

next menu

perth south



We use lower fat options wherever possible.
All fried foods are cooked in cotton seed,
olive oil or blended vegetable oil.
(v) vegetarian (vg) vegan

Please order at café counter

First Serve

breakfast

PORRIDGE (V) 7.50

hot oats served with banana and honey

BACON AND EGG WRAP (AVAILABLE TO GO) 7.90

crispy grilled bacon and scrambled eggs in a toasted flour tortilla

EGGS ON TOAST 7.90

your choice of poached, fried or scrambled eggs on hot buttered toast (white, wholemeal or multi grain)

MUSHROOMS ON TOAST (V) 9.90

sautéed field mushrooms on a toasted lepinje and smothered with rich ricotta with a side of baby spinach

THREE EGG OMELETTE (V) 11.90

create your own omelette with a choice of three fillings: chicken, bacon, cheese, tomato, mushroom, ham, spanish onions, capsicum or baby spinach

EGGS BENEDICT 13.90

two poached eggs on toasted lepinje with steamed asparagus spears, smoked virginina ham and a creamy hollandaise sauce

BREAKFAST OF CHAMPIONS (AVAILABLE ALL DAY) 14.50

smoked bacon, sautéed mushrooms, crisp hash brown, grilled tomatoes and toast, with your choice of scrambled, poached or fried eggs

BREAKFASTS AVAILABLE WEEKENDS ONLY

Warm Up

snacks

CHUNKY CHIPS

seasoned with salt, paprika or chicken salt and your choice of gravy, vinegar or tomato sauce

6.90

SEASONED POTATO WEDGES

with sweet chilli sauce and sour cream

7.90

BUFFALO WINGS

spicy wings served with celery sticks and blue cheese yoghurt

13.50

YUM CHA

assorted selection of steamed dim sims, crispy spring rolls, twice cooked chicken and singapore noodles

14.90

TRIO OF DIPS (V)

hummus, guacamole and red capsicum cream cheese served with warmed foccacia or turkish bread

14.90

TAPAS PLATE

choose from chorizo, salt and pepper squid, grilled prawns, sautéed mushrooms, tofu, breaded calamari, lemongrass beef or felafel

any two items

9.90

any three items

14.90

any four items

19.90

Top Seeds

club favourites

CLUB WRAP

grilled bacon, chicken, tomato and lettuce, topped with cheese and home made mayonnaise in a flour tortilla and lightly toasted

10.90

CHICKEN BURGER

char grilled chicken breast fillet in a toasted lepinje with bacon, cheese, tomato, mayonnaise, and sweet chilli, served with chips

14.90

CHICKEN SCHNITZEL

pan fried chicken breast in herbed bread crumbs, served with salad and crispy chips

14.90

add gravy/sauce

2.00

add parmigiana

3.00

FISH AND CHIPS

chef's catch of the day, lighty crumbed and served with chunky chips and salad

15.90

SALT AND PEPPER SQUID

pineapple cut squid in a light coating of sea salt and szechuan pepper, served with a wasabi aioli on a bed of rocket leaves with cherry tomatoes tossed in a light lime dressing

15.90

PASTA NAPOLITANA (V)

traditional tomato and basil sauce served on a bed of penne pasta

15.90

with chicken

17.90

STEAK SANDWICH

char grilled scotch sirloin steak, sautéed onions and capsicum on toasted lepinje with dijonaise, lettuce and tomato served with french fries

16.50

Match Ready

healthy choices

FELAFEL WRAP (V)

felafel bites on a toasted flour tortilla with tzatziki, tomato and lettuce

10.90

PEAR AND WALNUT SALAD (V)

candied red onion, poached pear, walnuts, cucumber, tomato, rucola and tatsoi leaves with a walnut chive dressing

13.90

MOROCCAN CHEMOULA SALAD (V)

roast peppers, chickpeas, marinated aubergine, red onion and cucumber topped with tzatziki

13.90

CAESAR SALAD

baby cos leaves tossed in a traditional caesar dressing, dried pancetta bacon, freshly shaved parmesan, anchovies and croutons

14.90

with chicken

16.90

with grilled prawns

17.90

LEMONGRASS BEEF SALAD

chilli beef sautéed in sesame oil, bound with iceberg lettuce, cucumber, carrot, bean sprouts and coriander topped with roasted chopped nuts and mint leaves

15.90

SALMON NICOISE SALAD

traditional nicoise topped with fresh grilled tasmanian salmon marinated in olive oil, lemon and parsley

18.50

Juniors

kids menu

PASTA NAPOLITANA (VG)

traditional tomato and basil sauce served on a bed of penne pasta
with chicken

8.90

9.90

HOKKIEN NOODLE STIRFRY (V)

stirfried seasonal vegetables in a honey soy sauce
with chicken

8.90

9.90

CHICKEN STRIPS

crumbed chicken tenderloins served with a side of chips

9.90

CALAMARI RINGS

crumbed calamari rings served with a side of chips

9.90

HAWAIIAN PIZZA

traditional ham and pineapple served with a side of fries

9.90

ALL JUNIOR MEALS COME WITH A SOFT DRINK

Junior meals are available for children up to 12 years of age

Side Lines

on the side

STEAMED JASMINE RICE (VG)

steamed and fluffy

3.90

GARDEN SALAD PLATE (VG)

tossed with french dressing

6.50

SEASONAL VEGETABLES (VG)

market fresh

6.50