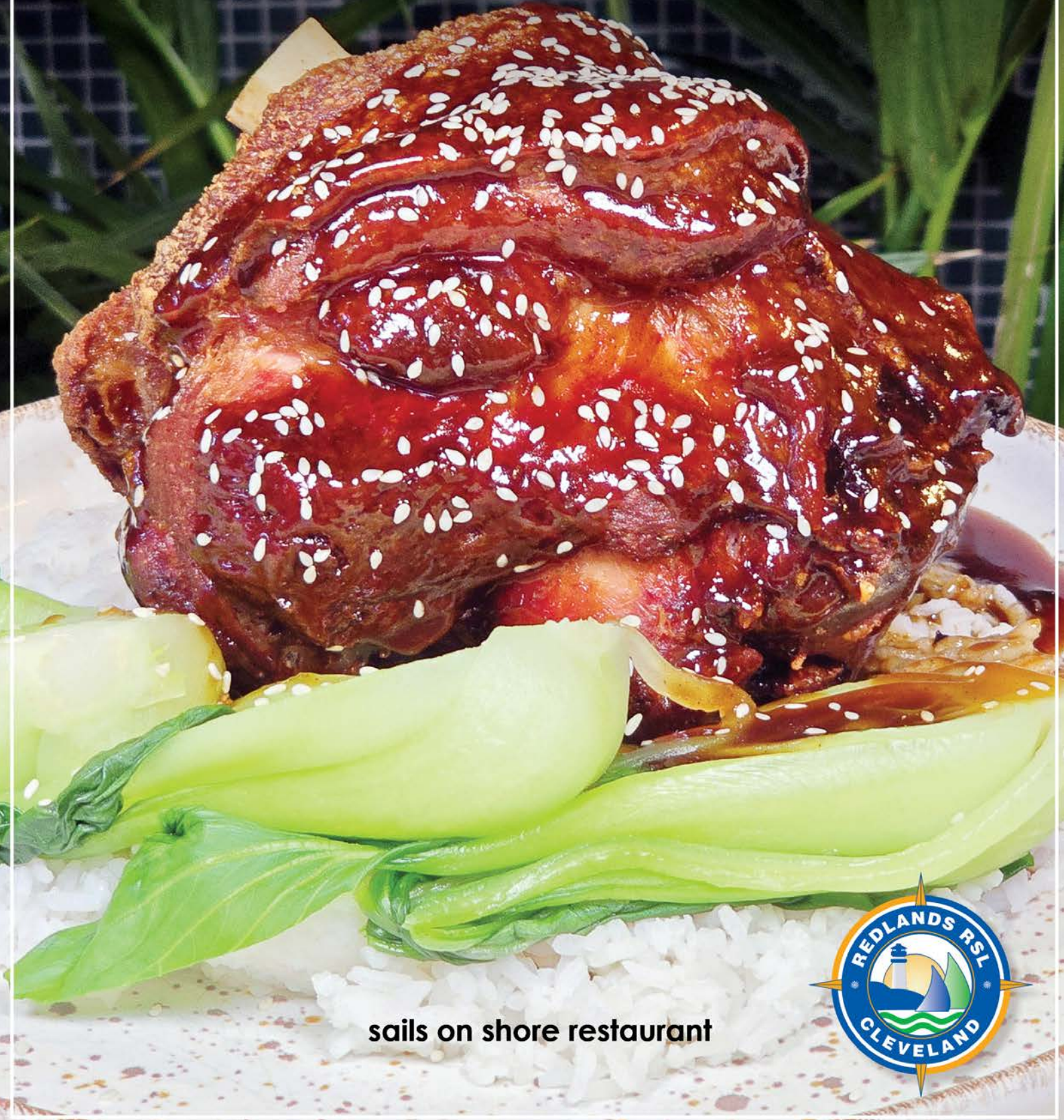


# Winter

a la carte menu | 2026



sails on shore restaurant



bread -

- Garlic Baguette Loaf** v ..... 6 9  
*Add mozzarella for \$2, or mozzarella & smoky bacon for \$6*
- Gluten Free Garlic Baguette** gf v ..... 10 13
- Cheese, Beer, and Bacon Pull-Apart Damper**... 9 12  
*With smoky butter and tomato relish dipper*

