



STARTERS

	Non-Member	Member
Homemade Soup of the Day Made by our chefs from market fresh ingredients.	\$8.50	\$8.00
Garlic or Herb Bread (Vegetarian) With our own cheese blend.	\$9.00	\$8.50
Garlic or Herb Pizza (Vegetarian) With our own cheese blend.	\$9.00	\$8.50
Vegetarian Sampler (Vegetarian) Combination of pumpkin and cheese Arancini balls, golden crumbed Camembert wedges, mini vegetarian spring rolls and vegetarian samosas served with mint yoghurt and sweet chilli mayonnaise.	\$19.00	\$17.50
Chunky Bruschetta (Vegetarian) Trios style chunky Bruschetta mix with Swiss cheese gratin, Guacamole spread and drizzled with a balsamic glaze.	\$15.00	\$14.00
Southern Fried Crunchy Prawns Southern style crunchy fried Prawns, resting on a bed of mango, avocado and corn salad with Cajun aioli.	\$19.50	\$18.00
Peking Duck Spring Rolls Four Peking duck spring rolls, served on a Japanese noodle salad. Accompanied by sweet soy and sweet chilli sauce.	\$18.00	\$17.00
Pulled Pork Nachos Supreme Oven baked corn chips, chunky tomato salsa, pulled Pork, cheese blend, topped with sour cream, Guacamole and Jalapeno peppers.	\$21.00	\$19.50



LIGHT LUNCHES

Available for lunch from 12:00pm – 2:30pm

Deluxe Steak Sandwich

175g premium porterhouse minute steak layered between a toasted tony roll with lettuce, tomato, bacon, egg, caramelized onions and grilled mushrooms. Served with a side of chips and tomato relish.

Trios Avocado and Chicken Caesar Wrap

Toasted tortilla bread filled with Cos lettuce, Parmesan cheese, crispy bacon bits, grated boiled egg, marinated chicken, avocado and Caesar dressing. Served with roasted garlic aioli and chips.

Mexican Pork Pocket Sandwich

Pita pockets loaded with pulled pork, julienne capsicums, Spanish onions, corn kernels and spicy chipotle sauce. Served with seasoned potato wedges.

Non-Member	Member
\$19.00	\$17.50
\$19.00	\$17.50
\$19.00	\$17.50
\$21.00	\$19.50
\$7.00	\$6.50
\$7.00	\$6.50
\$26.00	\$24.50
\$28.00	\$26.50

SALADS

Traditional American Caesar (GF Optional)

Baby Cos lettuce, crispy bacon bits, herb croutons, and shaved Parmesan cheese tossed in Caesar dressing, finished with sliced boiled egg and anchovies.

Add Moroccan Chicken Skewers

Add Panko Crumbed Calamari Rings

Thai Beef Salad

Combination of tomato wedges, capsicums, snow peas, red onions, spring onions, bean shoots, Coriander, chestnuts and peanuts, topped with warm beef fillet slices and dressed with tangy sweet lime chilli sauce.

Mexican Prawn and Avocado Ceviche

Mexican style chilled Prawns, Avocado, corn, capsicum, Spanish onion, grapefruit and cherry tomatoes with zesty ranch dressing, resting on a bed of baby Cos lettuce.



WORLD OF PARMAS

	Non-Member	Member
<p>Golden Crumbed Schnitzel Served with a lemon wedge and your choice of sides.</p>	\$26.00	\$24.50
<p>Traditional Parma Napoli sauce, shaved ham and melted cheese.</p>	\$28.00	\$26.50
<p>French Connection Shaved ham, sautéed spinach, poached egg, cheese blend and Hollandaise sauce.</p>	\$29.00	\$27.50
<p>Aussie Outback Bacon, fried egg, cheese blend, smoky BBQ sauce and beer battered onion rings.</p>	\$29.00	\$27.50
<p>German Glory Sautéed Pork sausages, caramelised onion, chargrilled capsicums, rocket leaves and cheese blend.</p>	\$29.00	\$27.50
<p>Thai Classic Satay chicken, spring onions, red chilli and cheese blend.</p>	\$29.00	\$27.50
<p>Italian Stallion Homemade Italian meatballs with Milanese sauce and cheese blend.</p>	\$29.00	\$27.50
<p>All meals are served with chips & salad or chips & vegetables.</p>		
<p>All above items come with one sauce of your liking.</p>		
<p>Extra Sauces Gravy (GF option available), Mushroom, Onion Gravy, Peppercorn, Hollandaise, Béarnaise, Garlic Butter and Roasted Garlic Aioli.</p>	\$2.50	\$2.00



