

KIDS MEALS

includes a scoop of
vanilla or chocolate ice cream

	MEMBERS	NON MEMBERS
CHICKEN NUGGETS & CHIPS	9.00	9.90
SALT & PEPPER SQUID WITH CHIPS	9.00	9.90
CHEESE BURGER & CHIPS	9.00	9.90
FISH COCKTAILS & CHIPS	9.00	9.90
120G MINI STEAK & VEGGIES	9.00	9.90
SPAGHETTI NAPOLITANA	9.00	9.90

SIDES

	MEMBERS	NON MEMBERS
BREAD ROLL	1.70	1.90
BOWL OF CHIPS	6.00	6.60
POTATO WEDGES	8.00	8.80
SEASONAL VEGETABLES	4.50	4.95
GREEK SIDE SALAD	7.50	8.25
STEAMED JASMINE RICE	2.50	2.75
HOMEMADE SAUCES	2.50	2.75

plain gravy, mushroom, peppercorn,
diane or garlic sauce

- KIDS EAT FREE EVERY SUNDAY* -
- CHECK OUR DAILY BLACKBOARD SPECIALS -
- EARN & SPEND CLUB REWARDS POINTS HERE -
- PAY BY POINTS DISCOUNTS APPLY -

*ONE KID'S MEAL WITH EVERY SINGLE MEAL PURCHASE OF \$20.00 OR
MORE AND NOT AVAILABLE DURING PUBLIC HOLIDAYS
CREDIT CARD MINIMUM \$10.00
(1.5% SURCHARGE, 2.5% SURCHARGE FOR AMERICAN EXPRESS)

OPEN 7 DAYS

LUNCH FROM 11.30AM | DINNER FROM 5.00PM
PH: 9426 1007

All prices inclusive of GST.
Public holidays incur a 10% surcharge.
Please order and pay at the counter.

triglav
mountiesgroup



DESSERTS

	MEMBERS	NON MEMBERS
SLICE OF CAKE	5.40	5.95
DEEP FRIED ICE CREAM	6.00	6.60
MILKSHAKES	5.00	5.50
ICE CREAM - 1 SCOOP	3.00	3.30
ICE CREAM - 2 SCOOPS	5.00	5.50
ICE CREAM - 3 SCOOPS	7.00	7.70

