

# parassis

## RESTAURANT

### Dietary & Food Allergies Disclaimer

Please note that all care is given when catering for special dietary and food allergy requirements. Customer requests will be catered to the best of our ability, but ingredients may come into contact with the meal in question and the decision to consume a meal is the responsibility of the diner.

**KEY:**



*gluten free*



*gluten free option*



*dairy free*



*vegetarian*

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# BREAKFAST CLUB

SERVED 9AM TO 12PM

**BIG BREAKFAST .... 19 / 21**

Grilled bacon, 2 eggs poached, scrambled or fried, grilled tomato, breakfast potatoes, sausage, mushrooms, baked beans, toast

**BACON & EGGS BENEDICT .... 18 / 20** **GFO**

Grilled bacon, 2 poached eggs, baby spinach, toasted sub, hollandaise sauce

**BACON & EGG TOASTIE .... 13 / 14** **GFO**

Grilled bacon, 2 fried eggs, tomato sauce

**EGGS ON TOAST .... 11 / 12** **GFO** **V**

2 eggs, poached, scrambled or fried

**EXTRAS:**

Bacon ....	4	Sausage ....	3
Avocado ....	4	Breakfast potatoes ....	3
Mushrooms ....	4	GF Bread option ....	2.5

# LUNCH CLASSICS

SERVED 9AM TO 5PM

**CAZALYS BURGER .... 18 / 20** **GFO**

Cazalys beef patty, bacon, egg, cheese, lettuce, tomato, onion rings, chips

**PULLED PORK BURGER .... 20 / 22** **GFO**

Slow cooked pulled pork, house slaw, cheddar cheese, chips

**CHICKEN SUB SANDWICH .... 18 / 20**

Breast schnitzel, cheese, lettuce, tomato, mayo, chips

**STEAK SUB SANDWICH .... 21 / 23** **GFO**

Bindaree steak, grilled onions, baby cos lettuce, tomato, cheese, chips

Member / Non Member pricing



# LUNCH SANDWICHES & WRAPS

FRESH OR TOASTED

SERVED 9AM TO 5PM

- HAM & CHEESE .... 8 / 9
- CHICKEN & AVOCADO .... 10 / 11
- CHICKEN & CHEESE .... 9 / 10
- BACON, LETTUCE & TOMATO .... 11 / 12
- CHEESE & ONION .... 7 / 8 V

EXTRAS:

Salad ....	2.5	Avocado ....	2.5
Tomato / Onion ....	1	Chips SML ....	4
Cheese ....	1.5	GF Bread option ....	2.5

# BUDGET BUSTERS

SMALLER SERVING SIZES APPLY

SERVED 9AM TO 9PM

- CRUMBED FISH & CHIPS .... 12.9 / 17.9 DF
- House slaw, tartare, lemon

- CALAMARI & CHIPS .... 12.9 / 17.9 DF
- House slaw, tartare, lemon

- CHICKEN SCHNITZEL (180G) .... 12.9 / 17.9
- House slaw, chips, gravy

- MACARONI CHEESE .... 12.9 / 17.9
- Cazalys style, garlic bread

- ADD
- Soft serve Ice cream .... 2



# CLUB STARTERS

SERVED 9AM TO 9PM

GARLIC BREAD .... 8 / 9    ADD Cheese .... 2    **V**

BRUSCHETTA .... 11 / 12    **V**

VEGETARIAN SPRING ROLLS (4) .... 14 / 15    **V**

Sweet chilli dipping sauce

SOUP OF THE DAY .... 8 / 9

Dinner roll

# SALADS

SERVED 9AM TO 9PM

CAESAR SALAD .... SML 14 / 15    LGE .... 17 / 19    **GFO**

Crisp baby cos, house dressing, bacon, croutons, shaved parmesan, boiled egg, anchovies

ADD Chicken 7 / Prawns 8 / Calamari 6

JAPANESE SESAME SALAD .... 18 / 20    **DF**    **V**

House made Asian slaw, salad leaves, fried shallots, creamy sesame dressing, pickled ginger

ADD Chicken 7 / Prawns 8 / Calamari 6

THAI BEEF SALAD .... 20 / 22    **DF**    **GF**

Marinated beef, leaf salad, tomato, celery, mint, coriander, crushed peanuts  
crispy shallots, Nam Jim dressing

