PEPPERS, SHALLOTS, HEIRLOOM TOMATOES, RED ONIONS, FINISHED WITH AN ASIAN DRESSING AND TOPPED WITH CRISPY NOODLES	\$29.90

ADD ONS

GRILLED CHICKEN (GF) \$6 | PAN FRIED PRAWNS (4) (GF) (I) \$8 | LEMON PEPPER CALAMARI (GF) (I) \$8

SEAFOOD

FISH AND CHIPS (GFO) (I) (OPTIONAL GRILLED) BEER BATTERED FLATHEAD TAILS, SERVED WITH CHIPS, SALAD AND TARTARE SAUCE	\$31.90	GARLIC PRAWNS (GF) (I) TEN SUCCULENT PRAWNS IN A CREAMY WHITE WINE AND HERB SAUCE. SERVED WITH JASMINE RICE AND A SIDE SALAD	\$34.90
LEMON PEPPER CALAMARI (GFO) (I) CALAMARI STRIPS COATED WITH LEMON PEPPER, SERVED WITH CHIPS, SALAD AND AIOLI	\$31.90	GRILLED BARRAMUNDI (GF) (I) BARRAMUNDI TOPPED WITH A MALIBU INFUSED WARM CURRY SAUCE. SERVED ON A BED OF FLAVOURED RICE, WITH A SIDE SALAD AND TOPPED WITH COCONUT SHARDS	\$36.90

(V) Vegetarian (VG) Vegan (VO) Vegetarian Option Available (VGO) Vegan Option Available (I) Spicy
(N) Contains Nuts (GF) Gluten Free (GFO) Gluten Free Option (I) Imported (A) Australia (M) Mixed

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MAINS

CHICKEN SCHNITZEL CRUMBED CHICKEN BREAST, SERVED WITH CHIPS, SALAD AND YOUR CHOICE OF SAUCE	\$26.90
CHICKEN PARMIGIANA CHICKEN BREAST SCHNITZEL TOPPED WITH NAPOLI SAUCE, HAM AND CHEESE. SERVED WITH CHIPS AND SALAD	\$29.90
CURRY OF THE DAY (GFO) SERVED WITH ROTI BREAD, RICE, A POPPADUM AND RAITA YOGHURT	\$31.90
STEAK SANDWICH TURKISH BREAD FILLED WITH MINUTE STEAK, BACON, CARAMELISED ONIONS, CHEESE, FRESH TOMATO, TOMATO RELISH AND COS LETTUCE. TOPPED WITH ONION RINGS AND SERVED WITH CHIPS	\$32.90
CHICKEN SCALLOPINI (GF) CHICKEN BREAST TOPPED WITH A CREAMY MUSHROOM SAUCE, SERVED ON FLUFFY MASH POTATOES WITH A SIDE MEDLEY OF VEGETABLES.	\$32.90
BBQ PORK RIBS (GFO) MARINATED IN A SMOKY BBQ SAUCE AND SERVED WITH SEASONED POTATO WEDGES AND COLESLAW	\$34.90
300G PORTERHOUSE (GFO) M3 GRASS-FED ANGUS PORTERHOUSE COOKED TO YOUR LIKING, SERVED WITH CHIPS, SALAD AND YOUR CHOICE OF SAUCE	\$45.90
350G SCOTCH (GFO) M3 GRASS FED ANGUS SCOTCH FILLET COOKED TO YOUR LIKING, SERVED WITH CHIPS, SALAD AND YOUR CHOICE OF SAUCE	\$49.90
TRIOS BUTCHER PLATE (SERVES TWO) (GFO) 300GM PORTERHOUSE, CHORIZO, THREE CHICKEN WINGS, 120G BEEF RISSOLE, TWO BACON RASHERS, FOUR SPICED CORN RIBS, PORK RIBS AND CARAMELISED ONION. SERVED WITH SEASONED POTATO WEDGES, COLESLAW AND YOUR CHOICE OF SAUCE	\$94.90
ADDITIONAL SAUCES (GFO) GRAVY, MUSHROOM, PEPPERCORN, GARLIC BUTTER, HOLLANDAISE, AIOLI	\$3.00

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PASTA/RISOTTO

SPAGHETTI BOLOGNAISE

TRADITIONAL MEAT SAUCE, TOPPED WITH PARMESAN CHEESE

\$23.90

FETTA, PUMPKIN AND SPINACH RISOTTO ^(VGO) ^(V)

OVEN ROASTED PUMPKIN, CREAMY FETTA CHEESE AND SPINACH, TOSSED THROUGH A CREAMY VEGETABLE STOCK AND TOPPED WITH PARMESAN CHEESE

\$24.90

ADD CHICKEN

\$6

PENNE CARBONARA ^(VO)

ONION, GARLIC, BACON AND CREAM SAUCE. TOPPED WITH PARMESAN CHEESE

\$26.90

ADD CHICKEN

\$6

STIR FRY - (RICE OPTION AVAILABLE) ^(VO)

HOKKIEN NOODLES TOSSED WITH YOUR CHOICE OF PROTEIN, ASIAN VEGETABLES, FINISHED WITH A HOMEMADE ASIAN STIR FRY SAUCE.

