

frenzy
food court

Menu

Sides & Starters

	M	G
THICK FRIES (GFR) With chicken salt		
- SMALL	\$8	\$10
- LARGE	\$10	\$12
- ADD GRAVY or AIOLI	\$1.2	\$2.2
SWEET POTATO WEDGES (GFR) With sour cream & sweet chilli	\$11	\$13
SAUTÉED GREENS (DF) Dark soy, sesame	\$7	\$9
GARLIC BREAD (VE, DF)	\$8.9	\$10.9
CHEESY GARLIC BREAD Garlic baguette with melted mozzarella	\$11.9	\$13.9
- WITH CRISPY BACON	\$13	\$15
CARBONARA CROQUETTES Crispy prosciutto, parmesan, black truffle mayo	\$14	\$16
GRILLED YAKITORI CHICKEN SKEWERS [4] (GFR, DF) Daikon and cucumber pickle, spring onion, yuzu sesame dressing, tapioca crisps	\$15	\$17
CHILLI PLUM LAMB RIBS (GFR) Native Davidson plum glaze, macadamia dukkah	\$23	\$26
POPCORN CHICKEN (GFR, DF) Tonkatsu sauce, kewpie, sesame	\$16	\$18
SALT & PEPPER SQUID (GFR, DF) Five spice, Szechuan, lemon myrtle aioli, blistered shishito	\$19	\$22
SWEET CORN RIBLETS (GFR) Lime crema, smoked paprika, parmesan	\$14	\$16
DOUBLE CRISPY CHICKEN TENDERS Spiced buttermilk, hot honey, blue cheese dressing, pickles	\$18	\$21
BRISKET BURNT END BITES (GFR, DF) Chipotle mayonnaise, pickled onions, salsa verde	\$19	\$22
HONEY & LIME PANKO PRAWNS [5] With mango pico de gallo, toasted sesame, Byron Bay chilli coconut aioli	\$22	\$25
12 years & under.		
GRILLED CHICKEN (GFR, DF) Served with rice and broccolini	\$13.9	\$16.9
BOLOGNESE Beef bolognese & spaghetti topped with cheese	\$13.9	\$16.9
CHICKEN NUGGETS Served with chips & salad	\$13.9	\$16.9
FISH BITES Served with chips & salad	\$13.9	\$16.9
CHEESEBURGER Served with chips	\$13.9	\$16.9

Salads

	M	G
CHIPOTLE CHICKEN CAESAR With Southern chicken tenders, pesto caesar dressing, cos lettuce, rasher bacon, shaved parmesan, croutons and crackling prosciutto	\$26	\$29
THAI BEEF & WATERMELON SALAD (GFR, DF) Marinated Angus beef, rice noodles, mixed leaves, bean sprouts, cucumber, cherry tomatoes, nam jim dressing, peanut brittle	\$26	\$29
CABO NOURISH BOWL (GFR, V) Spiced agave cauliflower bites, brown rice, black beans, mixed leaves, smashed avocado, cherry tomatoes, mango dressing, tortilla crisps, tequila & lime roasted macadamia	\$23	\$26
SWAP CAULIFLOWER BITES WITH: - BARRERO CHICKEN BREAST (GFR) - HONEY & LIME PANKO PRAWNS	\$26 \$32	\$29 \$35
Hand Helds		
All served with thick fries or house salad.		
DOUBLE BACON OG BURGER Flame grilled Angus patty with streaky bacon and double cheddar, onion jam, lettuce, tomato, cheddar, pickles, burger sauce and tomato chutney, served on a milk bun	\$25	\$28
PRAWN ROLL Prawn, citrus & herb mayo, toasted milk roll, garlic butter, Marie Rose dressing, avocado, cos lettuce, Yarra Valley salmon caviar	\$26	\$29
BUTTERMILK CHICKEN & BACON DELUXE BURGER Fried buttermilk chicken breast, bacon, melted cheddar, lettuce, slaw, pickles and chipotle aioli, served on a milk bun	\$24	\$27
STEAK SAMBO Chargrilled rib fillet, toasted Turkish bread, Hahndorf beetroot relish, bacon, melted cheddar, truffle mayo, lettuce	\$26	\$29
VEGAN BURGER (VE) Vegan ‘beef’ patty, vegan cheddar, lettuce, tomato, vegan aioli, tomato chutney, served on a vegan milk bun	\$24	\$27
Add-Ons		
BACON	\$4	\$5
EGG	\$2	\$3
SLAW	\$2	\$3
BUTTERMILK CHICKEN OR BEEF PATTY	\$7	\$8
GLUTEN-FREE BUN (VE, GFR)	\$2	\$3
VEGAN CHEDDAR (VE, DF)	\$1	\$2
All of our sauces are gluten-friendly. Please advise staff of any allergies.		
A 15% surcharge is applicable on public holidays.		
Swap thick fries and house salad in any dish with mash & steamed vegetables for an additional \$3.5 \$4.5		

