



Welcome to Sails on Shore

Information provided for members & bonafide visitors

[www.redlandsrsl.com.au](http://www.redlandsrsl.com.au)

*Please quote your table number when ordering....*

*BonAppetite*

# Starters

## BREADS

	M	N/M
Fresh Garlic & Herb Ciabatta Bread w` <i>House Aioli</i> (W)	6.95	8.95
Panini w` White & Dark Balsamic Vinegar Shots (W)	7.95	9.95
Daily Fresh Baked Cobb Loaf w` <i>Garlic Butter Pots</i> (W)	5.95	7.95
Char Grill Sour Dough (W) (V) <i>topped w` a lively tomato salsa &amp; gooey Tasmanian Brie</i>	8.95	10.95

## ENTREE

Natural Oysters (GF, LF)	(3) 7.95	9.95
	(6) 12.95	14.95
	(9) 19.95	21.95
Kilpatrick (GF)	(3) 8.95	10.95
	(6) 14.95	16.95
	(9) 22.95	24.95
<b>Soup of the Day</b> Served with a crusty dinner roll	6.95	8.95
<b>Creamy Garlic Prawn Tails</b> Served with steamed Jasmine Rice; <i>your favourite old classic</i>	14.95	16.95
<b>Sizzling Chinese Pork Pancakes</b> Five spice master stock slow cooked pork loin stack w` fluffy pancakes drizzled w` sweet plum glaze	14.95	16.95
<b>Salt &amp; Pepper Calamari</b> Served on fresh salad w` cashews & a lime aioli dipper	14.95	16.95
<b>Golden Baked Almond Crusted Lambs Brains</b> Served w` a caper hollandaise	12.95	14.95
<b>Middle Eastern Chicken Marrakesh Salad (W) (GF)</b> a melting pot of flavours including char grilled chicken breast w` local avocado, tomato, cucumber and sour cream dressing	13.95	15.95

(V) Vegetarian (GF) Gluten Free (LF) Low Fat (W) Warm

# 'Sails' Seafood

<b>'SAILS' SEAFOOD</b>	<b>M</b>	<b>N/M</b>
<b>'Sails' Famous Beer Battered Crispy Barramundi</b>	<b>18.95</b>	<b>20.95</b>
<b>Seafood Basket</b> Packed w` whiting, scallops, prawns, tender calamari served w` chips & salad	<b>22.95</b>	<b>24.95</b>
<b>New Orleans Bourbon Seafood Curry (GF)</b> Reef fish, calamari, prawns, scallops gently pan tossed finished w` Louisiana fusion & crispy vegetable	<b>23.95</b>	<b>25.95</b>
<b>Sesame Crusted Fresh Tassie Salmon Steak (GF, LF)</b> Served w` a soy lime glaze, sweet potato & kipfler smash	<b>25.95</b>	<b>27.95</b>
<b>Grilled Catch of the Day (GF option available)</b> Served w` tender sautéed leeks, smashed potatoes, oven roasted tomatoes & avocado oil	<b>25.95</b>	<b>27.95</b>
<b>Tempura Whiting</b> Served w` roasted capsicum mayonnaise	<b>18.95</b>	<b>20.95</b>

## **Seafood Platter Cold (GF, LF)**

**Chilled Selection of:** Fat juicy Mooloolaba prawns, marinated black mussels, bay bugs, fresh crab & tropical Qld fruit

**M: 44.95 N/M: 49.95**

## **Seafood Platter Hot (GF option available)**

**Hot Selection of:** Grilled reef fish, tender flash fried calamari, marinated garlic prawns & oven roasted ½ shell scallops, served w` dipping sauces & chips

**M: 44.95 N/M: 49.95**

## **'Sails' Seafood Combo 4-2 (as above)**

Where it's HOT at one end and COLD at the other  
For those who love to graze... This is the **'MEAL for YOU'!**

