

MENU

PLEASE ORDER AT THE BAR

LUNCH (SERVED FROM 12PM)

LIGHT MEALS AND SNACKS

Soup of the Day served with toasted sourdough (please see special board)	\$9.50
Bowl of Chips with tomato sauce	\$8.20
Cup of Chips with tomato sauce	\$3.70
Bowl of Wedges with sweet chilli and sour cream	\$9.50
Sweet Potato Wedges with aioli	\$10.90
Garlic bread	\$5.50
Salmon Bruschetta smoked salmon, baby spinach, feta, aioli and sticky balsamic on toasted sourdough	\$12.90
Pita and Dips trio of dips, toasted pita with marinated olives and feta	\$14.60
Vego Focaccia toasted focaccia with a sweet potato pesto, cheddar cheese and mixed lettuce. Served with chips (lunch only)	\$15.40
Chicken Focaccia toasted focaccia with breast chicken, guacamole, cheese and lettuce (lunch only)	\$15.90
Open Steak Sandwich fillet of steak with bacon, egg, cheese, tomato, lettuce, char-grilled vegetable relish and aioli. Served with chips. (lunch only)	\$15.90

SALADS

All salads are great for healthy eating. Add your protein to any of these salads Atlantic salmon, chilli grilled squid, marinated prawns or grilled chicken. Add \$6.90

Superfood Salad kale and spinach with quinoa topped with toasted almonds, goji berries, dressed with a mild chilli and lime dressing	\$13.60
Garden Salad mixed lettuce, cucumber, capsicum, feta, olives and red onion with balsamic dressing	\$10.90

MAINS

SEAFOOD

Salt n Pepper Squid lemon pepper dusted Australian squid served with chips salad and a tom yum dipping sauce	\$17.90
Fish and Chips beer battered garfish with chips, salad and tartare sauce	\$17.90
Lifesaver Platter beer battered garfish, marinated prawns, salt n pepper squid, smoked salmon and pickled octopus served with chips salad and tartare sauce	For One \$32.90 For Two \$49.90
Flounder salt n pepper whole cooked New Zealand flounder with chips salad and aioli	
Fish of the day please see special board (limited availability)	POA

FAVOURITES

Curry of the Day please see specials board	POA
The BIG Boatie Burger beef patty with egg, bacon, tomato, lettuce, beetroot relish and aioli. Served with chips	\$16.90
Pork Burger with BBQ marinated pulled pork, chilli coleslaw with a side of spiced corn chips	\$17.40
Cajun Chicken served with rice, asparagus and a corn and tomato salsa	\$17.90
Chicken or Beef Schnitzel served with chips salad and your choice of sauce: Gravy, Peppercorn, Mushroom, Dianne or Parmigiana	\$17.40
Eggplant Schnitzel crumbed eggplant fillet topped with sweet potato pesto and cheddar cheese served with chips, salad and sticky balsamic	\$16.40
Scotch Fillet Steak cooked to your liking served with chat potatoes, sauté vegetables and your choice of sauce: Gravy, Peppercorn, Mushroom or Dianne	\$29.80

KIDS MENU

\$9.90

Chicken nuggets served with chips, salad and tomato sauce

Fish and Chips one piece of battered, crumbed or grilled fish served with chips salad and tartare sauce

Kids Schnitzel
half serve chicken or beef served with chips, salad and tomato sauce (Grilled chicken or mini steak available for Gluten or Dairy free)

MENU

BREAKFAST (served till 11.30)

