

MENU

STARTERS

	\$Members	\$Visitors
CRUSTY BAGUETTE (V) topped with garlic butter	\$9	\$10
topped with garlic butter & cheese	\$10	\$11
BOWL OF CHIPS (V)	\$10	\$10
ONION RINGS (V) <i>with aioli</i>	\$12	\$12
POTATO WEDGES (V) <i>with sweet chilli & sour cream</i>	\$14.5	\$14.5
SWEET POTATO CHIPS (V) <i>with sweet chilli & sour cream</i>	\$14.5	\$14.5
PANKO CRUMBED CALAMARI <i>with tartare & lemon</i>	\$16	\$18

PIZZAS

	\$Members	\$Visitors
HERB & GARLIC PIZZA (V) <i>drizzled with olive oil, fresh herbs, garlic, parmesan & mozzarella cheese</i>	\$16	\$18
MARGARITA PIZZA (V) <i>Napoli sauce, roma tomato, bocconcini cheese & drizzle of olive oil</i>	\$16	\$18
SUPREME PIZZA <i>Ham, pepperoni, bacon, capsicum, mushrooms, olives, mozzarella cheese & napoli sauce</i>	\$25	\$27
KING PRAWN PIZZA <i>Chilli king prawns, fresh herbs, bocconcini mozzarella w' chilli oil</i>	\$25	\$27
RAINBOW VEGETARIAN PIZZA (V) <i>Roasted capsicum, baby spinach, roma tomato, mushroom, red onions, fetta, napoli sauce & mozzarella cheese</i>	\$20	\$22
BBQ CHICKEN PIZZA <i>Chicken, capsicum, mushrooms, mozzarella cheese & BBQ sauce</i>	\$25	\$27
PESTO CHICKEN PIZZA <i>Chicken, pesto, capsicum, sundried tomatoes, red onion, mozzarella cheese & napoli sauce</i>	\$25	\$27
PULLED PORK PIZZA <i>Pulled Pork, red onions, capsicum, rocket with chipotle sauce</i>	\$25	\$27
PEPPERONI PIZZA <i>Pepperoni, olives, red onion, mozzarella & Napoli Sauce</i>	\$22	\$24
ADD: CHICKEN \$8 ... PEPPERONI \$5		
GLUTEN FREE PIZZA BASE \$3		

BURGERS

(all served on milk bun with side of chips)

	\$Members	\$Visitors
CHICKEN BURGER <i>*Grilled chicken breast with lettuce, tomato, red onion, pickle, cheese & chipotle aioli</i>	\$24	\$26
ANGUS BEEF BURGER <i>*100% beef pattie with lettuce, tomato, pickle, red onion, cheese, & secret sauce</i>	\$24	\$26
SIRLOIN STEAK BURGER <i>*Grilled steak with lettuce, tomato, cheese, pickle, caramelised onion & secret sauce</i>	\$26	\$28
MUSHROOM BURGER (V) <i>*Mushroom with lettuce, tomato, carrot, red onion, haloumi, beetroot & aioli</i>	\$22	\$24
FISH TACOS <i>*2 white flour tortillas with corn salsa, guacamole topped chipotle sauce</i>	\$24	\$26
EXTRAS: GUACAMOLE \$5 - BACON \$4		
EGG \$2, GLUTEN FREE BUN \$3		

SALAD

	\$Members	\$Visitors
TRADITIONAL CAESAR SALAD <i>Cos lettuce with crispy bacon, toasted croutons, anchovies, parmesan cheese tossed in creamy Caesar dressing topped with a poached egg</i>	\$20	\$22
RAINBOW SUPER SALAD (V) (GF) <i>Roasted pumpkin & beetroot, rocket lettuce, nuts, fetta, quinoa, avocado, cherry tomatoes & balsamic dressing</i>	\$24	\$26
THAI CHICKEN SALAD (GF) <i>Char Grilled Chicken, cucumber, shallots, cherry tomatoes, wombok cabbage, mint, thin noodles, nuts, crispy shallots w' Thai dressing</i>	\$24	\$26
MEDITERRANEAN LAMB SALAD <i>Lamb, rocket, fetta, red onion, cucumber, sun-dried tomatoes, olives, cherry tomatoes with tzatziki dressing</i>	\$24	\$26
ADD: CHICKEN \$8 - FISH BITES \$7		
PANKO CRUMBED CALAMARI \$8		