**Chilled Selection & Hot Selection**

**M: 75.00 N/M: 85.00**

# Mains

<b>'SAILS' FAVOURITES</b>	<b>M</b>	<b>N/M</b>
<b>Slow Cooked Tender Veal Osso Bucco</b> served on a fluffy Mediterranean cous cous	<b>16.95</b>	<b>18.95</b>
<b>Chicken Prawn Kiev</b> Lightly breaded chicken breast oozing w` garlic butter & fresh prawns ( <i>available without prawns</i> )	<b>21.95</b>	<b>23.95</b>
<b>Crumbed Chicken Breast Parmigiana</b>	<b>18.95</b>	<b>20.95</b>
<b>Roast of the Day (GF Gravy available )</b>	<b>14.95</b>	<b>16.95</b>
<b>Petite Roast of the Day (GF Gravy available )</b>	<b>9.95</b>	<b>11.95</b>
<b>Golden Toasted Cashew Nut Crusted Pork Loin (GF)</b> served w` mango compote & light spiced plum glaze	<b>19.95</b>	<b>21.95</b>
<b>Meat Lovers Mixed Grill</b> Rib fillet, thick beef sausage, chicken skewer, bacon & prawn skewer w` your choice of sauce	<b>26.95</b>	<b>28.95</b>
<b>Seafood Lovers Mixed Grill</b> Fresh reef fish, ½ shell scallops, prawns, tender calamari, ½ sand crab, soused mussels splashed w` native vinegar served w` crunchy chips & fresh garden salad	<b>28.95</b>	<b>30.95</b>
<b>Caesar Salad (all have GF option available)</b>		
<b>Plain (V option available)</b>	<b>11.95</b>	<b>13.95</b>
<b>Scallops &amp; Prawn (W)</b>	<b>17.95</b>	<b>19.95</b>
<b>Chicken (W)</b>	<b>16.95</b>	<b>18.95</b>
<b>WOK SELECTION</b>		
<b>Asian Fused Thai Fish Cakes (LF)</b> served w` wok flashed thai slaw	<b>17.95</b>	<b>19.95</b>
<b>Classic Chicken Coconut Laksa (GF)</b> w` scented jasmine rice	<b>18.95</b>	<b>20.95</b>
<b>Wok Mushroom Stir Fry (V) (LF)</b> w` wombok crunchy vegetable spring roll, open lasagne stack	<b>14.95</b>	<b>16.95</b>
<b>PASTASELECTION</b>		
<b>Vegetable Vermicelli (V)</b> w` macaroni & lemon butter	<b>17.95</b>	<b>19.95</b>
<b>Prawn &amp; Bacon Carbonara</b>	<b>19.95</b>	<b>21.95</b>
<b>Atlantic Salmon</b> w` creamy lemon myrtle, basil & sugar snap fettuccine	<b>18.95</b>	<b>20.95</b>

**(V) Vegetarian    (GF) Gluten Free    (LF) Low Fat    (W) Warm**

# From the Grill

FROM THE GRILL		M	N/M
Rib Fillet	(200g)	18.95	20.95
	(350g)	27.95	29.95
T-Bone	(250g)	19.95	21.95
Wagyu Rump	(350g) (marble score 6)	26.95	28.95
Sirloin	(200g)	16.95	18.95
	(350g)	23.95	25.95

*All sauces/butters are included in the price of your steak  
as is Golden Crunchy Chips & Fresh Garden Salad  
or Vegetables & Potatoes*

**Butters:** Garlic, Bernaise, Blue Cheese, Roasted Garlic & Thyme

**Sauces:** Pepper, Mushroom, Diane, Gravy

## LUNCH ONLY

Rib Fillet Burger	13.95	15.95
Beef Burger	11.95	13.95
Cajun Fish Burger	9.95	11.95

*All burgers served with the works & golden crunchy chips*

**(V) Vegetarian (GF) Gluten Free (LF) Low Fat (W) Warm**

## DESSERTS

<b>Sails' Favourite Sticky Date Pudding</b>	<b>8.95</b>
Served w` a sticky toffee caramel sauce & ice cream	
<b>The Original... The Best Banana Split</b>	<b>8.95</b>
<b>Winter Warmer Piping Hot Apple Pie</b>	<b>8.95</b>
Served w` chocolate fudge & ice cream	
<b>Rocky Road Ice Cream Sunday</b>	<b>8.95</b>
Say no more! Just Smash It!	

## KIDS CORNER (0—10years)

**Spaghetti & Meatballs**

**Chicken Nuggets & Chips**

**Fish & Chips** (grill option available)

**Hot Diggity Dog** is this a treat or what?

Cocktail Frankfurt in a crusty roll served w` chips & salad

**\$9.95 (includes Free Dessert or Drink)**





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