

To Start & Share

	MEMBERS	NON-M
GARLIC BREAD VO Add Cheese \$2.0 Add Bacon \$3.0	\$8.5	\$10.5
BRUSCHETTA V DFO Sourdough with diced red onion, tomato, basil, bocconcini drizzled with a balsamic glaze	\$14.5	\$16.5
COB LOAF Toasted cob loaf filled with a smokey bacon and cheddar, leek and creamed corn sauce	\$16.0	\$18.0
CORN & ZUCCHINI FRITTERS V DF Crispy corn & zucchini fritters with raita and Indian tomato chutney	\$16.0	\$18.0
DUCK SPRING ROLLS DF Served with plum dipping sauce	\$18.0	\$20.0
TRIO OF PRAWNS DFO Coconut, szechuan, tobiko crispy prawns with basil chilli aioli	\$16.5	\$18.5
PARMESAN CALAMARI DFO Parmesan dusted calamari served with a basil chilli aioli <i>Served as a main with chips and salad</i>	\$15.9	\$17.9
BAO BUNS Trio of bao buns choose from brisket, parmesan calamari or prawn	\$22.9	\$24.9
BAO BUNS Trio of bao buns choose from brisket, parmesan calamari or prawn	\$19.0	\$21.0
LOADED FRIES DFO Smokey brisket loaded fries topped with melted cheddar cheese and chipotle mayo	\$13.0	\$15.0
CLASSIC WINGS (9) DFO GFO Marinated chicken wings served with your choice of sauce Gorgonzola Sticky Plum Smokey BBQ	\$15.0	\$17.0
SWEET POTATO CHIPS DFO V Served with sour cream & sweet chilli sauce	\$11.0	\$13.0
PORK BELLY DF Slow braised pork belly and Asian greens with a sticky five spice soy	\$18.0	\$20.0
SOUP OF THE DAY Ask staff for today's soup, served with a crusty bread roll	POA	POA



(V) VEGETARIAN | (VO) VEGETARIAN OPTION | (GF) GLUTEN FREE
 (GFO) GLUTEN FREE OPTION | (DF) DAIRY FREE | (DFO) DAIRY FREE OPTION

SCAN TO ORDER





From the Grill

Our steaks are carefully sourced from local primary producers with specialised cross breeders of the highest standards. Rainbow Beach Meats is an industry leading Butcher Shop founded in 1989, by Fitzgerald & Sons. They are a family owned business, and are proud to serve the community with products made of the highest quality ingredients. They guarantee the freshest products available in Rainbow Beach. Their produce are locally sourced, in the rich and fertile land of the Gympie region, the 'food bowl' of South East Queensland, Australia.

All steaks are oil basted, come with your choice of sauce and either chips & salad or mash & veg

Mushroom | Pepper | Diane | Traditional Gravy
Red Wine Jus | Creamy Garlic | Bearnaise | Chilli

	MEMBERS	NON-M
250G BLACK ANGUS SIRLOIN GF DF	\$34.9	\$36.9
300G RIB FILLET GF DF	\$41.9	\$43.9
400G RUMP GF DF	\$39.9	\$41.9
250G WAGYU STRIPLOIN GF DF Darling Downs, 180 day grainfed, 4/5 marble score	\$45.9	\$47.9

Toppers & Sides

BBQ PORK RIBS DF	\$14.0
SEAFOOD TOPPER	\$11.0
SIDE SALAD GF DF	\$3.5
SIDE CHIPS DF	\$3.5
SIDE SWEET POTATO CHIPS DFO V	\$5.5
SIDE PEAR & WALNUT SALAD V	\$7.9



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Mains

	MEMBERS	NON-M
200G EYE FILLET GF Served with field mushroom, dutch carrots and chive mash with a red wine jus	\$41.0	\$43.0
GRILLED LEMON & GARLIC CHICKEN BREAST GF DFO Served with a fruit cous cous, spinach, blistered cherry tomatoes and raita sauce	\$33.0	\$35.0
SLOW COOKED LAMB SHANK GF Served on a bed of creamy mash and steamed seasonal greens with a red wine jus	\$32.0	\$34.0
BRISKET LOADED POTATO Baked Idaho potato topped with bbq brisket, cheese and slaw	\$21.0	\$23.0
MALYSIAN VEGETABLE LAKSA V GF DF Mild vegetable laksa served with rice noodles, wombok and bean sprouts Add Chicken \$7.0 Add Prawns \$10.0	\$25.9	\$27.9
CHICKEN SCHNITZEL DF Hand crumbed & deep fried, served with chips and salad Add Napoli sauce, ham & mozzarella cheese \$6.0	\$24.9	\$26.9
MARKET FISH OF THE DAY DFO Please see our friendly staff for our fish of the day	POA	POA
ROAST OF THE DAY Roast meat, baked potato and pumpkin with steamed seasonal vegetables topped with traditional gravy	\$23.5	\$25.5
CHICKEN AND CASHEW STIR FRY DF GFO Marinated chicken with Asian vegetables, stir fried through a sweet and sticky chilli sauce served with rice and topped with toasted cashews	\$23.5	\$25.5
PORK RIBS 500g American BBQ pork ribs, cooked from scratch in house, and served with slaw and Idaho potato	\$37.9	\$39.9



