

# 100

1925 - 2025

## DID YOU KNOW...

Redlands RSL Sub Branch is 100 this year!!!

Redlands RSL Sub Branch was formed at a meeting of veterans on the 11th May 1925, following the first Anzac Day commemorations the previous month.

Scan this QR code to read more of our history...



*sails*  
autumn 2025 a la carte menu





bread -

**Garlic Baguette Loaf** *veg* ..... 6 9  
*Add mozzarella for \$2, or mozzarella & smoky bacon for \$6*

**Gluten Free Garlic Baguette** *gf veg* ..... 10 13

**Whipped Ricotta Cob Loaf** ..... 15 18  
*Crusty cob filled with lemon and honey whipped ricotta, prosciutto, blistered and burst cherry tomatoes with balsamic; finished with shaved parmesan*

entrées -

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

Full serve ..... 6 9  
 Petite serve ..... 4 7

**Crunchy Tofu** *veg* ..... 13 16  
*With a soy and sesame dressing, served with scented Jasmine rice, bok choy, and pickled cucumber*

**Salt and Pepper Calamari** *gf df* ..... 15 18  
*With salad, cashew nuts, nahm jim dressing, and aioli dipper*

**Crispy Sweet Corn and Tuna Fritters** ..... 15 18  
*House-made, with chipotle mayo, petite salad, and lemon*

**Vegetable Gow Laksa** *veg* ..... 15 18  
*Poached, served with a laksa sauce, finished with beanshoots and crispy fried onion*

**Crispy Chicken and Vegetable Spring Rolls** *df* ..... 15 18  
*With a sesame miso and soy lime dipping sauce*

**Panko Crusted Scallops** ..... 20 23  
*Served on an orange and fennel petite salad with tartare dipper*

**De-constructed Prawn Spring Roll** ..... 21 24  
*Served on char-grilled pineapple, with chipotle mayo, and Davidson plum paste*

burgers & wraps -

**THIS SECTION IS AVAILABLE LUNCH SERVICE ONLY:**

**Grilled Moroccan Chicken Breast Caesar Wrap with Chips** *df* ..... 16 21

**Wagyu Beef Premium Works Burger with Chips** ..... 20 25  
*Egg, bacon, lettuce, tomato, cheese, beetroot, pineapple, pickles, onions, and burger sauce*

**Steak Sandwich with Sidewinder Chips** ..... 21 26  
*Tomato, lettuce, onion jam, grilled halloumi, and dijonnaise*

**Vegan Burger** *gf vegan df* ..... 22 27  
*Aromatic garden vegan pattie (spinach, peas, edamame, potato, and fresh aromats with a gluten free crispy breadcrumb coating), lettuce, tomato, beetroot hummus, pickles, and vegan aioli on a gluten free bun, served with gluten free chips*

salads -

**Honey Roasted Beetroot Wedges Salad** *veg*.. 16 21  
*With red onion, mixed leaves, goat feta cheese, caramel chives, pistachio crumb, and a fresh picked herb green dressing*

**Caesar Salad**  
*With cos lettuce, crispy bacon, shaved parmesan, boiled egg, croutons, and a Caesar dressing*

Classic (*gf without croutons*) *veg available* ... 17 22  
 With Moroccan Chicken ..... 23 28  
 With Salt & Pepper Calamari ..... 27 32

**Crispy Honey-Glazed Halloumi and Pearl Couscous Salad** *gf veg* ..... 17 22  
*With baby spinach, tomatoes, cucumber, and avocado*

**Togarashi Pork Belly Salad** *gf* ..... 20 25  
*With mixed leaves, red onion, cucumber, pea tendrils, toasted almonds, cherry tomatoes, and a lime yoghurt dressing*

**Ginger Prawns, Quinoa, Apple, and Maple Bacon Salad** *gf* ..... 22 27  
*With kale, radish, nahm jim dressing, and pecan crumble*

**Seared Scallop, Pear, Cashew, and Radish Salad** *gf* ..... 24 29  
*Mixed leaf, fennel, carrot, red onion, and black sesame; with a creamy miso dressing*

mains -

**Aromatic Dish of the Day with Rice** ..... 16 21  
*Please refer to the menu advertised on the TV screens*

**Roast of the Day\*** *gf df*

Full serve ..... 18 23  
 Petite serve ..... 16 21  
*Please refer to the menu advertised on the TV screens*

**Plant-Based Protein Schnitzel\*** *vegan* ..... 18 23

**Crumbed Chicken Breast Schnitzel\*** ..... 22 27

**Crumbed Chicken Breast Parmigiana\*** ..... 27 32

**Pan Flashed Field Mushrooms** *gf veg* ..... 22 27  
*With smoked feta, char grilled vegetables, blistered cherry tomatoes, toasted pine nuts, beetroot chocolate glaze, and fondant potatoes*

