

KIDS MEALS

includes a scoop of
vanilla or chocolate ice cream

	MEMBERS	NON MEMBERS
CHICKEN NUGGETS & CHIPS	8.00	8.80
SALT & PEPPER SQUID WITH CHIPS	8.00	8.80
CHEESE BURGER & CHIPS	8.00	8.80
FISH COCKTAILS & CHIPS	8.00	8.80
120G MINI STEAK & VEGGIES	8.00	8.80
SPAGHETTI NAPOLITANA	8.00	8.80

SIDES

	MEMBERS	NON MEMBERS
SWEET POTATO CHIPS served with aioli sauce	9.00	9.90
BREAD ROLL	1.20	1.30
BOWL OF CHIPS	5.50	6.10
POTATO WEDGES served with sweet chilli and sour cream	7.50	8.30
SEASONAL VEGETABLES	4.00	4.40
SMALL FRIED RICE	4.50	5.00
GREEK SIDE SALAD	7.00	7.70
STEAMED JASMINE RICE	2.00	2.20
HOMEMADE SAUCES plain gravy, mushroom, peppercorn, diane or garlic sauce	2.00	2.20

- CHECK OUR DAILY BLACKBOARD SPECIALS -
- EARN & SPEND CLUB REWARDS POINTS HERE -
- PAY BY POINTS DISCOUNTS APPLY -

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 delicious variety of cakes available	4.90	5.40
DEEP FRIED ICE CREAM	5.50	6.10
MILKSHAKES	4.50	5.00
ICE CREAM - 1 SCOOP	2.50	2.80
ICE CREAM - 2 SCOOPS	4.50	5.00
ICE CREAM - 3 SCOOPS	6.50	7.20



TRIGS

B I S T R O

affordable family dining



ENTRÉES

	MEMBERS	NON MEMBERS
GARLIC BREAD OR MELTED CHEESE BREAD	4.50	5.00
BRUSCHETTA & FETA tomato, fresh basil and feta finished with a balsamic glaze	6.50	7.20
SPRING ROLLS (4) served with sweet chilli sauce	8.00	8.80
GARLIC & HERB PIZZA	9.00	9.90
SOUP OF THE DAY served with garlic bread (2)	7.50	8.30
CRISPY CHICKEN WINGS 6 wings served with sweet chilli sauce	7.50	8.30
DIM SIM (4) steamed or deep-fried, served with hot chilli sauce	8.00	8.80
SATAY CHICKEN SKEWERS (4) served with satay sauce	8.00	8.80
SALT & PEPPER SQUID served with chips, side salad, lemon and baby caper tartare sauce	15.00	16.50
SALADS (GF)	MEMBERS	NON MEMBERS
ROAST PUMPKIN & BEETROOT SALAD drizzled with honey mustard dressing	15.20	16.50
THAI BEEF SALAD marinated grilled beef, tomato, cucumber, spanish onion, capsicum, lettuce and coriander served with a thai dressing	16.80	18.50
CAESAR cos lettuce, free range egg, crispy bacon, croutons and parmesan served with a homemade caesar dressing	11.00	12.10
ADD GRILLED CHICKEN	15.50	17.10
ADD PRAWNS (6)	17.00	18.70
KING PRAWN & AVOCADO grilled king prawns, avocado, mesclun lettuce, tomato, spinach, onion, cucumber and croutons served with a lemon dressing	17.00	18.70

PASTAS

	MEMBERS	NON MEMBERS
FETTUCCINE BOSCAIOLA sautéed bacon, onion and sautéed mushroom in a creamy white sauce	16.80	18.50
GARLIC PRAWN SPAGHETTI with creamy garlic sauce, rocket, diced tomato and parmesan cheese	20.00	22.00
SPINACH & RICOTTA RAVIOLI with napolitana sauce	16.50	18.15
SPAGHETTI BOLOGNESE	16.50	18.15
PIZZAS	MEMBERS	NON MEMBERS
MARGHERITA fresh tomato, basil and mozzarella	11.00	12.10
SUPREME ham, salami, ground beef, cabanossi, mushrooms, capsicum, onion, olives and mozzarella	14.50	16.00
HAWAIIAN shredded leg ham, pineapple and mozzarella	12.50	13.80
BBQ MEAT LOVERS chicken, shredded ham, ground beef, cabanossi, pepperoni, onion, bbq sauce and mozzarella	15.00	16.50
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	14.00	15.40
GRILLED CHICKEN BLT grilled chicken breast, mixed lettuce, tomato, bacon, tasty cheese and aioli sauce served on turkish bread	14.90	16.40
CHICKEN SCHNITZEL BURGER schnitzel, iceberg lettuce, beetroot, tomato and pesto aioli served on turkish bread	14.00	15.40
STEAK SANDWICH mini scotch fillet, lettuce, cheese, tomato, onion jam and BBQ sauce served on turkish bread	15.20	16.70