Toast three pieces of toast with assorted spreads	\$5.50
Raisin Toast served with butter	\$6.70
Banana Bread served warmed or fresh with butter	\$5.90
Muesli Slice served fresh or toasted (add side of yoghurt \$2.00)	\$3.70
Croissant toasted with ham and cheese or butter and jam	\$6.90
Bacon and Egg Sandwich served toasted	\$7.90
BLT bacon, lettuce and tomato on focaccia with house made aioli	\$9.90
Bircher Muesli natural apple soaked muesli layered with honey, Greek yogurt and berries	\$10.80
Greek Yoghurt with berries almond and honey	\$8.90
Pancakes two fluffy pancakes served with your choice of Maple syrup and ice cream or Berries and ice cream	\$10.90
Bacon and Eggs on Toast two pieces of bacon and toast with poached, fried or scrambled eggs. (scrambled \$2.50 extra)	\$12.90
Big Westie Breakfast bacon, hash brown, tomato, mushrooms, cheese kransky toast and fried, poached or scrambled eggs (scrambled \$2.50 extra)	\$18.80
Vego Breakfast tomato, mushroom, hash brown, toast with poached fried or scrambled eggs (scrambled \$2.50 extra)	\$15.90
Eggs Benedict two poached eggs on toasted bagel with ham, finished with hollandaise sauce. (change ham to salmon \$2.50 extra)	\$15.90
Eggs Florentine two poached eggs on toasted bagel with raw spinach, finished with hollandaise sauce	\$15.90
Smashed Avocado avocado mixed with feta served with toasted sourdough, raw spinach, two poached eggs and sticky balsamic	\$15.90
Breaky Stack spinach, bacon, tomato, char-grilled vegetable relish and poached egg on toasted sourdough	\$14.80

BREAKFAST ADDITIONS

Change to Scrambled Eggs	\$2.50	Side of Scrambled Eggs	\$5.50
Bacon	\$3.50	Tomato	\$2.90
Mushrooms	\$2.90	Hash brown	\$2.90
Cheese Kransky	\$3.50	Egg	\$2.50
Hollandaise	\$2.50	Smoked Salmon	\$4.50
Change to Sourdough	\$1.50	Change to Focaccia	\$1.50
Avocado	\$3.50		

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West Beach Surf - Lifesaving Club

Function enquiries welcome

For table booking

please call 83538503

proof only

BEVERAGES

HOT & COLD DRINKS

Cappuccino, Flat White, Latte, Long Black, Chai Latte, Hot Chocolate	Cup \$4.00	Mug \$4.50
Mochacino, Dirty Chai (Chai with a shot of coffee)	Cup \$4.50	Mug \$5.00
Macchiato, Short Black, Piccolo		\$3.00
Babychino		\$1.20
Tea English Breakfast, Earl Grey, Peppermint, Spring Green, Honeydew Green, Chamomile, Chai	Cup \$3.60	Pot \$4.90
Extras Soy Milk, Decaf or Extra Coffee Shot, Coconut milk, Honey, Ice Cream		\$0.60
Milkshakes Caramel, Chocolate, Strawberry, Lime, Banana or Vanilla	Kids \$4.00	Large \$5.00
Iced Coffee made with a double shot of espresso and topped with ice cream	Small \$4.50	Large \$6.90
Iced Chocolate Iced chocolate with ice cream	Small \$4.50	Large \$6.90
Kombucha naturally fermented sparkling drink assorted flavours		\$4.90
Bruce juice		\$4.90
• Mango, peach and passionfruit		
• Carrot, orange, ginger and turmeric		
• Spinach, apple, kale, celery spirulina and lemon		
• Beetroot apple and ginger		
• Raspberry apple and lemon		
Goulburn Valley Juices Orange, Apple, Pineapple and Tomato		\$3.50
Powerade, Ice Tea assorted flavours		\$3.90
Soft Drinks Coke Diet Coke, Fanta, Raspberry, Lemonade, Lift, Coke Zero	Can \$3.50	Glass \$3.00
Lemon, Lime & Bitters		\$3.50

WINES



SPARKLING

	glass	bottle
Paulett Wines Trillians Sparkling Riesling Piccolo Clare Valley, SA Fresh and lively with full citrus-lime flavours. Fine bead with a crisp, dry finish.		\$8.00
Lindeman's Henry's Sons Brut Cuvée S.E. Australia Lively & Refreshing. Stylish with delicious elegant fruit flavours and a soft creamy finish.	\$5.00	\$20.00
Seppelt Fleur de Lys Sparkling Chardonnay Pinot Noir S.E. Australia Fresh & lively with hints of strawberry & citrus notes. Crisp to finish.	\$6.00	\$28.00
Yellowglen Vintage Prosecco Multi Regional Blend Light and refreshing with lingering citrus, pear and green apples notes made from a blend of Italian and Australian fruit.	\$7.00	\$35.00
Bird In Hand Sparkling Pinot Adelaide Hills		\$40.00
Paulett Wines Trillians Sparkling Red - 200ml Clare Valley, SA A round smooth texture on the palate with elegant and well balanced tannins.		\$8.00

