

| B R E A D S / L I G H T M E A L S  |  | S A L A D S   |  |
|--|--|---|--|
| <div><div>GARLIC BREAD (AGF) ADD \$3 FOR GLUTEN FREE</div><div>8.00</div></div>  |  | <div><div>CAESAR SALAD (GF)</div><div>19.50</div></div> <div><div>cos lettuce, crispy bacon, boiled egg, croutons, shaved parmesan and Caesar dressing</div><div></div></div> <div><div>WARM WONTON WRAPPED PRAWN SALAD (5)</div><div>28.50</div></div> <div><div>rice noodles, capsicum, wombok, carrot, onion, shallots, cherry tomato and Asian dressing</div><div></div></div> <div><div>WARM MOROCCAN SALAD (VG, GF)</div><div>22.50</div></div> <div><div>spiced chickpeas, pumpkin, quinoa, cucumber, capsicum, cherry tomatoes and a herb dressing</div><div></div></div>   |  |
| B U R G E R S ADD \$3 FOR GLUTEN FREE  |  | M A I N S   |  |
| <div><div>BOWLSY BURGER (AGF) 21.50</div><div>angus beef pattie, lettuce, beetroot, tomato, cheese, pickles and burger sauce served on a milk bun with onion rings</div><div>VEGAN BOWLSY BURGER (VG) 20.50</div><div>southern fried tofu, lettuce, beetroot, avocado, tomato and burger sauce on a potato bun</div></div> |  | <div><div>CHICKEN SCHNITZEL 24.50</div><div>chips and salad</div><div>CHICKEN PARMIGIANA 26.50</div><div>chips and salad</div><div>ROAST VEGETABLE CANNELLONI (VG) 21.50</div><div>with vegetable ragout</div><div>LAMB LOIN CHOPS (GF) 24.00</div><div>creamy potato mash, peas and minted gravy</div><div>CRISPY SKINNED BARRAMUNDI FILLET (GF) 29.50</div><div>roasted chat potatoes, beans and lemon butter</div></div>   |  |
| <div><div>SOUTHERN FRIED CHICKEN BURGER (AGF) 22.50</div><div>tender buttermilk breast, lettuce, tomato, avocado, cheese, bacon and aioli on a milk bun</div><div>DOUBLE BEEF AND BACON CHEESEBURGER (AGF) 23.50</div><div>beef pattie, pickles, tomato sauce and American mustard</div></div>                             |  | T H E G R I L L   |  |
| <div><div>HERBIVORE (V) 21.50</div><div>pesto tomato base, roast pumpkin, spinach, sundried tomato, mushroom and mozzarella</div><div>CARNIVORE 24.50</div><div>bacon, ham, pepperoni, salami, meatballs and mozzarella</div></div>  |  | <div><div>LOADED PEPPERONI 22.50</div><div>slices of pepperoni and mozzarella</div><div>BBQ CHICKEN AND BACON 24.50</div><div>BBQ chicken, bacon and mozzarella</div></div> <div><div>All grills served with your choice of sauce plus chips and salad or potato bake and vegetables.</div><div>SAUCES: DIANE, AIOLI (GF), CLASSIC GRAVY (GF), GREEN PEPPERCORN (GF), HOLLANDAISE (GF), CREAMY MUSHROOM (GF), GARLIC BUTTER (GF)</div><div>300G RIB FILLET 41.00</div><div>200G EYE FILLET 40.00</div><div>400G RUMP STEAK 41.00</div><div>(V) Vegetarian (GF) Gluten Free (VG) Vegan (AGF) Available gluten free</div></div> |  |



## KIDS MENU \$13.00

\*Members prices, no further discount applies

**KIDS MEALS ARE FOR CHILDREN UP TO 12 YEARS ONLY**

**INCLUDES: 1 X KIDS MEAL, 1 X JELLY OR ICE CREAM, 1 X 200ML POP TOP OR SOFT DRINK**

### **CHICKEN BITES (AGF)**

with chips and tomato sauce

### **CRUMBED WHITING**

with chips and tomato sauce

### **SPAGHETTI BOLOGNAISE (AGF)**

spaghetti topped with homemade bolognese sauce and mozzarella

### **MINI CHICKEN SAUSAGES (GF)**

with potato mash, vegetables and gravy

### **HAM AND CHEESE PIZZA**

with chips

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

## MEMBERS LUNCH SPECIALS

\*Members prices, no further discount applies

### **CRUMBED FLATHEAD**

with chips, salad, tartare sauce and lemon

**12.90**

### **VEGETABLE FRITTATA (V, GF)**

with steamed vegetables

**12.90**

### **SPAGHETTI BOLOGNAISE (AGF)**

spaghetti topped with homemade bolognese sauce and mozzarella

**12.90**

### **BLT (AGF)**

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

**12.90**

### **200G RUMP STEAK (AGF)**

with chips, salad and your choice of sauce (Diane, aioli, classic gravy, green peppercorn, hollandaise, creamy mushroom, garlic butter)

**14.90**

# LUNCH Menu

OPEN FROM  
11.30AM DAILY

Members receive a 10% discount  
credited as points unless  
otherwise specified

(V) Vegetarian (GF) Gluten Free (VG) Vegan (AGF) Available gluten free