



SPRING

a la carte menu 2026
sails restaurant

BREADS

M NM

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

ENTREES

Soup of the Day with crusty dinner roll gfo	Full serve	6	9
	Petite serve	4	7
Corn, Kimchi and Miso Fritters v		14	17
<i>With siracha mayo</i>			
Shrimp and Crab Rice Net Spring Rolls (5) (l) gf df		15	18
<i>With a sweet chilli sauce dipper</i>			
Poached Scallop & Prawn Dumplings (5) (l) gf		16	19
<i>Served in a coconut Malaysian laksa</i>			
Salt & Pepper Calamari (l) gf df		16	19
<i>With salad, cashew nuts, nahm jim dressing, and aioli dipper</i>			
Crispy Pork Belly Bite Soft Tacos (2)		16	19
<i>With hot honey glaze, pickled green apple slaw, and toasted sesame; with kewpie drizzle</i>			
Fresh Qld Mooloolaba Prawn and Avocado Cocktail (A)		19	22
<i>On baby cos lettuce in potato nests with a rosé and yuzu dressing, and fresh lemon</i>			

MAINS

Aromatic Dish of the Day with Rice	16	21
<i>Please refer to the menu advertised on the TV screens</i>		
Roast of the Day* gf df	Full serve	18 23
<i>Please refer to the menu advertised on the TV screens</i>	Petite serve	16 21
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
<i>Pan flashed with char grilled vegetables; finished with toasted pine nuts, creamy pesto sauce, fresh basil, baby spinach, cherry tomatoes, and shaved parmesan</i>		
Vietnamese Spiced Pork Belly	29	34
<i>With caramel citrus sauce, steamed Jasmine rice, and a petite apple and mint salad</i>		
Crispy Karaage Duck	31	36
<i>With bok choy, bean shoots, aromatic red curry, steamed Jasmine rice, mango salsa, naan bread, and a kewpie drizzle</i>		
Chicken Breast Supreme (l)	33	38
<i>Filled with diced bacon and brie, served on mashed potato with broccolini; topped with creamy garlic prawns</i>		
Tender Sticky Bourbon BBQ Beef Rib	34	39
<i>Served on mashed potato with corn ribs and slaw</i>		
Crispy Pork Knuckle gf	34	39
<i>With a sticky Asian glaze; served on steamed Jasmine rice, with bok choy, and toasted sesame seeds</i>		

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		

SALADS

M NM

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

Grilled Halloumi Salad v

19 24

Rocket leaves, heirloom tomatoes, beetroot, pear, roasted pinenuts, and Davidson plum 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

Crispy Karaage Chicken Salad

22 27

Mixed leaves, raddish, cherry tomatoes, red onion, cashews, pea sprouts, and miso dressing

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

Fresh Mooloolaba Prawn and Green Papaya Salad (A) gf

23 28

Wombok, papaya, fresh mint, Thai basil, roasted peanuts, shallots, chilli, and nuoc cham dressing; with fried shallots and vermicelli garnish

PASTAS

Creamy Chicken, Bacon and Mushroom Carbonara Fettuccine gfo

22 27

Finished with shaved parmesan and bacon crumb

Creamy Tasmanian Salmon, Dill Mascarpone, and Fresh Squeeze

Lemon Fettuccine (A) gfo

28 33

With capers and baby spinach, topped with parmesan cheese

Seafood Marinara (M)

33 38

Sautéed reef fish, scallops, calamari, prawns, mussels, fresh garlic, and onion; in a creamy white wine and rich sugo sauce; with fresh basil and parsley aromats

Creamy Miso Garlic Prawn Linguini (l)

37 42

Pan seared prawns with creamy miso garlic sauce, topped with fresh basil, tomato salsa, and crispy prosciutto; with grated padano cheese

WOK YOUR BOWL

STEP 1: SELECT YOUR FILLING

Full Serve Petite Serve

Tofu and Asian Veg v	18	23	14	19
Chicken and Asian Veg	24	29	16	21
Beef and Asian Veg	24	29	16	21
Pork Belly and Asian Veg	24	29	16	21
Prawn and Asian Veg (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)

SEAFOOD - A= AUSTRALIAN | M = MIXED | I = IMPORTED

M NM

Salt & Pepper Calamari (I) 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>		
House Made Seafood Chowder (M) (gfo without the cob loaf)	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</i>		
Grilled Barramundi (A) gf (df without parmesan)	35	40
<i>Pan seared, served on a warm salad of roasted chat potatoes, pear, rocket, parmesan, and honey mustard dressing</i>		
Crispy Golden Tempura Scallops (10) (I)	39	44
<i>With a fresh dill and ranch dressing; served with an orange and fennel salad, lemon, crunchy chips, and tartare sauce</i>		
Coconut Prawn Bisque Crab Risotto (I)	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>		
Crispy Skin Atlantic Salmon (A) gf	40	45
<i>On creamy Tuscan cherry tomato and fresh basil sauce, with wilted spinach and mashed potato; dusted with a macadamia and fresh herb crumb</i>		