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Salads

	MEMBERS	NON-M
VIETNAMESE LEMONGRASS SALAD V GF DF Crispy wombok, cucumber, carrot, coriander, mint, roasted peanuts, rice noodles with a house made chilli dressing	\$19.5	\$21.5
COUS COUS SALAD V Cous cous, roasted cauliflower, zucchini, red onion, capsicum, cherry tomatoes, spinach topped with green goddess dressing	\$20.5	\$22.5
CAESAR SALAD VO GF Baby cos, bacon, croutons, parmesan, anchovies, poached egg, tossed in a creamy Caesar dressing	\$17.9	\$19.9
PEAR & WALNUT SALAD V GF Char grilled pear, blue cheese, walnuts, topped with a maple dressing Add Chicken \$7.0 Add Prawns \$10.0	\$20.9	\$22.9

Pasta

	MEMBERS	NON-M
MARINARA LINGUINI DFD Marinara mix, basil, cherry tomatoes, linguini pasta tossed through a Napoli sauce garnished with shaved parmesan	\$31.0	\$33.0
ALFREDO PAPPARDELLE VO Field mushrooms, spinach, garlic, Spanish onion and parmesan tossed in a creamy white wine reduction Add Chicken \$7.0 Add Prawns \$10.0	\$23.0	\$25.0
SPINACH & RICOTTA CANNELLONI V Spinach & ricotta cannelloni in a Napoli sauce topped with parmesan served with a side garden salad	\$19.5	\$21.5
SPAGHETTI BOLOGNAISE DFD Rich beef bolognese served on a bed of spaghetti topped with shaved parmesan	\$21.0	\$23.0



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Pizza

GF base available +\$4

	MEMBERS	NON-M
HAWAIIAN GF Napoli sauce, ham, pineapple, mozzarella cheese mix	\$17.9	\$19.9
PEPPERONI GF Napoli sauce, pepperoni, onion, mozzarella cheese mix	\$17.9	\$19.9
CHEESEBURGER GF Napoli sauce, ground beef, pickles, onion, mustard and ketchup, mozzarella cheese mix	\$21.0	\$23.0
SMOKEY BBQ CHICKEN GF BBQ base, chicken, onion, mushroom, bacon, mozzarella cheese mix	\$20.0	\$22.0
HERBIVORE GF Napoli sauce, onion, capsicum, mushrooms, pineapple, olives, spinach, mozzarella cheese mix Add Ham & Pepperoni +\$3.0	\$19.0	\$21.0
MARINARA GF Napoli sauce, calamari, fish, prawn, onion, mozzarella cheese mix	\$23.0	\$25.0
CARNIVORE GF BBQ sauce, ground beef, ham, pepperoni, bacon, onion, mozzarella cheese mix	\$22.0	\$24.0

Kids Menu

- CHICKEN NUGGETS
- CHEESEBURGER SLIDER
- HAM & PINEAPPLE PIZZA
- 150G SIRLOIN STEAK
- FISH BITES
- CALAMARI
- SPAGHETTI BOLOGNAISE



\$13.9
MEMBERS
\$15.9 NON-MEMBERS

All kids meals come with an activity pack, 10oz soft drink and a soft serve ice cream.



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Desserts

MANGO MACADAMIA (GF)

Vanilla bean cheesecake and macadamia laced mango cheesecake sitting on a gluten free chocolate crumb base topped with macadamia nuts and dark chocolate ganache.

BAKED LEMON & LIME TART

Delight in the fresh citrus harmony of lemon and lime juice in a sweet baked tart with a sprinkling of dusting sugar.

AMERICAN BROWNIE

A traditional recipe of chocolate fudge mixed with loads of walnuts and pecans. Lightly dusted to finish..