**Chicken and Edamame Noodle Bowl** ..... 23 28  
*With crispy halloumi, avocado, black beans, and a fresh herb green dressing. Served chilled.*

**Golden Baked Chicken Breast Kiev** ..... 30 35  
*With mashed potato, broccolini, and garlic cream sauce*

**Crispy Crackle Pork Knuckle** *gf* ..... 35 40  
*Served on steamed Jasmine rice with bok choy and a sticky Asian glaze, topped with sesame seeds*

sides -

*Note: Meal bases cannot be substituted. An additional serve of sides can be added for an extra cost.*

**Meals marked with an \* are served with your choice:**

- Chips and salad,
- Potato (roast or mashed) and salad,
- Chips and vegetables, or
- Potato (roast or mashed) and vegetables

**Additional serve of sides** ..... 5.5 7.5

- Basket of chips
- Bowl of salad
- Potato (roast or mashed)
- Steamed seasonal vegetables



pastas -

- Creamy Chicken, Bacon and Mushroom Carbonara Fettuccine** gf available.....22 27  
*Finished with shaved parmesan and bacon crumb*
- Prawn and Crab Ravioli with Tasmanian Salmon and Avocado** .....34 39  
*With silky lemon and dill cream sauce, topped with shredded grana padano cheese*
- Seafood Spaghetti Marinara** gf available .....38 43  
*With scallops, reef fish, prawns, calamari, and mussels, all sautéed with onion and garlic, splashed with white wine, in a rich sugo; finished with a touch of cream, fresh basil leaves, shallots, and topped with shaved parmesan*

wok your bowl -

**STEP 1: SELECT YOUR FILLING**

	Full Serve	Petite Serve
<b>Tofu and Asian Veg</b> <span style="color: green;">veg</span>	18 23	14 19
<b>Chicken and Asian Veg</b>	24 29	16 21
<b>Beef and Asian Veg</b>	24 29	16 21
<b>Prawn and Asian Veg</b>	30 35	22 27

**STEP 2: SELECT YOUR NOODLE | RICE**

- Hokkien Noodle (thick)
- Singapore Noodle (thin)
- Flat Rice Noodle gf
- Steamed Jasmine Rice gf

**STEP 3: SELECT YOUR 'OUR-WAY' SAUCE**

- Thai Spicy Sweet Chilli Lime gf *(more sweet than chilli)*
- Hoisin *(a sweet salty, bbq style)*
- Japanese gf *(Tonkatsu, sriracha, mirin, palm sugar)*
- Laksa df *(Malaysian spicy coconut)*

seafood -

- Salt and Pepper Calamari** gf df ..... 23 28  
*Pineapple-cut; with a cashew salad and nahm jim dressing, lemon, and tartare; served with a side of crunchy chips*
- House Made Seafood Chowder** .....30 35  
*Prawns, scallops, reef fish, calamari, and mussels in a rich creamy seafood velouté, with carrots, celery, onion, and potato; served in a baked cob loaf*  
(gf available without the cob loaf)
- Seafood Bourbon Curry** .....31 36  
*Prawns, scallops, reef fish, calamari, and mussels in a yellow bourbon coconut curry with steamed rice, charred naan bread, and mango salsa* (gf available without naan bread)
- Grilled Barramundi** gf..... 35 40  
*Served on a bed of smashed chat potatoes, cherry tomatoes, spinach, and leek*
- Crispy Skin Atlantic Salmon** (gf available)..... 35 40  
*Served with Mediterranean risoni, feta, toasted pine nuts, red wine vinegar, and béarnaise sauce*
- Wok Flashed Cajun Butter Seafood** ..... 39 44  
*With corn ribs, soft-shell crab, mussels, prawns, and calamari; with garlic, onions, and cajun butter gently cooked with lemon ponzu; served with fragrant mango coconut rice*  
(gf available without ponzu)

from the grill -

- Sous Vide, Char Finished, Kangaroo Loin** gf df.28 33  
*Served medium-rare, on colcannon mashed potato, with bacon wrapped asparagus; glazed with a cherry plum pepper sauce*
  - 300g King Rib Pork Cutlet** gf df .....32 37  
*Seasoned with Texas rub, crusted with cashew and lemon myrtle, finished with spicy Davidson plum glaze; served on colcannon mashed potato, with steamed broccolini*
  - Char Grilled Lamb Rump** .....34 39  
*Moroccan dusted, served with white bean mash, broccolini, sweet potato crisps, jus, and mint salsa verde*
  - 300g Jacks Best Rib Fillet\*** gf df.....42 47  
*100-day grain fed; British Cross, from Maranoa District, Qld*
  - 300g Jacks Creek Wagyu Rump\*** gf df..... 43 48  
*MB6-7; 400-day grain fed; from Liverpool Plains, NSW*
  - 400g New York Black Angus Sirloin\*** gf df....50 55  
*MB1-2; 120-day grain fed; from NSW High Country*
- STEAK TOPPERS:**
- Onion Rings (5).....3.5 6.5
  - Tempura Torpedo Prawns (3).....3.5 6.5
  - Panko Crumbed Prawns (3) .....3.5 6.5
  - Garlic Prawns (3) gf..... 5 8