entrées -

- Soup of the Day with crusty dinner roll** gfo  
Full serve ..... 6 9  
Petite serve ..... 4 7
- Crispy Sweet Potato Fritters** v ..... 13 16  
*With whipped fetta and honey, and a sweet chilli tamarind chutney*
- Shrimp and Crab Rice Net Spring Rolls (5)** (l) gf df ..... 15 18  
*With a satay sauce dipper and a sweet chilli sauce dipper*
- Poached Scallop & Prawn Dumplings (5)** (l) gf . 16 19  
*Served in a coconut Malaysian laksa*
- Karaage Chicken Bao Buns (3)** ..... 16 19  
*With pickled wombok slaw and siracha mayo*
- Salt & Pepper Calamari** (l) gf df ..... 16 19  
*With salad, cashew nuts, nahm jim dressing, and aioli dipper*

salads -

- Caesar Salad**  
*Cos lettuce, crispy bacon, shaved parmesan, boiled egg, croutons, and a Caesar dressing*  
Classic (gfo without croutons) vo ..... 17 22  
With Moroccan Chicken ..... 23 28  
With Salt & Pepper Calamari (l) ..... 27 32
- Firecracker Mexican Corn, Avocado, and Black Bean Salad** v ..... 17 22  
*Jalapeno, corn chips, capsicum, tomato, cos lettuce, red onion, and coriander; with a sour cream and lime dressing*
- Light Chilli Caramel Tasmanian Salmon Salad (A)** ..... 20 25  
*Mixed leaves, chopped apple, shallots, cherry tomatoes, red onion, bean sprouts, crunchy carrot and beetroot; with a palm sugar, ketchup manis, light chilli caramel, and lime dressing*
- Fresh Mooloolaba Prawn and Green Papaya Salad (A)** gf..... 22 27  
*Wombok, papaya, fresh mint, Thai basil, roasted peanuts, shallots, chilli, and nuoc cham dressing; with fried shallots and vermicelli garnish*
- Vietnamese Beef & Crunchy Noodle Salad** gf. . 22 27  
*Mixed leaves, cucumber, shallots, snow peas, capsicum, rice vermicelli, crunchy noodles, fresh herbs, sweet chilli dressing, and toasted coconut*
- Korean Beef Salad** gf..... 22 27  
*Mixed leaves, cucumber, radish, and kimchi; with bulgogi dressing*
- Vietnamese Tempura Battered Chicken Salad**..... 23 28  
*Cos lettuce, mint leaves, cucumber, carrot, bean sprouts, shallots, Thai basil, peanuts, and ginger; with a Japanese sesame 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\*** vg ..... 18 23
- Crumbed Chicken Breast Schnitzel\***..... 22 27
- Crumbed Chicken Breast Parmigiana\*** ..... 27 32
- Potato Gnocchi** gf v dfo ..... 22 27  
*Pan flashed with char grilled vegetables; finished with toasted pine nuts, a creamy pesto sauce, fresh basil, baby spinach, cherry tomatoes, and shaved parmesan*
- Chicken Breast Supreme** (l) ..... 33 38  
*Filled with diced bacon and brie, served on mashed potato with broccolini; topped with creamy garlic prawns*
- Creamy Caponata, Lamb Shank Gnocchi** gf. . 34 39  
*With cherry tomatoes, wilted spinach, and freshly grated grand padano*
- Crispy Pork Knuckle** gf..... 34 39  
*With a sticky Asian glaze; served on steamed Jasmine rice, with bok choy, and toasted sesame seeds*
- Aromatic Fragrant Red Curry Duck** gfo ..... 34 39  
*Served with lychee, steamed Jasmine rice, naan bread, and a mango salsa*
- Slow Cooked Tuscan Lamb Shank**..... 35 40  
*Served on mashed potato, with broccolini; finished with a red wine jus*
- Slow Cooked Tender Beef Cheek** gf..... 37 42  
*Served on mashed potato, with broccolini; finished with a red wine jus*

wok your bowl -

**STEP 1: SELECT YOUR FILLING**

|                                 | Full Serve | Petite Serve |
|---------------------------------|------------|--------------|
| <b>Tofu and Asian Veg</b> v     | 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>Pork Belly and Asian Veg</b> | 24 29      | 16 21        |
| <b>Duck and Asian Veg</b>       | 24 29      | 16 21        |
| <b>Prawn and Asian Veg</b> (l)  | 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)