MAIN FARE

	Non-Member	Member
<p>Burger with the Lot Premium beef burger pattie, served between a toasted sesame bun with julienne iceberg lettuce, sliced tomato, cheese, bacon, fried egg and caramelised onions. Served with chips, pepper slaw and garlic aioli.</p>	\$25.00	\$23.50
<p>Trios Beef and Burgundy Pot Pie Beef brisket, mushrooms and bacon slow cooked in a reduced Burgundy and brown gravy. Covered with creamy mash and herb crust.</p>	\$27.00	\$25.50
<p>King Island Chicken Delight Parmesan, eggs and herb crusted breast of chicken, served on Rosti potato, Dutch carrots, Brie cream sauce and Salsa Rosso.</p>	\$29.00	\$27.50
<p>Chicken Enchiladas Taco marinated chicken strips, sautéed with corn kernels, julienne capsicums and chunky salsa. Wrapped in tortilla sandwiches topped with melted cheese blend, Guacamole and sour cream. Served with seasoned potato wedges and crispy Mexican salad.</p>	\$28.00	\$26.50
<p>Pork Toscana Prime cut Pork Cutlet, marinated in Tuscan spices, chargrilled and served on sweet potato mash, sautéed Broccolini, fried capsicums, caramelised onions and an apple compote.</p>	\$31.00	\$29.50
<p>Open Lamb Souvlaki Marinated tender lamb pieces tossed with olive oil, garlic and herbs, served on a grilled pita bread, accompanied by a mini Greek salad, chips and Garlic Aioli.</p>	\$31.00	\$29.50
<p>Lamb Korma Mild lamb curry cooked in a light North Indian curry sauce with coconut milk and cashew nuts. Served with steamed Jasmine rice, grilled Naan bread, pappadum, mango chutney and Raita.</p>	\$29.00	\$27.50
<p>Asian Char Sui Beef Ribs 600g Beef short ribs marinated in Asian Char Sui BBQ sauce, served with pepper slaw, sour cream and sweet potato wedges.</p>	\$39.00	\$37.50



OCEAN DELIGHTS

	Non-Member	Member
<p>Trios Style Lemon Pepper Calamari Fresh Calamari strips in our own lemon pepper spice mix, served on a rocket and Asian slaw, dressed with tangy sweet lime chilli and a side of chips and Garlic Aioli.</p>	\$27.00	\$25.50
<p>Barra in Batter Wild caught Barramundi fillets, deep fried in beer batter, served with a mini Caesar salad, chips, lemon and Tartare sauce.</p>	\$28.00	\$26.50
<p>Salmon Suzanne Grilled Atlantic Salmon fillet resting on a savoury potato rosti, garnished with an avocado fan and Béarnaise sauce. Served with a medley of cherry tomato, roasted vegetable and white bean stew.</p>	\$33.00	\$31.50
<p>Fishmonger's Choice Combination of beer battered Barramundi fillets, Torpedo prawn cutlets, crunchy Panko crumbed squid rings, Tempura crab claws. Served with chips, salad and Tartare sauce.</p>	\$36.00	\$34.50
<p>Creamy Garlic Prawns Tiger prawns pan fried with garlic and onions in a creamy white wine sauce with Parmesan cheese. Served with steamed Jasmine rice, garden salad and chips.</p>	\$37.00	\$35.50

CHAR GRILLED

Prime Cut Porterhouse 350g	\$35.00	\$33.00
Rib Eye Steak 400g	\$39.00	\$37.00
Peppered Scotch Fillet 350g	\$37.00	\$35.00

All steaks are cooked to your liking with your choice of sauce, chips & salad or vegetables. (Please note, well done steaks may take up to 45 minutes for cooking).