Member / Non Member pricing



# ASIAN CLASSICS

SERVED 9AM TO 9PM

## STIR FRY NOODLES .... 21 / 23

DF V

Egg noodles, stir fry vegetables, garlic and sweet soy sauce, crispy shallots

ADD Chicken 7 / Prawns 8

## BUTTER CHICKEN .... 24 / 26

Authentic rich chicken curry, steamed rice, raita, flat bread

## SATAY BEEF SKEWERS (3) .... 24 / 26

DF

Bindaree beef satay skewers, fried rice, peanut sauce

## SWEET & SOUR PORK .... 24 / 26

Battered pork, sweet and sour sauce , steamed rice, crispy shallots

# CLUB FAVOURITES

SERVED 9AM TO 9PM

## ATLANTIC SALMON .... 31 / 34

GF

200g crispy skin salmon, new potatoes, Spanish onion, capers, cherry tomatoes, broccolini, salsa verde

## LAMB SHANK .... 29 / 32 EXTRA SHANK .... +11

GF

Braised lamb shank, creamy mashed potato, seasonal greens, gravy

## GARLIC PRAWNS .... 26 / 29

Prawns, garlic cream white wine sauce, spinach

CHOICE OF 1 OF THE FOLLOWING: Steamed rice / Spaghetti / Fettuccine / GF Penne

## TEXAN BBQ RIBS 1 PIECE .... 26 / 29 2 PIECE .... 35 / 38

Twice cooked BBQ ribs

CHOICE OF 2 SIDES: Garden salad / House slaw / Vegetables / Mashed potato / New potatoes / Chips

Member / Non Member pricing



# CLUB CLASSICS

SERVED 9AM TO 9PM

## ALL CLUB CLASSICS

Choice of 2 sides : Garden salad / House slaw / Vegetables / Mashed potato / New potatoes / Chips

### FISH (BATTERED OR CRUMBED) .... 26 / 29

DF

Local mackerel (3), tartare, lemon

### CALAMARI .... 22 / 25

DF

Pineapple cut seasoned strips, tartare, lemon

### SEAFOOD BASKET .... 30 / 33

Local mackerel, crumbed prawns, calamari, tartare, lemon

### CHICKEN SCHNITZEL .... 23 / 26

300g crumbed chicken breast

### CHICKEN PARMA .... 25 / 28

300g crumbed chicken breast, Italian tomato sauce, mozzarella

### AUSSIE PARMA .... 27 / 30

300g crumbed chicken breast, Italian tomato sauce, ham, mozzarella

### STEAK SCHNITZEL .... 23 / 26

250g crumbed steak

Member / Non Member pricing



# PIZZA & PASTA

SERVED 9AM TO 9PM

## CHICKEN CARBONARA .... 23 / 25

Chicken, bacon, onion, mushrooms, garlic cream white sauce, shaved parmesan

**PASTA:** Spaghetti / Fettuccine / GF Penne

## BOLOGNESE .... 22 / 24

Traditional bolognese sauce, tomato, roasted garlic, Italian herbs, shaved parmesan

**PASTA:** Spaghetti / Fettuccine / GF Penne

## MARGHERITA PIZZA .... 18 / 20

Italian tomato sauce, mozzarella

## HAWAIIAN PIZZA .... 18 / 20

Italian tomato sauce, ham, pineapple, mozzarella

## BBQ CHICKEN & BACON PIZZA .... 20 / 22

BBQ sauce, chicken breast, Spanish onion, bacon, mozzarella

## SUPREME PIZZA .... 20 / 22

Italian tomato sauce, ground beef, bacon, ham, pepperoni, mushroom, mozzarella

Spanish onion, olives, anchovies

## GARLIC PRAWN PIZZA .... 21 / 23

Italian tomato sauce, prawns, baby spinach, aioli, rocket, mozzarella

### EXTRAS:

Gluten free base .... 4

Lactose free cheese .... 4

Member / Non Member pricing



# CARVERY CLUB

AVAILABLE FRIDAY TO SUNDAY DINNER 5.30PM TO 8PM / SUNDAY LUNCH 12 TO 2PM

## CAZALYS CARVERY .... 22 / 27

3 succulent roasted meats (Beef, Pork, Lamb), oven roasted root vegetables, cheesy cauliflower, seasonal greens, pork crackle, gravy, accompaniments

