



Winter

a la carte menu



SAILS
RESTAURANT

Breads & Entrées

M NM

Garlic or Herb Baguette Loaf 5.9 7.9

Add bacon and cheese, or sweet chilli cheese for \$2 extra

10" Garlic Cheese Pizza Bread 8.9 10.9

gf available - \$2 extra

Traditional Bruschetta 8.9 10.9

Toasted sour dough, olive oil and balsamic, heirloom tomatoes, basil, parmesan, and Spanish onion

Fresh Oysters

Natural Single *gf* - minimum order of 2 .. 3.0 3.5

Kilpatrick Single - minimum order of 2 .. 4.0 4.5

Natural Half Dozen *gf* (6)..... 16.0 20.0

Kilpatrick Half Dozen (6)..... 20.0 24.0

Soup of the Day with a crusty dinner roll *gf available*

Full serve 6.9 8.9

Petite serve 4.9 6.9

Vegan Spring Rolls *vegan*..... 9.9 11.9

Filled with cabbage, carrot, water chestnuts, bamboo shoots, peas, corn, and mung bean noodles; served with a spicy plum sauce and Asian slaw

Warmed Olives and Charred Camembert . 9.9 11.9

gf available - \$2 extra

Pan tossed Kalamata and Sicilian green olives, confit garlic, fresh herbs, charred camembert and sour dough bread

Share Plate for 2.....22.9 24.9

Satay chicken skewers, charred baby octopus, fried halloumi, lemon pepper calamari, served with a buttermilk ranch dressing

NEW Winter Warmers

Beef Cheeks.....22.9 25.9

Grain Fed 150-200 days Black Angus beef cheeks braised in Moroccan spiced sauce with creamy mashed potato and baby broccoli; finished with a beef jus

Lamb Shank Pie26.9 29.9

Braised lamb shank in a red wine and chunky vegetable tomato sugo; topped with puff pastry; served with seasonal vegetables

2 COURSE OPTION: Add a petite soup of the day, or garlic bread (2 slices) as an entrée for only \$3 extra! *Only available with the Winter Warmer Main Meals.*

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

Mains

M NM

Caesar Salad - *gf available*

Classic (*vegetarian available*) 12.9 15.9

With Chicken 15.9 18.9

With Lemon Pepper Calamari 15.9 18.9

Aromatic Dish of the Day 12.9 15.9

Roast of the Day* *gf*

Main serve..... 16.9 19.9

Petite serve..... 14.9 17.9

Char Grilled Chicken Breast Supreme *gf*..21.9 24.9

Served with a confit garlic and herb polenta, asparagus, buttered leek; finished with an avocado puree

Crumbed Chicken Breast Parmigiana* ...23.9 26.9

Chicken Schnitzel* (no topper)20.9 23.9

Moisture Infused 300g Pork Loin29.9 32.9

Served with a potato-parmesan pavé and honeyed baby carrots, with a parsnip and parsley puree

Lamb Shoulder Share Platter for 2 *gf*.....56.9 61.9

12 hour slow roasted lamb shoulder seasoned with rosemary and mustard. Served with herb buttered baby vegetables, traditional gravy and mint jelly. Available Friday & Saturdays only, while stock lasts. Guarantee a platter by pre-booking with payment.

From the Grill

200g Filet Mignon* *gf*36.9 39.9

Served with Moreton Bay bug and garlic cream prawns

130 Day Grain Fed, Black Angus Rib Fillet (250g)* *gf*

.....31.9 34.9

300g Grass Fed Cape Grim Sirloin (MB4)* *gf*

.....31.9 34.9

150 Day Grain Fed Eye Fillet finished on Barley

(MB2-3+)* *gf*36.9 39.9

STEAK TOPPERS:

Onion Rings (6)..... 3.5 5.5

Torpedo Prawns (3) 5.9 7.9

Panko Crumbed Prawns (3)..... 5.9 7.9

Garlic cream sauce optional

Garlic Prawns (3)..... 5.9 7.9

SAUCES:

Choose from: Pepper, Mushroom, Diane, Gravy, Béarnaise, or Garlic Cream - *All sauces are gluten free*

One sauce is included in the 'From the Grill' prices. Additional sauce is \$1 per ramekin.