**SAUCES:** all sauces are gf  
Gravy, Pepper, Diane, Mushroom, Red Wine Jus, Béarnaise, Garlic Cream, Apple, or Mint  
Sauces are served in ramekins on the side.  
One sauce is included in the 'From the Grill' prices. Additional sauce is \$1 per ramekin.

little diggers -

- AVAILABLE FOR CHILDREN 12YRS & UNDER ONLY**
- Spaghetti & Meatballs** df..... 14 17
  - Beef and Cheese Burger with Chips** ..... 14 17
  - Crumbed Chicken Breast Nuggets #**..... 14 17
  - Salt & Pepper Calamari #** gf df ..... 14 17
  - Crumbed Chicken Breast Schnitzel #** ..... 16 19
  - Grilled Fish #** gf df..... 16 19
  - 200g Rump Steak #** gf df .....19 22
- # With Chips or Veggies. (Note: gf chips are additional price).

Little Diggers meals include a soft serve ice cream and a 200ml soft drink.

**SCHOOL HOLIDAY SPECIAL:** Kids Little Diggers meals are 1/2 price every Monday & Tuesday night, and on selected days during the Qld school holidays! *Conditions apply.*

**Members price | Non Members price**

**gf = gluten free | veg = vegetarian | df = dairy free**

**Gluten Free chips are available at an additional price.**

**Not all ingredients are listed. Please alert your server if you have any food allergies.**





## MONDAY NIGHTS

**KIDS  
EAT FOR  
1/2 PRICE**  
(t&c's apply)

**BURGER NIGHT:** Your choice of a Southern Fried Barra Burger, House-made Karaage Crunchy Chicken Breast Burger, or a Prime Beef Burger; served with chips — **M: \$16 | NM: \$21**

Plant Based Burger - Add \$2 | GF Bun - Add \$2



## TUESDAY NIGHTS

**KIDS  
EAT FOR  
1/2 PRICE**  
(t&c's apply)

**SCHNITTY NIGHT:** Crumbed Chicken Breast Schnitzel served with your choice of sides. (Plant-based protein schnitzel also available). **M: \$16 | NM: \$21**

Add a Parmi topper for only \$5 extra



## WEDNESDAY NIGHTS

**STEAK NIGHT:** 250g Jacks Best Rump served with an Idaho potato and charred cobb of corn. **M: \$18 | NM: \$23**

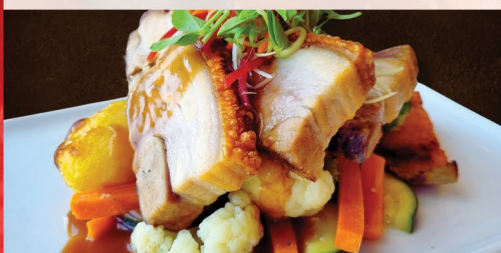
Add a Sidekicker: Onion Rings (5) \$3.50, Panko Prawns (3) \$3.50, Garlic Prawns (3) \$5



## THURSDAY NIGHTS

**RIBS NIGHT:** Tender pork ribs, slow cooked to perfection, smothered in a rich sticky BBQ glaze; served with your choice of sides..

1/2 Rack - **M: \$18 | NM: \$23**  
Full Rack - **M: \$31 | NM: \$36**



## SUNDAYS- LUNCH & DINNER

**2 COURSE ROAST:** Your choice of roast served with seasonal vegetables and gravy, plus a petite soup for entrée, or a selected dessert.

**M: \$21 | NM: \$26 — 3 Course for \$5 extra**

**PRAWN STAR:**

Chilled fresh prawns with dinner roll, chips, fresh lemon wedge, and cocktail dipping sauce  
**350g - M: \$23 | NM: \$28**

**1/2kg - M: \$34 | NM: \$39**

Creamy Garlic Prawns with Steamed Rice  
**M: \$23 | NM: \$28**



If you have any allergies or dietary needs, please let our staff know – we'll do our best to accommodate! Our team of chefs take great care in catering to special requirements, but please keep in mind that our kitchen also handles seafood, shellfish, sesame seeds, nuts, wheat, flour, eggs, and dairy products.

We'll do our best to fulfil any special requests, but the decision to consume a meal is ultimately up to you. Once your order is confirmed and processed, we can't make changes, so be sure to double-check before we get started.

At Sails on Shore Restaurant, we strive to serve your meal as quickly as possible. However, during busy times, it may take a little longer to get your food to you – we appreciate your patience!