**FREE:** Dessert on Sunday

# KIDS MENU

KIDS MEALS INCLUDE SOFT SERVE ICE CREAM DESSERT  
(14 AND UNDER ONLY)

## 6 NUGGETS .... 11

Crumbed chicken breast nuggets, chips, tomato sauce

## 10 NUGGETS .... 14

Crumbed chicken breast nuggets, chips, tomato sauce

## SPAGHETTI BOLOGNESE .... 11

Spaghetti, mild beef bolognese

## 5 FISH FINGERS .... 11

Fish fingers, chips, tomato sauce

## HAM & CHEESE PIZZA .... 8

Ham & cheese pizza

## KIDS CARVERY .... 13 / 15

100g roasted meat (Beef, Pork, Lamb)

AVAILABLE FRIDAY TO SUNDAY DINNER 5.30PM TO 8PM / SUNDAY LUNCH 12PM TO 2PM

**SUBSTITUTE CHIPS  
FOR SIDE SALAD / VEGETABLES**

Member / Non Member pricing



# CLUB GRILLS

SERVED 9AM TO 9PM

ALL CLUB GRILLS COME WITH A CHOICE OF 2 SIDES:  
Garden salad / House slaw / Vegetables / Mashed potato / New potatoes / Chips  
PLUS 1 OF THE FOLLOWING:  
Gravy / Mushroom sauce / Peppercorn sauce / Garlic cream sauce

RUMP STEAK .... 26 / 29 GFO  
250g Bindaree MSA 100 day grain fed

RIB FILLET .... 43 / 48 GFO  
300g Bindaree MSA 100 day grain fed

CHICKEN BREAST FILLET .... 23 / 25 GFO

ROARING FORTIES LAMB LOIN CHOPS (3) .... 28 / 31 GFO

LOCAL CAUGHT GRILLED MACKEREL .... 26 / 28 GFO

ADD: GRILL TOPPER  
Garlic cream prawns 8 / Texan BBQ ribs 12

## BINDAREE BEEF MSA 100 DAY GRAIN FED

Bindaree Cattle are raised on grass and finished on a unique mix of wholegrain cereals. This results in medium to fine marbling. Bindaree beef is beautifully juicy and tender with a big bold flavour.

# SIDES

CHIPS ....	SML .. 4 / MED .. 6 / LGE.. 8	SIDE SALAD ....	4
MASHED POTATO ....	6	HOUSE SLAW ....	4
VEGETABLES ....	5	GRAVY ....	1.5
STEAMED RICE ....	3	PEPPER SAUCE ....	3
		MUSHROOM SAUCE ....	3
		GARLIC CREAM SAUCE ....	3



# barassis

CAFE

OPEN FROM 9AM TO 9PM / 7 DAYS A WEEK

## COFFEE

	CUP	MUG	REG T/AWAY	LGE T/AWAY
CAPPUCCINO	4.6	5.4	5.9	6.8
FLAT WHITE	4.1	4.9	5.4	6.5
LATTE	5	5.8	6.3	7
SHORT BLACK	3.5	4.3		
LONG BLACK	3.6	4.4	4.9	5.7
MOCHA	5	5.8	6.3	7
VIENNA	5.5	6.3	6.8	7.5
PICCOLO	4.1			
SHORT MACCHIATO	4.1			
LONG MACCHIATO	4.8			
AFFOGATO	4.1			
BABYCCINO	2			

### EXTRAS: \$.80

Extra Espresso Shot / Decaf coffee /Honey  
Caramel / Hazelnut / Vanilla / Malt / Soya / Oat  
Almond / Lactose Free Milk

## TEAS

	CUP	MUG	POT (1)	POT (2)	REG T/AWAY	LGE T/AWAY
BLACK TEA	3	3.8	3.8	5.2	4.3	4.8
WHITE TEA	3.2	4	4	5.4	4.5	5
FLAVOURED TEAS	4	4.8	4.8	5.4	4.8	5.5