Nipper's Meals *(up to 12 years)*

\$12 includes Kids Activity Pack

- *Beef & cheese burger w' tomato sauce & chips
- *Fish bites & chips
- *Chicken nuggets & chips
- *Mini Pizza with side of chips
Margarita (napoli & cheese) or Hawaiian (ham & pineapple) topping

MAINS

\$Members \$Visitors

NACHOS (GF)

served with corn chips, melted cheese, jalapenos, tomato salsa, guacamole & sour cream

Mild spicy beef & bean \$26 \$28

Vegetarian: Black Beans, onion, tomato, mushroom, capsicum & zucchini (V) \$21 \$23

FRESHLY CRUMBED CHICKEN SCHNITZEL

served with chips & salad \$22 \$24

RAINBOW CHICKEN PARMIGIANA

Crumbed Chicken Breast topped with Napoli sauce, ham & mozzarella cheese finished under the grill

served with chips & salad \$26 \$28

GRILLED BARRAMUNDI

(top w' Creamy Garlic Prawns \$10)

In lemon pepper seasoning served with chips & salad

\$34 \$36

POACHED BARRAMUNDI

Fresh herbs, spring onions & garlic white wine sauce served with chips & salad

\$34..... \$36

PANKO CRUMBED CALAMARI

served with tartare, chips & salad \$26 \$28

BEER BATTERED FLATHEAD

(Rainbow Members Reward)

served with tartare, chips & salad \$18..... \$24

USA BBQ PORK RIBS

with smoky BBQ sauce, served with chips & rainbow-slaw

\$28 \$30

BEEF BRISKET

Slow cooked beef in special sauce served with mash potatoes & seasonal vegetables

\$32 \$34

BBQ BEEF RIBS

with smoky BBQ sauce, served with onion rings, chips & rainbow-slaw

\$30 \$32

**change main from chips & salad
to mash & vegies \$4 extra**

Please Note: all mains are served with chips & salad w' balsamic dressing unless specified different.

COFFEE & CAKE: \$14

CAKE ONLY: \$9.50



FROM THE GRILL

ALL SERVED WITH A SIDE OF:

CHIPS & SALAD OR MASH & VEGE

\$Members \$Visitors

250 gm Sirloin Steak \$34 \$36

250 gm Rump Steak \$34 \$36

400 gm T-Bone Steak \$42 \$45

Complimentary Sauces:

Peppercorn – Mushroom – Garlic Cream Sauce – Gravy

Creamy Garlic Prawn Topper \$10

Panko Crumbed Calamari Topper \$8

PASTA

\$Members \$Visitors

CHILLI PRAWN FETTUCCINI

Sauteed prawns with garlic, chill, spring onions, cherry tomatoes, white wine, baby spinach, Napoli sauce

\$28 \$30

MARINARA FETTUCCINI

Sauteed prawns with scallops, calamari, garlic, cherry tomatoes, white wine, baby spinach, Napoli sauce, spring onions

\$28 \$30

CREAMY MUSHROOM FETTUCCINI (V)

mushrooms, sundried tomatoes, baby spinach, white wine sauce & shaved parmesan

\$26 \$28

PUMPKIN & SAGE RAVIOLI (V)

in a creamy sauce, sun-dried tomatoes, baby spinach, cherry tomatoes & shaved parmesan

\$20 \$22

SPINACH & RICOTTA RAVIOLI (V)

in a Napoli sauce, sun-dried tomatoes, baby spinach, cherry tomatoes & shaved parmesan

\$20 \$22

CLUB : Open from 10 am Daily

CAFÉ: Open from 6 am Daily

BISTRO HOURS

LUNCH: 11am to 2 pm

DINNER: 5 pm to 8 pm

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