

# Q Healthy Choice

*Chef Phillipa Markey has designed the below menu  
Utilising fresh/ low fat ingredients and healthy cooking techniques.  
The chef is more than happy to alter dishes to suit*

---

## Healthy Choice ENTRÉES

---

- |   |                      |
|---|----------------------|
| <b>Grilled Chicken Tenderloins</b>  | <b>18.0</b>          |
| Served on a salad of Rocket, Crisp Vegetables with a Minted yoghurt dressing          |                      |
| <b>Baby Snapper Fillet</b>  | <b>E 19.5 M 27.0</b> |
| Served on a warm potato Salad, spinach and Salsa Verde                                |                      |
| <b>Grilled Prawn Cutlets</b>  | <b>18.5</b>          |
| Served on a rice salad with rocket, spinach, red onion & tomato and a squeeze of lime |                      |
- 

## Healthy Choice MAINS

---

- |  |                  |
|--|------------------|
| <b>Crispy Skinned Salmon</b>   | <b>31.0</b>      |
| Served on Steamed Baby Vegetables, with Tomato and Red onion dressing              |                  |
| <b>Seared Minute Steak</b>   | <b>28.0</b>      |
| Served with rocket, red onion & capsicum salad, Chat potatoes, olives & feta salsa |                  |
| <b>Garlic and Citrus Infused Linguini (V)</b>                                      | <b>E 17 M 28</b> |
| With mushrooms, cherry tomatoes and spinach, finished with Extra Virgin Olive oil  |                  |

## ENTRÉE

---

<b>TOASTED COB LOAF (V)</b> served with garlic or herb butter	6.50
<b>BRUSCHETTA choice of:-</b>	
• Tomato and basil (V)	6.50
• Field mushroom & Olives with Rocket, Parmesan & truffle oil	10.50
• Blue Swimmer Crab with Tomato Coulis	18.5
<b>SOUP OF THE DAY</b> Please ask your host.	13.0
<b>OVEN ROASTED SQUID</b> Filled with scallops, leek and spinach served With Champagne Cream	E 18.0 M 30.0
<b>TASTING OF DUCKLING</b>	E 22.5
• Duck Ravioli with white wine cream	
• Duck Shanks on mash, red wine jus	
• Duck Sausage on crustini, onion jam	
Served with a wild rocket salad	
<b>SALT AND PEPPER QUAIL</b> On creamy mash, chorizo salad with balsamic reduction	19.5
<b>ROAST VEGETABLE LASAGNE (V)</b> Mediterranean style vegetables with napoli Sauce, Buffalo Mozzarella and spinach	E 16.5 M 25.0
<b>ROAST CHICKEN &amp; GARLIC TERRINE</b> With crispy toast and assorted condiments	17.5
<b>TEMPURA PRAWNS</b> Served on a rice noodle salad, mirin and Coriander dressing	18.5

## PASTA/ RISOTTO

Available as Entrée or Main

---

<b>SPAGHETTI BOLOGNAISE</b> Topped with shaved Parmesan Cheese	E 15 M 26
<b>CRAB &amp; LEEK RISSOTTO</b> Finished with whipped cream and fresh herbs	E 17 M 28
<b>PASTA MARINARA</b> Selection of Pristine Seafood consisting of fish prawns, scallops, calamari, infused with garlic, tomato & white wine	E 18 M 29
<b>ROAST DUCK &amp; WILD MUSHROOM RISSOTTO</b> Finished with spinach, parmesan and truffle oil	E 18 M 29



**MAINS**

---

**PORTERHOUSE (cut to order)** 250 g 26.5  
 With Baked potato, topped with sour cream and 350g 29.5  
 spring onion, French Beans with Dianne Sauce 450g 34.5  
 600g 40.0