FROM THE GRILL

200g Kilcoy Rump* gf df	22	27
Memphis Rub, Char Grilled Lamb Rump	34	39
<i>Cooked medium rare (please advise if you'd like it cooked more), served with roasted chat potatoes, yoghurt and char-grilled vegetable salad, with mint and pomegranate molasses</i>		
Gentle Sous Vide Kangaroo Loin, Char Grilled Finished	34	39
<i>Served with colcannon mash, bacon wrapped fresh asparagus, with a native pepper cherry plum glaze</i>		
Memphis Rub, Char Grilled 300g King Rib Pork Cutlet gf df	37	42
<i>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>		
300g New York Black Angus Sirloin* gf df	39	44
<i>MB1-2; 120-day grain fed; from NSW High Country</i>		
300g Southern Ranges Rib Fillet* gf df	44	49
<i>MB2+, 100% grass fed; Angus Cross, from Dandenong, Vic. Royal Queensland Branded Beef Award Winner 2025.</i>		
300g Jack's Creek Wagyu Rump* gf df	49	54
<i>MB8-9; 400-day grain fed; from Liverpool Plains, NSW</i>		

STEAK TOPPERS:

Onion Rings (5)	3.5	6.5
Tempura Torpedo Prawns (3) (I)	4	7
Panko Crumbed Prawns (3) (I)	4	7
Garlic Prawns (3) (I) gf	6	9

SAUCES: all sauces are gf

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

LITTLE DIGGERS

AVAILABLE FOR CHILDREN 12YRS & UNDER ONLY

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

Spaghetti & Meatballs df	14	17
Beef and Cheese Burger with Chips	14	17
Crumbed Chicken Breast Nuggets #	14	17
Salt & Pepper Calamari (I) # gf df	14	17
Crumbed Chicken Breast Schnitzel #	16	19
Grilled Fish (A) # gf df	16	19

Served with chips or vegetables

Little Diggers meals are 1/2 price on Monday & Tuesday Nights. Conditions apply.

DESSERTS

M NM

Lemon Meringue Tart <i>With passionfruit sauce and whipped cream</i>	12	15
Warm Chocolate Pudding <i>With custard, whipped cream and vanilla bean ice cream</i>	12	15
White Chocolate and Pecan Tart <i>Served warm, with vanilla bean ice cream</i>	12	15
Biscoff Cheesecake <i>Served on mixed berry fruit coulis with fresh cream</i>	12	15
Riva Soft Serve Ice Cream in Waffle Cone	3.5	4.5
Gelato — 1 scoop \$5 2 scoops \$7 3 Scoops \$8 <i>See display fridge for flavours. Non members add \$1</i>		

WEEKLY SPECIALS

MONDAY DINNER:

BARRA & SUNDAE (2-COURSE)	19	24
<i>Enjoy crispy golden crumbed barramundi served with your choice of sides, tartare sauce and lemon wedge; finished with an ice cream sundae for dessert (l)</i>		

TUESDAY DINNER:

BURGER	15	20
<i>Your choice of a flame-grilled beef patty or crispy panko-crumbed chicken, stacked with fresh lettuce, tomato, onion and cheese. Finish it your way with BBQ, tomato, or burger sauce; served with a side of crunchy chips</i>		

WEDNESDAY DINNER:

STEAK	20	25
<i>250g Jacks Best rump served with your choice of sides and sauce.</i>		
<i>Add a Sidekicker: Onion Rings (5) \$3.50 Panko Prawns (l) (3) \$4 Garlic Prawns (l) (3) \$6</i>		

THURSDAY DINNER:

SCHNITTY	17	22
<i>Crumbed chicken breast schnitzel served with your choice of sides.</i>		
<i>(Plant-based protein schnitzel also available).</i>		
<i>Add a parmi topper for only \$5 extra.</i>		

SUNDAY LUNCH & DINNER:

2-COURSE ROAST	21	26
<i>Your choice of roast served with seasonal vegetables and gravy, plus a petite soup for entrée, or a selected dessert. Make it a 3-course for \$5 extra.</i>		
CHILLED FRESH QLD MOOLOOLABA PRAWNS (A)	350g	23 28
<i>Served with a dinner roll, chips, fresh lemon wedge, and cocktail dipping sauce</i>	1/kg	34 39
CREAMY GARLIC PRAWNS (l)		23 28
<i>With steamed Jasmine rice</i>		

Our Chips are Gluten Free.

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

A MESSAGE FROM OUR CHEFS:

Please note that not all ingredients are listed, so 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.



SAILS

RESTAURANT

OPEN 7 DAYS

Lunch: 11.30am to 2pm

Dinner: Sun to Thurs 5.30pm to 8pm | Fri & Sat 5.30pm to 8.30pm

GOOD FOOD BRINGS PEOPLE TOGETHER

Thank you for dining with us. We hope to see you again soon.



BECOME A
MEMBER



WINE MENU



COCKTAIL MENU