OPTIONAL EXTRAS

BACON	2.00	2.20
EGG	2.00	2.20
PINEAPPLE	1.00	1.10
CHEESE	1.00	1.10

MAINS

	MEMBERS	NON MEMBERS
LOADED CHIPS chips topped with bacon, mozzarella cheese, cheddar cheese and aioli sauce	14.50	16.00
MIXED GRILL lamb cutlet, mini steak, bacon, fried egg, tomatoes, sauté mushroom and side gravy	25.00	27.50
GRILLED HALLOUMI AND VEGETABLE STACK (V)	14.00	15.40
halloumi, pumpkin, sweet potato, zucchini, tomato and basil topped with a balsamic glaze		
GRILLED CHICKEN & AVOCADO BRUSCHETTA melted tasty cheese over grilled chicken breast, avocado and diced tomato served with sweet potato chips	20.00	22.00
CHICKEN PARMI SPECIAL breast schnitzel topped with bolognaise sauce and mozzarella served with beer battered chips and salad	18.90	20.80
TEXAS PORK RIBS served with sweet potato chips and garden salad	23.00	25.30
BANGERS AND MASH served with green peas, onions and gravy	16.50	18.20
BEEF NACHOS topped with melted cheese, tomato salsa, guacamole and sour cream	16.50	18.20
CRUMBED LAMB CUTLETS (3) served with beer battered chips, salad and gravy	23.00	25.30
PAN FRIED VEAL SALTIMBOCCA veal scallopini wrapped in bacon served with mashed potato, mixed vegetables and sage butter	22.00	24.20
EYE FILLET STEAK 250G beef tenderloin, sautéed mushrooms, grilled asparagus and mashed potato	25.00	27.50
FROM THE GRILL (GF)	MEMBERS	NON MEMBERS
all served with beer battered chips and salad or mash and veggies		
BEEF TENDERLOIN 250G grain fed, MSA certified	25.00	27.50
T-BONE STEAK 350G grain fed, MSA certified	21.00	23.10
RIB EYE STEAK 350G grain fed, MSA certified	25.00	27.50
RUMP STEAK 400G grain fed, MSA certified	23.00	25.30
SURF & TURF 300g new york steak and garlic prawns served with a homemade garlic sauce	21.90	24.10

ASIAN

	MEMBERS	NON MEMBERS
CURRY OF DAY served with steamed rice	17.00	18.70
MONGOLIAN BEEF stir-fry with onion and leek served with jasmine rice	17.00	18.70
SWEET & SOUR PORK served with steamed rice	16.00	17.60
HONEY CHICKEN served with steamed rice	16.50	18.15
served with fried rice	17.80	19.60
SATAY BEEF NOODLES beef slices, scrambled egg, onion, garlic, capsicum, shallots	17.00	18.70
BLACK PEPPER BEEF fillet mignon beef, black pepper sauce, broccoli served with steamed rice	17.80	19.60
SALT AND PEPPER PORK served with steamed rice, fried egg, fish sauce, side salad	17.80	19.60
PAD THAI WITH CHICKEN pad thai noodles, grilled chicken breast, onion mixed in with a spicy oil sauce	16.50	18.15
NASI GORENG fried rice, garlic prawns, chicken, fried egg, bean sprouts, shallots, coriander and a chilli sambal paste	15.50	17.10
SEAFOOD	MEMBERS	NON MEMBERS
all served with beer battered chips and salad		
GRILLED BARRAMUNDI (GF) served with lemon and baby caper tartare sauce	18.90	20.80
GRILLED KING SALMON (GF) served with lemon and hollandaise sauce	18.90	20.80
SEAFOOD BASKET battered fish, crumbed calamari, scallop, crab bite, prawn cutlet and tartare sauce	14.50	16.00
BEER BATTERED FLATHEAD served with lemon and baby caper tartare sauce	18.50	20.40

(V) VEGETARIAN (GF) GLUTEN FREE