



IT'S SUMMER TIME

SILS
RESTAURANT

a la carte menu 2020/21

Breads

	M	NM
Garlic or Herb Baguette Loaf	5.9	7.9
<i>Add bacon and cheese, or sweet chilli cheese for \$2 extra</i>		
10" Garlic Cheese, or Sweet Chilli Cheese		
Pizza Bread	8.9	10.9

Entrées

Fresh Oysters

Natural Single <i>gf</i> - minimum order of 2	3.0	3.5
Kilpatrick Single - minimum order of 2	4.0	4.5
Natural Half Dozen <i>gf</i> (6)	16.0	20.0
Kilpatrick Half Dozen (6)	20.0	24.0

Soup of the Day with a crusty dinner roll <i>gf available</i>		
Full serve	6.9	8.9
Petite serve	4.9	6.9

BBQ Pork Spring Rolls	9.9	11.9
<i>With a coriander and lime salad, and a spicy plum dipping sauce</i>		

Warmed Olives and Charred Camembert <i>gf available</i>		
.....	9.9	11.9
<i>Pan tossed Kalamata and Sicilian green olives, confit garlic, fresh herbs, charred camembert and sour dough bread</i>		

Lemon Pepper Calamari <i>gf</i>	13.9	15.9
<i>With a cashew and sweet chilli salad and a strawberry balsamic and vanilla jam</i>		

Little Diggers

AVAILABLE FOR CHILDREN 12YRS & UNDER

Spaghetti & Meatballs	10.9	13.9
Crumbed Chicken Breast Nuggets#	10.9	13.9
Crumbed or Grilled Fish#	10.9	13.9
125g Rib Fillet Steak#	10.9	13.9
Crumbed Chicken, Cheese, Lettuce and Tomato Burger with Chips	10.9	13.9
Crumbed Chicken Breast Schnitzel	10.9	13.9
Chicken Fettuccine Carbonara (1/2 serve) ..	10.9	13.9

Little Diggers meals include a Free Ice Cream or 200ml Soft Drink. Please ask for Gluten free options. #Served with Chips or Veggies.

KIDS EAT FOR ONLY \$5.00 ON MONDAY & TUESDAY NIGHTS!

Available for children 12yrs & under. Choose from the Little Diggers menu above. Max. 2 x children meals per adult main meal purchased.

Mains

	M	NM
Caesar Salad - <i>gf available</i>		
Classic (<i>vegetarian available</i>)	12.9	15.9
Chicken	15.9	18.9
Lemon Pepper Calamari	15.9	18.9

Mango and Prawn Summer Salad <i>gf available</i>		
.....	21.9	24.9
<i>Fresh king prawns and mango tossed through a garden salad with lemon vinaigrette and Thousand Island dressing</i>		

Aromatic Dish of the Day	12.9	15.9
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Roast of the Day* <i>gf</i>		
Full serve	16.9	19.9
Petite serve	14.9	17.9

Char Grilled Vegetable Stack <i>gf vegan</i>	20.9	23.9
<i>Charred butternut, sweet potato, zucchini, bell peppers, and aubergine; drizzled with tahini and avocado oil. Add halloumi for \$4 extra (no longer vegan)</i>		

Crumbed Chicken Breast Parmigiana* ...	23.9	26.9
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Chicken Roulade* <i>gf</i>	25.9	28.9
<i>Rolled and pocketed with prawn farce, camembert, and spinach; wrapped in prosciutto, pan seared, served with grilled asparagus and béarnaise sauce</i>		

Veal Medallions <i>gf</i>	26.9	29.9
<i>Pan Fried, served with heirloom tomatoes, zucchini, yellow squash, bocconcini cheese, and fresh rocket; on a crushed potato cake, with red currant jus</i>		

From the Grill

200g Filet Mignon* <i>gf</i>	29.9	32.9
<i>Served with Moreton Bay bug and garlic prawns</i>		

130 Day Grain Fed, Black Angus Rib Fillet (250g)* <i>gf</i>		
.....	31.9	34.9

300g Grass Fed Cape Grim Sirloin (MB4)* <i>gf</i>		
.....	31.9	34.9

Wagyu Eye Fillet (MB3+) <i>gf available</i>	32.9	35.9
<i>Served on a potato rosti with buttered broccolini, and toasted flaked almonds; finished with a red wine jus</i>		

STEAK TOPPERS:

Onion Rings (6)	3.5	5.5
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Three (3) Torpedo Prawns or Panko Crumbed Prawns (<i>garlic cream sauce optional</i>)	10.9	12.9
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ONE SAUCE IS INCLUDED IN THE GRILL PRICE...