VARIETIES: English breakfast / Earl grey / Mixed berry / Lemongrass & ginger / Green / Peppermint

	GLASS	MUG	REG T/AWAY	LGE T/AWAY
CHAI	5.3	6.1	6.6	7.6
DIRTY CHAI	6.3	7.1	7.6	8.6

## HOT CHOCOLATE

5	5.8	6.3	7
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# barassis

CAFE

OPEN FROM 9AM TO 9PM / 7 DAYS A WEEK

## ICED DRINKS

	GLASS	T/AWAY
ICED COFFEE	6.6	7.1
ICED LATTE	6.6	7.1
ICED LONG BLACK	6.1	6.6
ICED MOCHA	6.6	7.1
ICED CHAI	6.6	7.1
ICED CHOCOLATE	6.6	7.1
ICED CARAMEL	6.6	7.1
COFFEE FRAPPÉ	7.6	8.1
OREO FRAPPÉ	7.6	8.1
CARAMEL FRAPPÉ	7.6	8.1
CHOCOLATE FRAPPÉ	7.6	8.1

## SHAKES

	GLASS	T/AWAY
MILKSHAKE	6	6.5
THICKSHAKE	7	7.5
FLAVOURS: Caramel / Strawberry / Chocolate Banana / Vanilla		

## SMOOTHIES

	GLASS	T/AWAY
SMOOTHIE	8.5	9
FLAVOURS: Strawberry / Mango / Banana Mixed berry		

## FRESH JUICE

	GLASS	T/AWAY
JUICE OF THE DAY	6.6	7.1
CREATE A JUICE	6.6	7.1
CHOICES: choice of 4 max Orange / Pineapple / Watermelon / Carrot / Beetroot Celery / Ginger / Mint		

## ICE CREAM SUNDAES

ICE CREAM CONE	3.5
STANDARD SUNDAE	5.5
LARGE SUNDAE	7.5

SUNDAES COME STANDARD WITH  
CREAM, PEANUTS, WAFER &  
CHERRY PLUS YOUR CHOICE OF SAUCE:  
Chocolate / Caramel  
Strawberry/ Vanilla / Banana

ADD ON: Jelly beans / M&M's / Maltesers Twirl / Marshmallows / Mint Aero Bar / Picnic Crunchie / Cherry Ripe / Oreos		1
Ferrero Rocher		1.5



# barassis

CAFE

OPEN FROM 9AM TO 9PM / 7 DAYS A WEEK

## SMALL SWEET TREATS

SCONE, JAM & CREAM	4.5
ASSORTED COOKIES	3
CUPCAKES	4
NOVELTY CUPCAKES - WHEN AVAILABLE	5.5
LAMINGTON	5
RAISIN TOAST	5

## CAFE DEALS

COFFEE/TEA & MUFFIN	8.5
COFFEE/TEA & SLICE OF THE DAY	10.5

## BREAKFAST TREAT

SERVED 9AM TO 12PM

WAFFLES	15.4
TOPPING: Chocolate / Strawberry / Caramel / Vanilla / Banana	

## SAVOURY DELIGHTS

BACON & ZUCCHINI SLICE	9.5
VEGETABLE STACK	9.5
LASAGNA	9.5
ASSORTED FILO PASTRY- SEE CABINET	9.5
SAVOURY MUFFIN	8.5
HAM & CHEESE CROISSANT	8.5

## SANDWICHES & SUBS

SEE CABINET FOR DAILY SELECTIONS

ASSORTED SUBS	10
ASSORTED SANDWICHES	8
ASSORTED HALF WRAPS	6

## DESSERTS

CHOCOLATE PUDDING - SELF SAUCING	8.5	GF CAKE OF THE DAY - SEE CABINET	8.5
PECAN PIE	8.5	ASSORTED SLICES - SEE CABINET	6.5
CARAMEL TART	8.5	CHOCOLATE BANANA SPLIT	8.5
CHEESECAKE OF THE DAY - SEE CABINET	8.5	KIDS ICE CREAM CUP / KIDS JELLY CUP	2.5
APPLE CRUMBLE	8.5	ADD: Ice cream scoop / Custard	1.8