**ROAST HALF DUCK** 29.0  
 Set on Mashed potatoes, Baby Vegetables with a Port wine and baby shallot jus

**MARKET FISH OF THE DAY** Market Price  
 Served with crispy chats, brocolini with a white wine cream sauce

Ask your host for FOD

**CHICKEN PARMA (Your choice of toppings)** 29.00  
 • Sliced roma tomatoes, mozzarella & Basil  
 • Crispy prosciutto, Field mushrooms & Fetta  
 • Sautéed seafood, lemon / garlic butter **Seafood Extra 4.0**

All served with crispy chats & salad

**TERRYAKI MARINATED SALMON FILLET** 32.5  
 Set on a sautéed Asian Vegetable with noodles and a light Asian style broth

**ROAST HALF CHICKEN** 29.0  
 Cooked in its own juices, with potatoes, Baby Vegetables and crispy toast,

**BRAISED LAMB SHANK** 28.5  
 Served on Mash potatoes , french beans

**GRILLED RIB EYE** 40.0  
 On roasted sweet potato, parsnip & zucchini with a mustard seed butter & red wine jus

**PORK SPARE RIB** 29.5  
 Served with chunky chips, green salad, Spicy plum sauce

---

- Creamy mashed potatoes **All sides 8.00**
- Chunky fries with relish
- Seasonal vegetables
- Sautéed rosemary and garlic chats
- Wilted Greens topped with olive & fetta
- Garden salad with balsamic dressing



## DESSERT

---

<b>CHOCOLATE &amp; MOCHA TART</b>	14.0
Served with berry coulis & Chocolate Ice Cream	
<b>PASSIONFRUIT CHEESE CAKE</b>	14.0
With Peach and Vanilla Ice cream	
<b>MINI MERINGUE</b>	14.0
With Fruit Confit, Crème Custard & Mango Syrup	
<b>TRIO OF ICE CREAMS &amp; SORBETS</b>	14.0
Served in a chilled glass with Biscotti	
<b>STICKY DATE PUDDING</b>	14.0
With Butterscotch Sauce, cream & Ice cream	
<b>BUILT YOUR OWN TARTLETS</b>	18.5
Consisting of 3 mini pastry shells, accompanied by Lemon Curd, Honey Mascarpone & Chocolate / Berry Ice cream	
<b>FRESHLY SLICED FRUIT PLATTER</b>	14.0
A selection of fresh fruits of the day.	
<b>CHEESE PLATTER</b>	1 type 8.0
A selection of Australian cheese with fruit, nuts and crackers.	
	2 types 13.0
	3 types 18.0

## TEA & COFFEE

---

<b>ESPRESSO COFFEE</b>	3.5
Latte, cappuccino, short black, long black	
<b>TEA</b>	3.00
Ask your host for a selection of Dilmah teas.	



## Sparkling Wine

	Glass 125 ml	Bottle 750ml
• <b>Lindauer NV Sparkling 200ml</b> <i>New Zealand</i>	7.0	
• <b>Redbank Emily Sparkling Brut</b> <i>Redbank Vic</i>	6.0	23.0
• <b>La Vie Pinot Chardonnay</b> <i>France</i>		32.5
• <b>Beelgara vines the Brut</b> <i>Beelbangera NSW</i>	5.0	19.5
• <b>Geppetto NV Brut</b> <i>Dromana VIC</i>		24.0
• <b>Moet Brut Imperial</b> <i>France</i>		95.0

## White Wine

	Glass 125 ml	Bottle 750ml
• <b>Coriole Sem Sav Blanc</b> <i>McLaren Vale SA</i>		32.5
• <b>Oyster Bay Sav Blanc</b> <i>Marlborough NZ</i>	7.0	27.0
• <b>Forest Hill Semillon Sauvignon</b> <i>Great Southern WA</i>		28.0
• <b>Brown Brother Crouchen Riesling</b> <i>Milawa VIC</i>		26.5
• <b>Hazard Hill Semillon Sauvignon</b> <i>Margaret River WA</i>	6.0	22.5
• <b>Mojo Sav Blanc</b> <i>Mt Torrens SA</i>		27.5
• <b>Wild Oats Chardonnay</b> <i>Mudgee NSW</i>		26.5
• <b>Beelgara Chardonnay / Semillon</b> <i>Beelbangera NSW</i>	5.0	19.5
• <b>Tisdal 33rd Sauvignon Blanc</b> <i>Goulburn Valley VIC</i>		21.0
• <b>Quest Knox House White</b> <i>Adelaide Hills SA</i>	5.0	19.5
• <b>Cloudy Bay Sav/Blanc</b> <i>Malborough NZ</i>		46.5
• <b>Browns of Padthway Sav/Blanc</b> <i>Padthaway SA</i>		24.5
• <b>Henschke Tilly's Semillon Sauvignon Blanc chardonnay</b> <i>Eden Valley SA</i>		29.5
• <b>Oyster Bay Chardonnay</b> <i>Malborough NZ</i>	7.0	27.0