Pepper, Mushroom, Diane, Gravy, Béarnaise, or Garlic Cream - *all sauces are gluten free*

Seafood

M NM

House Made Seafood Chowder..... 18.9 21.9

Served in a crusty cob loaf

Lemon Pepper Calamari *gf*..... 18.9 21.9

Served with a cashew and sweet chilli salad with a strawberry balsamic and vanilla jam, with a side of crunchy chips

Fresh Char Grilled Swordfish *gf*..... 26.9 29.9

With a chermoula spice rub, baked sweet potato, wilted bok choy, and a sweet and sour salsa; served with your choice of fresh salad or seasonal vegetables

Maple Glazed Atlantic Salmon *gf*..... 28.9 31.9

With a potato pave and buttered broccolini; finished with balsamic macerated blueberries; served with your choice of fresh salad or seasonal vegetables

Sails Crumbed Seafood Basket 29.9 32.9

Crumbed Australian whiting fillets, crumbed scallops, crumbed prawns, lemon pepper calamari, and crumbed crab claw; served with lemon, tartare, crunchy chips, and fresh salad

Macadamia Crusted, or Plain Grilled Fresh Barramundi (Northern Territory, Humpty Doo)* *gf*..... 32.9 35.9

Served with herb buttered cocktail potatoes, sautéed spinach, and infused lemon crème fraiche

Sails Seafood Mixed Grill *gf available* 39.9 42.9

Swordfish steak, charred whole prawns, charred Moreton Bay bugs, and 1/2 shell scallops; served with beer battered onion rings, crunchy chips, and fresh salad; with a pineapple and citrus salsa

Hot and Cold Seafood Tier for 2 89.9 99.9

*Packed with fresh local prawns, crab, Moreton Bay bugs, mussels, oysters natural or kilpatrick, Tasmanian salmon, 1/2 shell Hervey Bay scallops, salt & pepper calamari, creamy garlic prawns with steamed rice, fresh salad, fruit, and crunchy chips! *gf without chips**

Available Fridays and Saturdays while fresh stock lasts.

To guarantee a platter, pre-order with payment at least 24hrs in advance by phoning 3488 1199.

Pasta & Wok's

Gnocchi *vegetarian (gf available)*..... 19.9 22.9

House made rocket and macadamia pesto tossed through fresh gnocchi with cream and parmesan, with baby spinach

Stir-Fry Chicken or Beef 20.9 23.9

With a fresh ginger, sweet chilli, and soy lime glaze; tossed with cashews, Asian vegetables, bean sprouts, and hokkien noodles

Chicken Fettuccine Carbonara *gf available*.. 21.9 24.9

Fettuccine Marinara 26.9 29.9

Fresh array of seafood (calamari, barramundi, scallops, and tiger prawns) tossed in garlic, shallots, vine ripened tomatoes, and basil; finished with handmade pasta; topped with parmesan cheese

Lunch Only

M NM

Moroccan Chicken Wrap with Chips 13.9 16.9

Crumbed or Grilled Chicken Breast Caesar Wrap with Chips 13.9 16.9

Beef Works Burger with Chips 16.9 19.9

Rib Fillet Works Burger with Chips 17.9 20.9

PRONTO LUNCH SPECIALS

(Not available on Sundays or Public Holidays)

Petite Roast of the Day with Vegetables. . 12.9 15.9

Crumbed Fish with Chips and Salad 12.9 15.9

Aromatic Dish of the Day with Steamed Jasmine Rice 12.9 15.9

Sides

Main Meals marked with an * are served with your choice of chips and salad, baked potato and salad, chips and veggies, or baked potato and veggies.

One additional serve of sides. 4.5 6.5

Desserts

Sticky Date Pudding 9.9 12.9

With vanilla bean ice cream and whipped cream

Raspberry Pavlova Roulade *gf*..... 9.9 12.9

Pavlova rolled and filled with a raspberry cream, served with a crème anglaise and fresh raspberries

Apple & Rhubarb Crumble 9.9 12.9

With a coconut and cashew crust, fresh cream, and custard

Chocolate Lava Cake 9.9 12.9

With fresh cream, double chocolate sauce, and honeycomb

Rocky Road Ice Cream Sundae for 2..... 12.9 15.9

Riva Soft Serve Ice Cream in Waffle Cone. . 2.5 3.0

PLEASE NOTE: OUR CHIPS ARE NOT GLUTEN FREE.

Please notify our staff upon ordering if you have any allergies or dietary requirements. Changes will not be accepted once your order is confirmed and processed. Please refer to the back of this menu for further information.

gf - Gluten Free



THANK YOU for dining at Sails

Did you know that you can make a table reservation
for Sails on Shore Restaurant online?

Visit our website (redlandsrsl.com.au) or our Facebook
page (RedlandsRSLClub), or simply scan this QR code
with your smart-phone to book online.



All care is taken when catering for special requirements.
Note that within the premises we handle seafood,
shellfish, sesame seeds, nuts, wheat, flour, eggs, & dairy
products. Customer requests will be catered for to the best
of our ability, but the decision to consume a meal is the
responsibility of the diner.

Here at Sails on Shore Restaurant, we do our very best to
ensure your meals arrive within an efficient time frame,
however, during our busy periods your meal could potentially
take a little longer from the time of placing your order.