<p>Extra Sauces (GF Options Available) Gravy, Mushroom, Onion Gravy, Peppercorn, Hollandaise, Béarnaise, Garlic Butter and Roasted Garlic Aioli.</p>	\$2.50	\$2.00
<p>Extra Additions Garlic Prawns</p>	\$8.00	\$7.50
<p>Beer battered onion rings or Sweet potato wedges or Seasoned potato wedges or Panko crumbed squid rings</p>	\$5.00	\$4.50
<p>Fried Egg, Grilled Bacon</p>	\$2.50	\$2.00



PASTA, RISOTTO, STIR-FRY

	Non-Member	Member
<p>Traditional Spaghetti Bolognese Homemade Beef Bolognese served with spaghetti and a side of garlic cheese toast.</p>	\$25.00	\$23.50
<p>Italian Chicken Carbonara Sautéed Chicken strips, sliced button mushrooms and julienne bacon tossed in a creamy white wine garlic sauce. Served with tri-coloured fettucine, Parmesan cheese and finished with an egg.</p>	\$27.00	\$25.50
<p>Vegetarian Alfredo (V) Mushrooms, pumpkin, spinach, snow peas and semi-dried tomatoes, tossed in a creamy garlic and nutmeg sauce with Penne pasta, Parmesan and spring onions.</p>	\$25.00	\$23.50
<p>Satay Chicken Stir-fry Sliced Satay chicken strips stir-fried in a crunchy homemade Satay sauce with an Asian vegetable medley, Chow Mien noodles and Cashew nuts.</p>	\$29.00	\$27.50
<p>Cha Sui Pork Stir-fry Pork tenderloins marinated in Asian BBQ Char Sui sauce and tossed in Asian greens, Cashew nuts and rice noodles.</p>	\$29.00	\$27.50
<p>Chicken, roasted pumpkin and bacon Risotto Sliced chicken, roasted pumpkin and bacon sautéed in a light Moroccan flavoured cream sauce with baby spinach, spring onions and finished with Arborio rice and Parmesan cheese.</p>	\$29.00	\$27.50
<p>Thai seafood risotto A medley of fresh fish and shellfish tossed in a Thai red curry coconut sauce with snow peas, cherry tomatoes, Coriander, rocket leaves and Arborio rice.</p>	\$31.00	\$29.50
<p>Salmon & Avocado Gnocchi Diced Atlantic Salmon fillets, Avocado, rocket leaves and semi-dried tomato tossed in a light Pesto cream sauce with potato gnocchi and Parmesan.</p>	\$29.00	\$27.50



PIZZA SELECTIONS

12" in size. Sorry no half and half.

	Non-Member	Member
Hawaiian Ham, pineapple and cheese blend.	\$22.00	\$20.50
Aussie Bacon, egg, cheese blend and BBQ sauce.	\$22.00	\$20.50
Mexican Supreme Salami, capsicums, Spanish onions, chunky salsa, cheese blend, Guacamole and corn chips.	\$23.00	\$21.50
Mediterranean Vegetable Roast pumpkin, spinach, mushrooms, chargrilled capsicums, eggplant, zucchini, Feta cheese, pizza sauce and cheese blend.	\$23.00	\$21.50
Indian Express Tandoori Chicken, spinach leaves, caramelised onion, Feta cheese, cheese blend and Raita.	\$27.00	\$25.50
American Meat Eater Pork sausages, Chorizo, salami, bacon, ham, beef, cheese blend, onions, pineapple and Cajun Aioli.	\$27.00	\$25.50

ON THE SIDE

Bowl of Chips – with tomato sauce or gravy	\$9.00	\$8.00
Bowl of Seasoned Wedges – with sweet chilli sauce and sour cream	\$13.00	\$12.00
Bowl of Sweet Potato Wedges – with sweet chilli sauce and sour cream	\$13.00	\$12.00
Bowl of Garden Salad	\$7.00	\$6.00
Bowl of Seasonal Vegetables	\$8.00	\$7.00
Bowl of Mash Potato	\$8.00	\$7.00
Bowl of Onion Rings	\$9.00	\$8.00

Gluten free options are available on most meals. Please ask our friendly staff for assistance.

