

MENU

STARTERS

	\$Members	\$Visitors
CRUSTY BAGUETTE (V)		
topped with garlic butter	\$9	\$10
topped with garlic butter & cheese	\$11	\$12
BOWL OF CHIPS (V)	\$10	\$10
ONION RINGS (V) with aioli	\$12	\$12
POTATO WEDGES (V)		
with sweet chilli & sour cream	\$14.5	\$14.5
SWEET POTATO CHIPS (V)		
with sweet chilli & sour cream	\$14.5	\$14.5
PANKO CRUMBED CALAMARI (I)		
with tartare & lemon	\$16	\$18
BUFFALO WINGS	\$20	\$20
with aioli & hot sauce		

PIZZAS

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

ADD: CHICKEN \$8 ... PEPPERONI \$5
GLUTEN FREE PIZZA BASE \$3

BURGERS

(all served on milk bun with side of chips)

	\$Members	\$Visitors
CHICKEN BURGER	\$24	\$26
*Grilled chicken breast with lettuce, tomato, red onion, pickle, cheese & chipotle aioli		
ANGUS BEEF BURGER	\$24	\$26
*100% beef pattie with lettuce, tomato, pickle, red onion, cheese, & secret sauce		
SIRLOIN STEAK BURGER	\$26	\$28
*Grilled steak with lettuce, tomato, cheese, pickle, caramelised onion & secret sauce		
BATTERED SNAPPER BURGER (I)	\$24	\$26
*Battered Snapper with lettuce, tomato, red onion & tartare sauce		
MUSHROOM BURGER (V)	\$22	\$24
*Mushroom with lettuce, tomato, carrot, red onion, haloumi, beetroot & aioli		
FISH TACOS (I)	\$24	\$26
*2 white flour tortillas with corn salsa, guacamole topped chipotle sauce (with a side of chips)		

EXTRAS: GUACAMOLE \$5 - BACON \$4
EGG \$2, GLUTEN FREE BUN \$3

SALADS

	\$Members	\$Visitors
TRADITIONAL CAESAR SALAD	\$20	\$22
Cos lettuce with crispy bacon, toasted croutons, anchovies, parmesan cheese tossed in creamy Caesar dressing topped with a poached egg		
RAINBOW SUPER SALAD (V) (GF)	\$24	\$26
Roasted pumpkin & beetroot, rocket lettuce, nuts, fetta, quinoa, avocado, cherry tomatoes & balsamic dressing		
THAI CHICKEN SALAD (GF)	\$24	\$26
Char Grilled Chicken, cucumber, shallots, cherry tomatoes, wombok cabbage, mint, thin noodles, nuts, crispy shallots w' Thai dressing		
MEDITERRANEAN LAMB SALAD	\$24	\$26
Lamb, rocket, fetta, red onion, cucumber, sun-dried tomatoes, olives, cherry tomatoes with tzatziki dressing		
BARRAMUNDI FISH CAKE SALAD (I)	\$24	\$26
with capsicum, cucumber, red onion, shallots, bean shoots, mesclun leaf with a coriander chilli lime dressing		

ADD: CHICKEN \$8 - FISH BITES \$7 (I)
PANKO CRUMBED CALAMARI \$8 (I)

MAINS

\$Members \$Visitors

NACHOS (GF)

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

Mild spicy beef & bean \$26 \$28

Vegetarian: Black Beans, onion, tomato, mushroom, capsicum & zucchini (V) \$22 \$24

FRESHLY CRUMBED CHICKEN SCHNITZEL

served with chips & salad \$24 \$26

RAINBOW CHICKEN PARMIGIANA

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

served with chips & salad \$28 \$30

GRILLED BARRAMUNDI (I)

(top w' Creamy Garlic Prawns \$10) (I)

In lemon pepper seasoning served with chips & salad \$34 \$36

POACHED BARRAMUNDI (I)

Fresh herbs, spring onions & garlic white wine sauce served with chips & salad \$34..... \$36

PANKO CRUMBED CALAMARI (I)

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

BEER BATTERED FLATHEAD (I)

(Rainbow Members Reward)

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

USA BBQ PORK RIBS

with smoky BBQ sauce, served with chips & rainbow-slaw \$32 \$34

BEEF BRISKET

Slow cooked beef in special sauce served with mash potatoes & seasonal vegetables \$34 \$36

BBQ BEEF RIBS

with smoky BBQ sauce, served with onion rings, chips & rainbow-slaw \$32 \$34

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

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

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

Insta: rainbowbay_surclub

Facebook: Rainbow-Bay Surclub

Email: rainbowsllsc@bigpond.com

(I) - Imported (V) - Vegetarian

FROM THE GRILL

ALL SERVED WITH A SIDE OF:

CHIPS & SALAD OR MASH & VEGE

\$Members \$Visitors

250 gm Sirloin Steak \$36 \$38

250 gm Rump Steak \$36 \$38

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

Complimentary Sauces:

Peppercorn – Mushroom – Garlic Cream Sauce – Gravy

Creamy Garlic Prawn Topper \$10 (I)

Panko Crumbed Calamari Topper \$8

PASTA

\$Members \$Visitors

CHILLI PRAWN FETTUCCINI (I)

Sauteed prawns with garlic, chill, spring onions, cherry tomatoes, white wine, baby spinach, Napoli sauce \$28 \$30

MARINARA FETTUCCINI (I)

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

Nipper's Meals (up to 12 years)

\$12 includes Kids Activity Pack

*Beef & cheese burger w' tomato sauce & chips

*Fish bites & chips (I)

*Chicken nuggets & chips

*Mini Pizza with side of chips

Margarita (napoli & cheese) or

Hawaiian (ham & pineapple) topping

COFFEE & CAKE: \$14

CAKE ONLY: \$9.50