Seafood

M NM

House Made Seafood Chowder..... 18.9 21.9
Served in a crusty cob loaf

Lemon Pepper Calamari **gf**

Main serve..... 18.9 21.9

Petite serve..... 12.9 15.9

With a cashew and sweet chilli salad, and a strawberry balsamic and vanilla jam. Full serve comes with a side of crunchy chips

Garlic Prawns **gf**

Main serve..... 22.9 25.9

Petite serve..... 12.9 15.9

Sautéed with spring onions, garlic and parsley; in a white wine cream sauce, with steamed rice, lemon and braised bok choy

Fresh Tasmanian Atlantic Salmon **gf** 28.9 31.9

Sumac crusted; served with braised fennel and baked sweet potato; finished with a baby caper and lime butter sauce

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 fraîche

Whole Baby Barra 32.9 35.9

Crispy fried whole baby barramundi with a tamarind and chilli sauce; served with shredded Asian inspired coleslaw

Pasta & Wok's

Fettuccine Carbonara **gf available - \$2 extra** .. 18.9 21.9

Petite serve..... 12.9 15.9

Add chicken for \$3 extra

Vegan Ravioli **vegan** 19.9 22.9

Zucchini and sun-dried tomato ravioli served in a light roasted garlic and herb napolitana sauce; finished with cheddar style cheese shreds

Hoisin and Orange Pork Belly Stir-Fry 22.9 25.9

Singapore noodle, bok choy, baby broccoli, garlic, ginger, hoisin sauce, wok-fried finished with bean shoots and spring onion

Chinese Beef or Chicken Stir-Fry 22.9 25.9

Wok-fried with bell peppers, carrot sticks, bok choy, and sugar snap peas; finished with soy and oyster glaze, rice, and toasted sesame seeds

Fettuccine Marinara (Cream or Napoli) ... 26.9 29.9

gf available - \$2 extra

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)

2 Courses 15.9 18.9

Entrée & main, or main & dessert - as advertised on Pronto menus

Main meal options include petite roast of the day, crumbed fish, aromatic dish of the day, and one other chef special

Pronto Main Meal Only 12.9 15.9

Little Diggers

AVAILABLE FOR CHILDREN 12YRS & UNDER

Spaghetti & Meatballs 10.9 13.9

Crumbed Chicken Breast Nuggets# 10.9 13.9

Australian Crumbed Whiting# 10.9 13.9

125g Rib Fillet Steak# 10.9 13.9

Beef Burger with Cheese, side of Chips. . . 10.9 13.9

Crumbed Chicken Breast Schnitzel 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.

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. 13.9 16.9

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

OUR CHIPS ARE NOT GLUTEN FREE

Please notify our staff 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.

- chef's monthly specials -



JUNE Pork Belly

Twice cooked Pork Belly in an Asian inspired broth, together with miso, bok choy, baby broccolini, and flat rice noodles; finished with a mango and chilli chutney.

Members: \$26.90 | NM: \$29.90



JULY Lamb Rump

Lamb Rump marinated with garlic and rosemary, served with creamy truffled polenta, charred corn, and fried mushrooms; finished with a horseradish cream.

Members: \$26.90 | NM: \$29.90



AUGUST The American Feast for 2

Indulge in a feast of mouth watering 12 hour slow cooked Bass Straight beef brisket and beef short ribs smothered with smokey bbq sauce, buffalo wings, spicy crumbed jalapeno poppers, battered onion rings, halloumi fries, American slaw, slider buns, and ranch dressing.

Price for 2 - Members: \$70.00 | NM: \$75.00