STICKY DATE

A traditional style steamed pudding, full of dates and self-saucing with a toffee sauce

COOKIES & CREAM CHEESECAKE

Showcasing whole cookies in cold set cheesecake folded with cookie crumbs, covered with dark chocolate glaze dripping lusciously down the sides, finished with white chocolate curls and sweet white peaks.

All Served with soft serve ice cream.

SOFT SERVE ICE CREAM: \$3.5 MEM | \$4.5 NON MEM

With toppings



Coffee & Milkshakes

CUP:

\$4.5 MEM | \$5.5 NON MEM

MUG:

\$5.5 MEM | \$6.5 NON MEM

CAPPUCCINO

FLAT WHITE

LATTE

MOCHA

LONG BLACK

ESPRESSO

FULL CREAM | SKIM | OAT | ALMOND | LACTOSE FREE
VANILLA | HAZELNUT | CARAMEL + \$1.0

ASSORTED TEAS:

\$3.5 MEM | \$4.5 NON MEM

EARL GREY | GREEN | PEPPERMINT
ENGLISH BREAKFAST | CHAMOMILE |

ICED BEVERAGE:

\$9.5 MEM | \$10.5 NON MEM

ICED COFFEE
ICED CHOCOLATE
ICED LATTEE



RAINBOW BEACH
SPORTS CLUB

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SCAN TO ORDER



LUNCH SPECIALS

ALL
\$15

AVAILABLE LUNCH ONLY
FROM 11:30AM – 2PM



ROAST OF THE DAY

Served with roast vegetables

VEGETARIAN PIZZA

Pizza sauce, baby spinach, red onion, mozzarella mix, mushroom, capsicum, olives, pineapple



MEAT BALL SUB

Napoli, meatballs, mozzarella cheese, served on a toasted bun



CRUMBED FISH

Served with chips, salad & tartare sauce



FRIED RICE

Served with choice of Chicken, Beef or Prawn



MEMBERS ONLY
"NOT A MEMBER, JOIN NOW"



RAINBOW BEACH
SPORTS CLUB

LUNCH SPECIALS

ALL
\$15

AVAILABLE LUNCH ONLY
FROM 11:30AM – 2PM



STEAK BURGER

150g sirloin, lettuce, tomato, cheese, beetroot, house BBQ sauce on a toasted bun

ROAST OF THE DAY

Served with roast vegetables



PEPPERONI PIZZA

Napoli sauce, pepperoni, mozzarella cheese

PUMPKIN FETTUCCINI (VG)

Fettuccini, roasted pumpkin, pumpkin sauce and shaved parmesan



SWEET AND SOUR PORK

Battered pork bites with sweet and sour sauce, Asian veg, rice and crispy rice noodles

MEMBERS ONLY
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RAINBOW BEACH
SPORTS CLUB

LUNCH SPECIALS

ALL
\$15

AVAILABLE LUNCH ONLY
FROM 11:30AM – 2PM



ROAST OF THE DAY

Served with roast vegetables

HAM AND PINEAPPLE PIZZA

Napoli base, ham, pineapple topped with mozzarella cheese



FISH TACO

2 soft tacos, battered barramundi pieces, lettuce, pico de gallo, kewpie

PULLED BEEF BURGER

Beef brisket with smokey BBQ sauce, pickles & mozzarella cheese served with chips



THAI GREEN CURRY

Chicken, spinach, peas and zucchini served with steamed rice and crispy rice noodles



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SPORTS CLUB

LUNCH SPECIALS

ALL
\$15

AVAILABLE LUNCH ONLY
FROM 11:30AM – 2PM



ROAST OF THE DAY

Served with roast vegetables

SMOKEY BBQ CHICKEN PIZZA

Smokey BBQ sauce, chicken, onion, mushroom, mozzarella cheese



CHICKEN BLAT

Served with chips

BANGERS AND MASH

Served with mash potato, homemade gravy and vegetables



LOADED PULLED BEEF NACHOS

Beef, corn chips, guacamole, mozzarella cheese & sour cream. Jalapenos optional.



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SPORTS CLUB

LUNCH SPECIALS

ALL
\$15

AVAILABLE LUNCH ONLY
FROM 11:30AM – 2PM



ROAST OF THE DAY

Served with roast vegetables



BEEF CURRY

Served with mashed potato



SPAGHETTI CARBONARA

*With pork belly, peas
and parmesan cheese*

COCONUT CRUMBED PRAWNS

*Served with mango pepper sauce
and a side of chips*



BEAN & CHEESE TAQUITOS

Served with chipotle sauce & guacamole

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SPORTS CLUB