Mains

	M	G
BLACKENED MISO SALMON Kimchi fried rice, daikon pickle, som tum salad, wombok, sesame caramel, crispy shallots	\$33	\$36
PORCHETTA (GFR) Roasted pork belly porchetta, spiced pumpkin purée, white bean cassoulet, chorizo, navy bean, fried kale, cider jus	\$30	\$33
PAN FRIED BARRAMUNDI (GFR) Herb chat potatoes, roasted cherry tomato, wilted spinach, capers, olives, brown butter & preserved lemon beurre blanc	\$31	\$34
PRAWN SAGANAKI (GFR) Sautéed prawns, fetta, white wine, oregano, tomato passata, rice pilaf, extra virgin olive oil, lemon wedge, grilled pinsa romana bread	\$32	\$35
FREE RANGE CHICKEN SUPREME Sweet potato mash, broccolini, mushroom & pancetta cream sauce, chicken crackling	\$28	\$31
GIPPSLAND BEEF CHEEK (GFR) Braised in rich red wine jus, served with broccolini, potato mash and charred leek chimichurri	\$31	\$34
EMERALD VALLEY LAMB RUMP (GFR) Saltbush baba ganoush, almond rice pilaf, peas, pomegranate, fetta, lamb bone broth	\$32	\$35
Classics		
All served with house salad and thick fries.		
CHICKEN SCHNITZEL (GFR) Golden crumbed chicken breast	\$24	\$27
- GLUTEN-FREE SCHNITZEL	\$26	\$30
CHICKEN PARMIGIANA (GFR) Chicken schnitzel topped with napoli, ham and melted cheese	\$26	\$29
- GLUTEN-FREE PARMIGIANA	\$28	\$32
BEER BATTERED BARRAMUNDI & CHIPS Brookvale Union Ginger Beer batter, citrus salt, aioli and lemon	\$31	\$34
250G RIB FILLET (GFR) Pioneer’s cut, pasture-raised, QLD	\$37.9	\$40.9
200G EYE FILLET (GFR) AMH, grass-fed, QLD	\$40.9	\$44.9
300G BLACK ANGUS RUMP (GFR) Beef City Black, Darling Downs, QLD, MB1+	\$35.9	\$39.9

Pasta

	M	G
PENNE PRIMAVERA (GFR, V) Bilambil zucchini, grilled garden vegetables, creamy basil pesto, pine nuts, preserved lemon, chilli flakes	\$27	\$31
- ADD CHICKEN	\$5	\$7
GNOCCHI BOLOGNESE (GFR) Potato gnocchi, tomato sugo, slow cooked beef ragu, grated parmesan, fresh parsley	\$29	\$32
Value Lunches!		
Available daily from 11:30am to 2:00pm.		
BEER BATTERED FISH & CHIPS Battered reef fish served with house salad, thick fries, tartare and lemon wedge	\$15	\$18
PETITE CHICKEN SCHNITZEL (GFR) Golden crumbed chicken breast served with our house salad, thick fries and rich gravy	\$15	\$18
- PETITE CHICKEN PARMIGIANA (GFR)	\$18.9	\$21.9
ROAST LUNCH (GFR) Succulent roasted beef or pork, served with chat potatoes, pumpkin, greens and rich pan gravy	\$18.9	\$21.9
- ROAST COMBO WITH BEEF & PORK	\$22.9	\$25.9
CHICKEN SCHNITZEL BURGER Panko crumbed chicken breast with lettuce, slaw, pickles and garlic aioli, served on a milk bun with thick fries	\$19.9	\$22.9
BUTTER CHICKEN (GFR) Tender, slow-cooked chicken in a mildly-spiced cream sauce with steamed rice, pappadum, mango chutney and cashew	\$19.9	\$22.9
200G RUMP (GFR) With our house salad, thick fries & your choice of sauce: rich gravy, Diane, mushroom, pepper or garlic cream	\$22.9	\$25.9
Harvest Bowls	\$22.9	\$25.9
Steamed rice & salad, topped with choice of:		
CRISPY TOFU STRIPS (VE) with ponzu glaze CHICKEN KATSU with golden curry BULGOGI BEEF with gochujang VIETNAMESE CHILLI SQUID (GFR) KOREAN FRIED CHICKEN with honey sesame glaze		
Value Lunches & Harvest Bowls are unable to be discounted with any other offer, including Entertainment Group vouchers.		
M - Member Price G - Guest Price		
(V) Vegetarian, (GFR) Gluten-Friendly on Request, (DF) Dairy-Free, (VE) Vegan, (VO) Vegetarian Option Available		