



# SENIORS

IT IS RECOMMENDED THAT ONE ORDER BE PLACED PER TABLE,  
AS THIS WILL ENSURE ALL MEALS ARE COOKED & SERVED AT THE SAME TIME.

*Upon presentation of your Senior Card*

|   |           |   |           |
|---|-----------|---|-----------|
| <b>SOUP OF THE DAY</b>  | <b>5</b>  | <b>FRESH ROAST OF THE DAY (GF)</b>  | <b>15</b> |
| <b>PORTERHOUSE STEAK 180g (GF)</b><br>cooked to your liking, served with your choice of<br>garlic butter, peppercorn, gravy<br>or creamy mushroom sauce | <b>18</b> | <b>GRILLED SALMON FILLET (GF)</b><br>served with a creamy asparagus sauce         | <b>16</b> |
| <b>DUSTED FLOUNDER FILLET</b><br>served with chips & coleslaw   | <b>17</b> | <b>BATTERED SMOOTH DORY FILLET</b><br>served with chips & salad                   | <b>15</b> |
| <b>PENNE PASTA BOLOGNAISE</b><br>with grated parmesan cheese  | <b>15</b> | <b>STIR FRIED VEGETABLE NOODLES (V)</b><br>with soy sauce & sesame oil            | <b>16</b> |
| <b>FRESHLY ROASTED CHICKEN BREAST (GF)</b><br>with sweet potato mash & buttered green beans   | <b>15</b> | <b>CHICKEN PARMIGIANA</b><br>served with Virginian ham, basil Napoli & mozzarella | <b>17</b> |
| <b>HOUSE MADE FISH CAKES</b><br>panko crumbed & served with a garlic mayonnaise   | <b>15</b> |   |           |

# DESSERT

|   |            |
|---|------------|
| <b>SENIORS DESSERTS SERVED WITH CREAM</b> | <b>2.5</b> |
| <b>ADDITIONAL SERVE OF ICE CREAM</b>      | <b>2</b>   |

(V) VEGETARIAN / (VGN) VEGAN / (VGO) VEGAN OPTION / (GF) GLUTEN FREE / (LCHF) LOW-CARB, HEALTHY-FAT