pastas -

|   |    |    |
|---|----|----|
| <b>Creamy Chicken, Bacon and Mushroom Carbonara Fettuccine</b> gfo .....  | 22 | 27 |
| <i>Finished with shaved parmesan and bacon crumb</i>  |    |    |
| <b>Creamy Tasmanian Salmon, Dill Mascarpone, and Fresh Squeeze Lemon Fettuccine (A)</b> gfo.....  | 28 | 33 |
| <i>With capers and baby spinach, topped with parmesan cheese</i>  |    |    |
| <b>Creamy Tomato Beef Cheek and Bacon all'Amatriciana with Spaghetti</b> gfo.....   | 30 | 35 |
| <i>Garlic, onion, white wine, bacon, beef cheek, light chilli, shallots, and fresh basil; finished with freshly grated grand padano</i> |    |    |
| <b>Creamy Miso Garlic Prawn Linguini (I)</b> .....  | 34 | 39 |
| <i>Topped with toasted lemon pangrattato and shaved parmesan</i>  |    |    |

seafood -

|  |    |    |
|--|----|----|
| <b>Salt &amp; Pepper Calamari (I)</b> gf df .....  | 24 | 29 |
| <i>Pineapple-cut; with a cashew salad and nahm jim dressing, lemon, and tartare dipper; served with a side of crunchy chips</i>  |    |    |
| <b>House Made Seafood Chowder (M)</b> .....  | 32 | 37 |
| <i>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 (gfo without the cob loaf)</i> |    |    |
| <b>Seafood Bourbon Curry (M)</b> .....   | 33 | 38 |
| <i>Prawns, scallops, reef fish, calamari, and mussels in a red bourbon coconut curry with steamed rice, charred naan bread, and mango salsa (gfo without naan) dfo</i>                     |    |    |
| <b>Grilled Barramundi (A)</b> gf (df without parmesan).  | 35 | 40 |
| <i>On roasted chat potatoes, pear, rocket, and parmesan cheese</i>   |    |    |
| <b>Coconut Prawn Bisque Crab Risotto (I)</b> .....   | 40 | 45 |
| <i>Prawns and crab gently cooked in garlic, onion, and white wine; finished with a coconut prawn silky bisque sauce, with risotto; finished with shaved parmesan and toasted coconut</i>   |    |    |
| <b>Crispy Skin Atlantic Salmon (A)</b> gf .....  | 40 | 45 |
| <i>On creamy Tuscan cherry tomato fresh basil sauce, wilted spinach, and mashed potato; dusted with a macadamia and fresh herb crumb</i>   |    |    |

**Country of Origin Labelling for Seafood:**  
 (A) = Australian  
 (I) = Imported  
 (M) = Mixed Origin: Australian & Imported

**Note: Advertised 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

from the grill -

|  |    |    |
|--|----|----|
| <b>200g Kilcoy Rump*</b> gf df.....  | 22 | 27 |
| <b>300g King Rib Pork Cutlet</b> gf df .....   | 37 | 42 |
| <i>Memphis rub, char grilled; topped with toasted cashew and basil crumb; served on red cabbage marmalade, with mashed potato, and broccolini; glazed with a chilli, cherry, mint, and lemongrass palapa</i> |    |    |
| <b>300g New York Black Angus Sirloin*</b> gf df ....   | 39 | 44 |
| <i>MB1-2; 120-day grain fed; from NSW High Country</i>   |    |    |
| <b>300g Southern Ranges Rib Fillet*</b> gf df .....  | 44 | 49 |
| <i>MB2+, 100% grass fed; Angus Cross, from Dandenong, Vic. Royal Queensland Branded Beef Award Winner 2025.</i>  |    |    |
| <b>300g Jack's Creek Wagyu Rump*</b> gf df.....  | 49 | 54 |
| <i>MB8-9; 400-day grain fed; from Liverpool Plains, NSW</i>  |    |    |

**STEAK TOPPERS:**

|   |     |     |
|---|-----|-----|
| <b>Onion Rings (5)</b> .....                | 3.5 | 6.5 |
| <b>Tempura Torpedo Prawns (3) (I)</b> ..... | 4   | 7   |
| <b>Panko Crumbed Prawns (3) (I)</b> .....   | 4   | 7   |
| <b>Garlic Prawns (3) (I) gf</b> .....       | 6   | 9   |