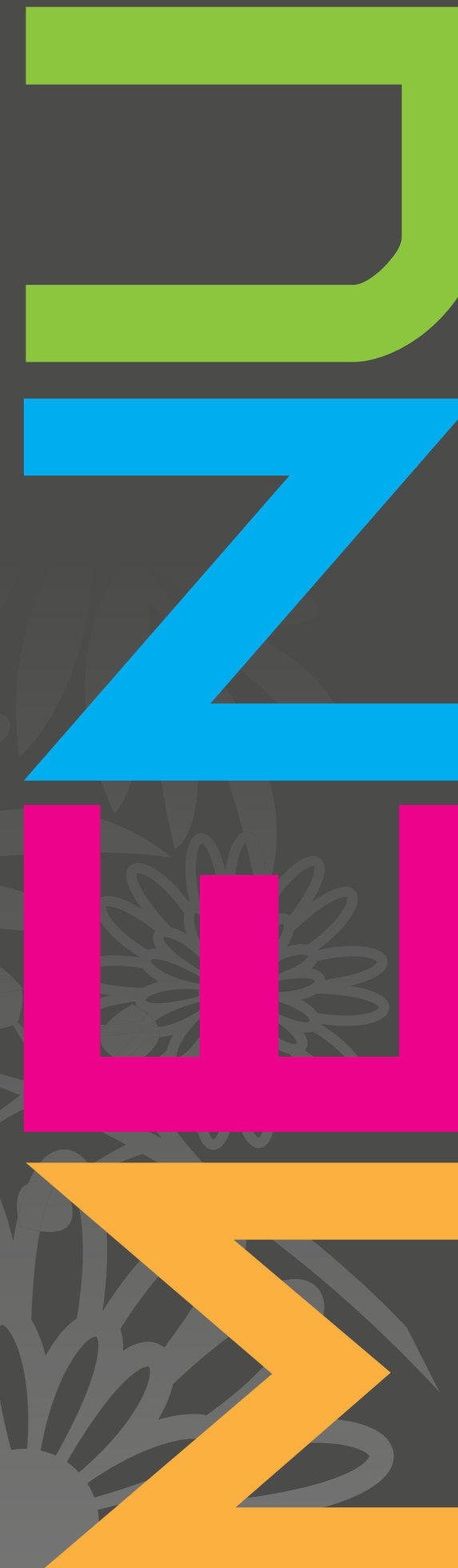
delicious variety of cakes available



TRIGS

B I S T R O

affordable family dining



ENTRÉES

	MEMBERS	NON MEMBERS
GARLIC BREAD OR MELTED CHEESE BREAD	5.50	6.05
BRUSCHETTA & FETA tomato, fresh basil and feta finished with a balsamic glaze	7.50	8.25
SPRING ROLLS (4) served with sweet chilli sauce	9.00	9.90
MEAT BALLS (4) parsley, parmesan and napoletana sauce	12.00	13.20
GARLIC & HERB PIZZA	10.00	11.00
CRISPY CHICKEN WINGS 6 wings served with sweet chilli sauce	8.50	9.35
DIM SIM (4) steamed or deep-fried, served with hot chilli sauce	9.00	9.90
SATAY CHICKEN SKEWERS (4) served with satay sauce	9.00	9.90
MUSHROOM ARANCINI WITH AIOLI SAUCE (4)	11.00	12.10
MIXED FRIED spring rolls (2), dim sims (2), calamari rings (3), prawn cutlets (3) served with sweet chilli sauce	16.00	17.60
SALADS (GF)	MEMBERS	NON MEMBERS
ROAST BEETROOT & SWEET POTATO SALAD with fetta, nut dukkah and honey mustard dressing	12.00	13.20
THAI BEEF marinated porter house steak, lettuce, tomato, cucumber, spinach, onion, coriander and bean sprouts served with a thai dressing	17.00	18.70
CAESAR cos lettuce, free range egg, crispy bacon, croutons and parmesan served with a homemade caesar dressing	12.00	13.20
ADD GRILLED CHICKEN ADD PRAWNS (6)	16.50 18.00	18.15 19.80
KING PRAWN & AVOCADO grilled king prawns, avocado, mesclun lettuce, tomato, spinach, onion, cucumber and croutons served with a lemon dressing	18.00	19.80

PASTAS

	MEMBERS	NON MEMBERS
CHICKEN & MUSHROOM PENNE chicken tenders, mushrooms, and onions in creamy white wine sauce	17.80	19.60
GARLIC PRAWN SPAGHETTI with creamy garlic sauce, rocket, diced tomato and parmesan cheese	21.00	23.10
SPINACH & RICOTTA RAVIOLI with napoletana sauce	17.50	19.25
SPAGHETTI BOLOGNESE	17.50	19.25
SPAGHETTI BOSCAIOLA bacon, mushrooms, and onions in creamy white wine sauce	17.80	19.60

PIZZAS

	MEMBERS	NON MEMBERS
MARGHERITA fresh tomato, basil and mozzarella	12.00	13.20
SUPREME ham, salami, ground beef, cabanossi, mushrooms, capsicum, onion, olives and mozzarella	15.50	17.05
HAWAIIAN shredded leg ham, pineapple and mozzarella	13.50	14.85
BBQ CHICKEN chicken, mushroom, spanish onion and mozzarella topped with BBQ sauce	16.00	17.60

PULLED BEEF PIZZA roasted capsicum, olive, jalapeno and bocconcini	17.00	18.70
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BURGERS