\$32.90

CHOICE OF CHICKEN, BEEF OR VEGETARIAN

CHICKEN, BACON AND MUSHROOM RISOTTO ^(VO) ^(GFO)

FINISHED WITH GRATED PARMESAN AND A DRIZZLE OF WHITE TRUFFLE OIL

\$34.90

NASI GORENG ^(VO) ^(GFO) ^(I)

FLAVOURED RICE TOSSED WITH CHICKEN, CHORIZO, FOUR PRAWNS, CORN, PEAS AND ASIAN VEGETABLES IN AN ASIAN SAUCE. TOPPED WITH A FRIED EGG

\$35.90

KIDS MEALS

ADD SOFT DRINK OR JUICE AND ACTIVITY PACK

\$3

SPAGHETTI BOLOGNAISE ^(VO)

\$15.00

CHICKEN NUGGETS

SERVED WITH CHIPS

\$15.00

FISH AND CHIPS ^(GFO) ^(I) (GRILLED OPTION)

BATTERED FLATHEAD TAILS AND CHIPS

\$15.00

CHEESEBURGER

BEEF PATTY, CHEESE, TOMATO SAUCE AND CHIPS

\$15.00

LEMON PEPPER CALAMARI ^(GF) ^(I)

SERVED WITH CHIPS

\$15.00

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SENIORS UPGRADE BUNDLE - ADD \$3.90 EACH

ADD AN ENTRÉE AND/OR DESSERT FOR \$3.90 EACH WHEN PURCHASED IN THE SAME TRANSACTION

SENIORS STARTERS

GARLIC BREAD ADD CHEESE	\$5.00 \$0.50	SOUP OF THE DAY (GF) SERVED WITH GRILLED CIABATTA AND BUTTER	\$5.00
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SENIORS FAVOURITES RANGE

CHICKEN SCHNITZEL SERVED WITH CHIPS, SALAD AND YOUR CHOICE OF SAUCE	\$17.50	LEMON PEPPER CALAMARI (GF) (I) SERVED WITH CHIPS AND SALAD	\$17.50
SPAGHETTI BOLOGNAISE TRADITIONAL MEAT SAUCE, TOPPED WITH PARMESAN CHEESE	\$17.50	SATAY CHICKEN SKEWERS (GF) (N) SERVED WITH RICE AND SALAD	\$17.50
FISH AND CHIPS (GF) (I) (OPTIONAL GRILLED) SERVED WITH SALAD	\$17.50	LAMBS FRY AND BACON (GF) SERVED WITH MASHED POTATOES, SEASONAL VEGETABLES AND ONION GRAVY	\$17.50
ROAST OF THE DAY (GFO) SERVED WITH SEASONAL VEGETABLES AND ROAST POTATO	\$17.50		

SENIORS PREMIUM RANGE

CHICKEN PARMIGIANA CHICKEN BREAST SCHNITZEL TOPPED WITH NAPOLI SAUCE, HAM AND CHEESE. SERVED WITH CHIPS AND SALAD	\$22.90	LAMB SHANK (GF) COOKED IN A RED WINE AND TOMATO SAUCE. SERVED WITH MASHED POTATOES AND SEASONAL VEGETABLES	\$23.90
CHICKEN SCALLOPINI (GF) CHICKEN PIECES TOPPED WITH A CREAMY MUSHROOM SAUCE. SERVED WITH MASHED POTATO AND SEASONAL VEGETABLES	\$22.90	GRILLED SALMON (GFO) (I) SERVED WITH CHIPS, SALAD AND HOLLANDAISE SAUCE	\$24.90
GARLIC PRAWNS (GF) (I) FIVE GARLIC PRAWNS COOKED IN A CREAMY SAUCE, SERVED WITH RICE AND SALAD	\$22.90	200GM PORTERHOUSE STEAK (GFO) COOKED TO YOUR LIKING, SERVED WITH CHIPS, SALAD AND YOUR CHOICE OF SAUCE	\$26.90
CURRY OF THE DAY (GF) SERVED WITH ROTI BREAD, RICE, A POPPADUM AND RAITA YOGHURT	\$22.90	ADDITIONAL SAUCES (GF) GRAVY, MUSHROOM, PEPPERCORN, GARLIC BUTTER, HOLLANDAISE, AIOLI	\$3.00
CHICKEN, MUSHROOM AND BACON RISOTTO (V) (GFO) FINISHED WITH GRATED PARMESAN AND A DRIZZLE OF WHITE TRUFFLE OIL	\$22.90		

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SIDES

CRISPY CHIPS (GF)

SMALL
LARGE

\$4.00
\$10.00

SEASONAL VEGETABLES (GF)

SMALL
LARGE

\$4.00
\$10.00

SIDE SALAD (GF)

SMALL
LARGE

\$4.00
\$10.00

SIDE OF ONION RINGS

ONE SIZE

\$10.00

SENIORS - DESSERTS

FRUIT SALAD (GF)

SERVED WITH CREAM
ADD ICE CREAM

\$5.00

\$1.00

CAKE OF THE DAY (SEE SPECIALS BOARD)

SERVED WITH CREAM

\$5.00

ICE-CREAM WITH YOUR CHOICE OF TOPPING (GF)

CHOCOLATE, STRAWBERRY, CARAMEL OR BANANA TOPPING

\$5.00

DESSERT

TRIOS SUNDAE (V) (N) (GF)

TRIO OF ICE CREAM(CHOCOLATE/VANILLA/STRAWBERRY), FINISHED WITH SWEETENED BERRIES, CRUSHED PEANUTS AND WAFER STICKS

\$14.90

STICKY DATE PUDDING (V) (N)

SERVED WARM WITH ICE CREAM, WHIPPED CREAM AND BUTTERSCOTCH SAUCE

\$15.90

LEMON TART (V) (N)

SERVED WITH WHIPPED CREAM

\$15.90

WARM APPLE & RHUBARB CRUMBLE (N) (GF)

TENDER JAMMY APPLES AND SWEETENED RHUBARB, BAKED UNDER BUTTERY GLUTEN FREE OATS AND ALMOND FLOUR CRUMBLE. SERVED WARM WITH VANILLA ICE CREAM

\$15.90

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