

\$12.90 MEMBER LUNCH MEALS

*No further discount applies

BLT

bacon, lettuce and tomato on a seeded milk bun served with chips

PUMPKIN, FETA AND PINE NUT QUICHE (V)

chips and salad

200GM RUMP STEAK (AGF)

chips, salad and your choice of sauce (Diane, Green Peppercorn, Creamy Mushroom, Classic Gravy, Hollandaise, Garlic Butter)

CRUMBED FLATHEAD

chips, salad, tartare sauce and lemon

SPAGHETTI BOLOGNAISE (AGF)

parmesan

• \$13 KIDS MEALS • (KIDS ARE AGED UP TO 12 YEARS)

1 x Kids Meal, 1 x Jelly or Ice Cream, 1 x 200ml Soft Drink or Pop Top

*No further discount applies

SPAGHETTI BOLOGNAISE (AGF)

grated cheese

CRUMBED WHITING

chips and tomato sauce

STEAK (AGF)

chips and tomato sauce

HAM AND CHEESE PIZZA

chips

TEMPURA CHICKEN NUGGETS

chips and tomato sauce

SPAGHETTI NAPOLI (V,AGF)

grated cheese

CHEESEBURGER (AGF)

chips and tomato sauce

FREE kids packs
are available
compliments of
BOQ Capalaba.
Please see one of
our friendly staff

LUNCH Menu

LUNCH FROM
11.30AM DAILY

Non members pricing stated.
Members receive a 10%
discount credited as points
unless otherwise stated.
(Not valid on specials)



LIGHT MEALS

GARLIC BREAD (V, AGF) 7.50

CHEESY GARLIC BREAD (V, AGF) 8.50

TAQUITO (HARD ROLLED TACO) (GF, V) 14.50

filled with mexican bean and vegetables topped with guacamole and salsa on shredded lettuce

SEASONED CALAMARI (GF) 15.50

petite salad, tartare sauce

SEASONED POTATO WEDGES (V) 13.50

sour cream

SALADS

CAESAR SALAD (GF) 18.00

cos lettuce, bacon, boiled egg, croutons, parmesan, caesar dressing

ROAST HONEY PUMPKIN, FETA AND BEETROOT SALAD (GF,V) 19.50

baby spinach, quinoa, orange cheek and toasted walnuts

PIZZAS

CARNIVORE 24.50

bacon, ham, salami, pepperoni, salami, meatballs, napoli, mozzarella

HERBIVORE (V) 21.50

pesto tomato base, roast pumpkin, spinach, sundried tomato, mushroom, mozzarella

QUEENSLANDER 21.50

ham, pineapple, napoli, mozzarella

BBQ CHICKEN AND BACON 23.50

BURGERS

BOWLSY BURGER (AGF) 19.50

200gm angus beef pattie, burger sauce, lettuce, tomato, beetroot, cheese, onion rings on a seeded milk bun

SOUTHERN FRIED CHICKEN BURGER (AGF) 19.50

lettuce, tomato, red leicester cheese, buffalo sauce on a seeded milk bun

(V) VEGETARIAN (GF) GLUTEN FREE (AGF) AVAILABLE GLUTEN FREE

DOUBLE BEEF AND BACON CHEESEBURGER (AGF) 23.00

pickles, American mustard, tomato sauce on a seeded milk bun

STEAK SANDWICH (AGF) 20.50

lettuce, beetroot, cheese, tomato and baconaise on a Turkish bread slipper

MAIN MEALS

CHICKEN SCHNITZEL 24.50

chips and salad

CHICKEN PARMIGIANA 26.50

chips and salad

BLUE SWIMMER CRAB FETTUCCINE (AGF) 29.50

spinach, cherry tomato, chilli, garlic oil, basil, parmesan

SPINACH AND RICOTTA TORTELLINI (V) 20.50

roast pumpkin, cherry tomatoes, toasted pine nuts, pesto cream sauce, parmesan

PAN FRIED SALMON FILLET (AGF) 29.50

chips, salad and hollandaise sauce

GARLIC MUSHROOM AND TOMATO STACK (V) 22.50

wilted spinach, crumbled feta, eggplant chips and black garlic aioli

CRISPY SKINNED BARRAMUNDI (AGF) 29.50

chips, salad and lemon

FROM THE GRILL

SAUCES: Diane, Green Peppercorn (AGF), Classic Gravy (AGF), Hollandaise (GF), Garlic Butter (GF), Creamy Mushroom (AGF)

300GM RIB FILLET (AGF) 40.00

chips, salad and your choice of sauce

400GM RUMP STEAK 40.00

chips, salad and your choice of sauce

200GM EYE FILLET (AGF) 39.90

chips, salad and your choice of sauce