	MEMBERS	NON MEMBERS
all served with beer battered chips		
BEEF BURGER 200g beef patty, grilled onion, iceberg lettuce, beetroot, fresh tomato and bbq sauce	15.00	16.50
GRILLED CHICKEN BLT grilled chicken breast, mixed lettuce, tomato, bacon, tasty cheese and aioli sauce served on turkish bread	15.90	17.50
GRILLED VEGETABLE BURGER fetta cheese, sliced pumpkin, zucchini, sundried tomato, lettuces and pesto aioli on turkish bread	15.50	17.05
STEAK SANDWICH mini scotch fillet, lettuce, cheese, tomato, onion jam and BBQ sauce served on turkish bread	16.20	17.80

OPTIONAL EXTRAS

	MEMBERS	NON MEMBERS
BACON	2.50	2.75
EGG	2.50	2.75
PINEAPPLE	1.50	1.65
CHEESE	1.50	1.65

MAINS

	MEMBERS	NON MEMBERS
LOADED CHIPS chips topped with bacon, mozzarella cheese, cheddar cheese and aioli sauce	15.50	17.05
CURRY OF THE DAY served with steamed jasmine rice	19.00	20.90

GRILLED HALLOUMI & VEGETABLE STACK (V) halloumi, pumpkin, sweet potato, zucchini, tomato and basil topped with a balsamic glaze	15.00	16.50
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CHICKEN SCHNITZEL crumbed chicken breast, chips, salad and gravy	18.00	19.80
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GRILLED CHICKEN & AVOCADO BRUSCHETTA melted tasty cheese over grilled chicken breast, avocado and diced tomato served with sweet potato chips	21.00	23.10
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CHICKEN PARMI SPECIAL breast schnitzel topped with bolognaise sauce and mozzarella served with beer battered chips and salad	19.90	21.90
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TEXAS PORK RIBS served with sweet potato chips and garden salad	24.00	26.40
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BANGERS AND MASH served with green peas, onions and gravy	17.50	19.25
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BEEF NACHOS topped with melted cheese, tomato salsa, guacamole and sour cream	17.50	19.25
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CRUMBED LAMB CUTLETS (3) served with beer battered chips, salad and gravy	27.00	29.70
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PAN FRIED VEAL SALTIMBOCCA veal scallopini wrapped in bacon served with mashed potato, mixed vegetables and sage butter	26.00	28.60
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FROM THE GRILL (GF)

all served with beer battered chips and salad or mash and veggies

	MEMBERS	NON MEMBERS
BEEF TENDERLOIN 250G grain fed, MSA certified	30.00	33.00
T-BONE STEAK 350G grain fed, MSA certified	26.00	28.60
RIB EYE STEAK 350G grain fed, MSA certified	30.00	33.00
RUMP STEAK 400G grain fed, MSA certified	28.00	30.80
SURF & TURF 300g new york steak and garlic prawns served with a homemade garlic sauce	28.00	30.80

ASIAN

HONEY CHICKEN served with jasmine rice served with fried rice	18.00 19.80	19.80 21.80
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MONGOLIAN BEEF stir-fry with onion and leek served with jasmine rice	18.00	19.80
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PRAWN LAKSA green bean, dried tofu, malaysian laksa paste, lemon wedge and rice stick noodle	19.00	20.90
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SALT & PEPPER PORK served with steamed jasmine rice, side salad, fried egg, and homemade fish sauce	18.00	19.80
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PAD THAI WITH CHICKEN pad thai noodles, grilled chicken breast, onion mixed in with a spicy oil sauce	17.50	19.25
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NASI GORENG fried rice, garlic prawns, chicken, fried egg, bean sprouts, shallots, coriander and a chilli sambal paste	16.50	18.15
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SEAFOOD

all served with beer battered chips and salad

GRILLED BARRAMUNDI (GF) served with lemon and baby caper tartare sauce	19.90	21.90
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GRILLED KING SALMON (GF) served with lemon and hollandaise sauce	19.90	21.90
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SEAFOOD BASKET battered fish, crumbed calamari, scallop, crab bite, prawn cutlet and tartare sauce	17.80	19.60
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BEER BATTERED FLATHEAD served with lemon and baby caper tartare sauce	19.50	21.45
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SALT & PEPPER SQUID served with lemon and baby caper tartare sauce	18.00	19.80
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