SWEET & ROSÉ

	150ml glass	250ml glass	bottle
Blossom Hill Moscato S.E. Australia Luscious & lively with fresh orchard fruit aromas.	\$6.00	\$8.00	\$24.00
Squealing Pig Pinot Noir Rosé Central Otago, NZ This Rosé has a nose of fruity aromas and a palate of stonefruit, watermelon and strawberries.	\$8.00	\$12.00	\$36.00
Lost Buoy Pink Sky Rosé 2016 Pink sunsets overlooking the sea at West Beach drinking a pink dry rose- life doesn't get any better. Day or night it caters for all.	\$8.50	\$14.00	\$40.00

WINES



WHITE

	150ml glass	250ml glass	bottle
Annie's Lane Riesling Clare Valley, SA Elegant with lime & citrus characters and a crisp finish.	\$6.50	\$11.00	\$32.00
Wynns Coonawarra Estate Riesling Coonawarra, SA Citrus blossom & lemon zest characters abound with a crisp finish.	\$8.00	\$13.00	\$38.00
Squealing Pig Pinot Gris Central Otago, NZ Delicate stonefruit on the nose, with rich full pear flavours and a crisp yet slightly sweet finish.	\$8.00	\$12.00	\$36.00
Morgan's Bay Sauvignon Blanc S.E. Australia Tropical fruits & citrus characters abound on the nose & palate. Crisp & clean.	\$5.00	\$7.00	\$20.00
821 South Sauvignon Blanc Marlborough, NZ 821 South is crisp with ripe citrus and tropical fruits - a delicious cool-climate Sauvignon Blanc.	\$6.00	\$9.50	\$28.00
Lost Buoy Gulf View Sauvignon Blanc 2016 Just like the ocean- clean, refreshing and always leaves you wanting more. Superb on the turf in the sun- food is optional.	\$8.00	\$13.00	\$38.00
Rosemount Estate Little Berry Sauvignon Blanc Adelaide Hills, SA This Adelaide Hills Sauvignon Blanc is mouth-watering with gooseberry and lychee flavours and fresh, zesty highlights.	\$6.50	\$10.00	\$30.00
Devil's Lair Hidden Cave Sauvignon Blanc Semillon Margaret River, WA Crisp & fresh with loads of tropical fruit flavours & citrus fruit overtones.	\$8.50	\$14.00	\$40.00
The Stag by St Huberts Chardonnay Victoria Stone and tropical fruits with a hint of oak provide a soft mouth feel with a vibrant citrus finish.	\$7.00	\$11.00	\$32.00

RED

	150ml glass	250ml glass	bottle
Upside Down Merlot Hawke's Bay, NZ This wine is full of red fruit aromas, raspberries and plums with an inviting and smooth supple tannins with a gentle spice to the finish.	\$6.00	\$9.50	\$28.00
St Huberts The Stag Pinot Noir Yarra Valley, VIC Attractive dark fruits with a hint of spice. Medium bodied & soft.	\$8.50	\$14.00	\$40.00
Rosemount Estate MV Collection GSM McLaren Vale, SA A plush palate of sweet red fruits is supported by fine tannins for an exceptionally long finish.	\$9.00	\$15.00	\$43.00
Rosemount Estate Little Berry McLaren Vale Shiraz McLaren Vale, SA A wonderful mix of liquorice, ripe berry and chocolate fruit softening off on the finish: a great easy drinking wine.	\$6.50	\$10.00	\$30.00
Pepperjack Shiraz Barossa Valley, SA Rich berry fruits, dark chocolate and some oak. Fine tannins, with a soft finish.	\$8.50	\$14.00	\$40.00
House Red	\$5.00	\$7.00	\$20.00
Woodstock Cabernet Sauvignon McLaren Vale, SA Rich flavours of blackberries, chocolate and liquorice and a fleshy, savoury mid-palate.	\$7.50	\$12.00	\$36.00
Baileys of Glenrowan Rutherglen Durif Glenrowan, VIC A concentrated bold wine with plenty of red fruits.			\$45.00

proof only