Please be aware that all care is taken when catering for special dietary requirements. It must be noted that within the venue we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi and dairy products. Customer requests will be catered for to the best of our ability, but the decision to consume a meal is entirely the responsibility of the diner.



KID'S MENU

Kid's meals available to children 12 years and under. All kids meals served with chips (except pasta dishes). Vegetables are available on request with an extra charge.

	Non-Member	Member
Chicken Nuggets		
Ham and Pineapple Pizza	\$11.00	\$10.00
Kid's Parma		
Penne Bolognese		
Battered Fish		
Mac and Cheese Bites		
Party Pies		
Crumbed Calamari		
Kid's Deal	\$14.00	\$13.00
Includes any kid's meal, a kid's drink and a Dixie cup.		
Dixie Cup Ice Creams	\$2.50	\$2.00
Choice of toppings; Chocolate, strawberry, caramel, banana or sprinkles.		
Smarties	\$2.50	\$2.20
Skittles	\$2.50	\$2.20



SENIOR'S MENU

Seniors card must be presented when ordering.

Available for Lunch 7 days a week and Dinner Sunday to Thursday 5.30pm – 8.30pm
Excluding Fri & Sat nights

Not available Mother's Day, Father's Day or Special occasions.

	Non-Member	Member
2 Courses	\$18.00	\$16.50
3 Courses	\$19.00	\$17.50

Chicken Parmigiana

Crumbed chicken schnitzel topped with Napoli, ham and cheese. Your choice of sides.

Tropical Chicken Parma

Crumbed chicken schnitzel topped with Napoli, ham, pineapple and cheese. Served with chips.

Fish and Chips

Two pieces of battered New Zealand Cod fillets served with chips, salad and Tartare sauce.

Spaghetti Bolognese

Homemade Bolognese sauce with spaghetti.

Beef Burgundy Pie

Topped with mash potato and herb crust.

220g Porterhouse Steak

Cooked to your liking and served with your choice of sides and sauce.

BBQ Chicken Wings

Marinated in our own BBQ sauce, served with coleslaw and chips.

Grilled Salmon Steak

Served on mash potato with seasonal vegetables and Hollandaise sauce.

Lamb Korma Curry

Traditional lamb korma curry, served with steamed Jasmine rice, chutney, Raita and pappadum.

Chicken Satay Skewers

Served on rice with salad, chips and Satay sauce.

Calamari Caesar Salad

Traditional Caesar salad, topped with Panko crumbed calamari rings.

See our Specials board for our daily Soup, Dessert & specials.



DESSERTS

	Non-Member	Member
Pavlova Divine Whipped cream, fruits & Passionfruit pulp.	\$12.00	\$10.00
Sticky Date Pudding with Ice Cream Homemade in house, smothered with gooey Butterscotch sauce. Served with whipped cream and vanilla ice cream.		
Rocky Road Sundae Vanilla ice-cream, chunky rocky road pieces, Maraschino cherries, crushed nuts, marshmallows, Maltesers, chocolate and strawberry topping and caramel toffee shards.		
Mango Panna Cotta Homemade Panna cotta mousse, topped with cream and chunky mango coulis.		
Banana Fritter Deep fried battered banana fritter dusted with cinnamon sugar, served with vanilla ice-cream, golden syrup, crushed nuts and cream.		
Tropical Fruit Salad A selection of tropical fruits, diced up in sugar syrup, served with vanilla ice-cream.		
Assorted Cake Display Served with whipped cream.		