# Red Wine

Glass 125 ml    Bottle 750ml

• <b>Coriole Shiraz</b> <i>McLaren Vale SA</i>		39.5
• <b>Beelgara Cab / Merlot / Shiraz</b> <i>Beelbangera NSW</i>	5.0	19.5
• <b>Oyster Bay Pinot Noir</b> <i>Marlborough NZ</i>		29.5
• <b>Rascals Prayer Old Vine Shiraz</b> <i>Beelbangera NSW</i>		23.5
• <b>Hollick Shiraz Cab</b> <i>Coonawarra SA</i>	8.5	32.0
• <b>Preece Merlot</b> <i>Coonawarra SA</i>		25.5
• <b>St Hallets Cab Shiraz</b> <i>Barossa Valley SA</i>		26.0
• <b>Quest Knox House Red</b> <i>South Eastern Australia</i>	5.0	19.5
• <b>Hardy's Shiraz Cabernet</b> <i>McLaren Vale SA</i>	5.5	20.0
• <b>Penfolds Bin 389 Cab Shiraz</b> <i>Barossa Valley SA</i>		68.0
• <b>Sir Paz Merlot</b> <i>Yarra Valley VIC</i>		28.5
• <b>Deakin Estate Merlot</b> <i>Murray Valley VIC</i>	5.5	20.0
• <b>Leeuwin Art Series Cabernet</b> <i>Margaret River WA</i>		65.0
• <b>Wild Oats Cab Merlot</b> <i>Mudgee NSW</i>		28.5
• <b>Pepperjack Shiraz</b> <i>Barossa Valley WA</i>		36.0
• <b>Mojo Shiraz</b> <i>Mt Torren's SA</i>		25.5



# Beers

## Local

Bottle

• **Victoria Bitter** 5.5  
*Victoria*

• **Carlton Cold** 5.5  
*Victoria*

• **Tooheys extra dry** 5.5  
*New South Wales*

• **Cascade Premium Light** 5.0  
*Tasmania*

• **Hahn Premium Light** 5.0  
*New South Wales*

• **James Boags Premium Light** 5.0  
*Tasmania*

• **Crown Lager** 6.5  
*Victoria*

• **Pure Blonde Low Carb** 6.0  
*Melbourne Vic*

• **Bees Nees** 6.5  
*Matilda Bay WA*

• **Cascade Premium** 6.5  
*Tasmania*

• **Hahn Premium** 6.5  
*New South Wales*

• **James Boags Premium** 6.5  
*Tasmania*

## Imported

• **Becks** 6.5  
*Germany*

• **Corona** 6.5  
*Mexico*

• **Guinness** 6.5  
*Ireland*

• **Stella Artois** 6.5  
*Belgium*

• **Heineken** 6.5  
*Paris*

## Mixed Drinks

	Bottle
• Bacardi Breezer - Variety	8.0
• Smirnoff Ice	8.0
• Cruiser - Variety	8.0
• Midori & Lemonade	8.0
• Lemon Ruski	8.0

## Spirits

	30 ml
• Basic	6.0
• Premium	6.5
• Top Shelf	7.5
• Remy Martin XO Cognac <i>France</i>	12.5

## Soft Drinks

Soft Drink	3.0
Juice	3.5
Lemon Lime & Bitter	3.5