**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.

**AVAILABLE FOR CHILDREN 12YRS & UNDER ONLY**

|   |    |    |
|---|----|----|
| <b>Spaghetti &amp; Meatballs</b> df.....            | 14 | 17 |
| <b>Beef and Cheese Burger with Chips</b> .....      | 14 | 17 |
| <b>Crumbed Chicken Breast Nuggets #</b> .....       | 14 | 17 |
| <b>Salt &amp; Pepper Calamari (I) # gf df</b> ..... | 14 | 17 |
| <b>Crumbed Chicken Breast Schnitzel #</b> .....     | 16 | 19 |
| <b>Grilled Fish (A) # gf df</b> .....               | 16 | 19 |

# Served with chips or vegetables

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

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

little diggers -

desserts -

|   |     |     |
|---|-----|-----|
| <b>Apple and Rhubarb Chimichanga</b> .....                                  | 12  | 15  |
| <i>With whipped cream and vanilla ice cream</i>                             |     |     |
| <b>Sticky Date Chocolate Pudding</b> .....                                  | 12  | 15  |
| <i>With whipped cream and vanilla ice cream</i>                             |     |     |
| <b>Warm Cinnamon Donuts</b> gf .....  | 12  | 15  |
| <i>Served on vanilla custard with chocolate sauce and vanilla ice cream</i> |     |     |
| <b>Vanilla Ice Cream Churros Sandwich</b> .....                             | 12  | 15  |
| <i>With fresh strawberries and chocolate sauce</i>                          |     |     |
| <b>Riva Soft Serve Ice Cream in Waffle Cone</b> . . .                       | 3.5 | 4.5 |
| <b>Gelato — 1 scoop \$5   2 scoops \$7   3 Scoops \$8</b>                   |     |     |
| <i>See display fridge for flavours. Non members add \$1</i>                 |     |     |

**Members price | Non Members price**  
**Chips are Gluten Free. Not all ingredients are listed. Please alert your server if you have any food allergies.**

**gf = gluten free | gfo = gluten free option available**  
**v = vegetarian | vo = vegetarian option available**  
**vg = vegan | df = dairy free | dfo = dairy free option**



## MONDAY | DINNER

**BARRA & SUNDAE (2-COURSE):** Enjoy crispy golden crumbed barramundi served with your choice of sides, tartare sauce and lemon wedge; finished with an ice cream sundae for dessert. (1)  
**M: \$19 | NM: \$24**

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



## TUESDAY | DINNER

**CURRY & COMFORT (2-COURSE):** Your choice of beef korma, chicken laksa, or roasted cauliflower, tofu & chickpea red curry; served with steamed jasmine rice. Finish with a warm apple & rhubarb crumble, with custard and ice cream for dessert.  
**M: \$19 | NM: \$24**

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



## WEDNESDAY | DINNER

**STEAK:** 250g Jacks Best Rump served with an Idaho potato and charred cob of corn.  
**M: \$20 | NM: \$25**

Add a Sidekicker: Onion Rings (5) \$3.50, Panko Prawns (1) (3) \$4, Garlic Prawns (1) (3) \$6



## THURSDAY | DINNER

**SCHNITTY:** Crumbed Chicken Breast Schnitzel served with your choice of sides. (Plant-based protein schnitzel also available).  
**M: \$17 | NM: \$22**

Add a Parmi topper for only \$5 extra



## 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 Qld Mooloolaba prawns with dinner roll, chips, fresh lemon wedge, and cocktail dipping sauce (A)  
**350g - M: \$23 | NM: \$28**  
**1/2kg - M: \$34 | NM: \$39**

Creamy Garlic Prawns with Steamed Rice (1)  
**M: \$23 | NM: \$28**



If you have allergies or specific dietary requirements, please inform our staff – we'll do our best to accommodate your needs. Our chefs take great care with special requests, though please note our kitchen works with seafood, shellfish, sesame, nuts, wheat, flour, eggs, and dairy.

We'll always try to meet special requests, but the choice to consume a meal remains with you. Once your order is placed and processed, changes can't be made, so please double-check before confirming.

At Sails on Shore Restaurant, we aim to serve your meals promptly, though during peak times service may take a little longer – thank you for your patience.