



STARTERS/LIGHT MEALS

GARLIC BREAD (V) (8)

Add cheese (2)

SATAY CHICKEN SKEWERS (18)

Three skewers with salad greens

PRAWN GYOZA (15)

Five prawn gyoza with salad greens and soy sauce

SALT & PEPPER CALAMARI (GFO) (16)

With mayonnaise + greens

VEGETABLE SPRING ROLLS (V) (12)

Three house made spring rolls with sweet chilli soy sauce

SIDES

CHIPS (8)

MASHED POTATOES (8)

BOWL OF VEGETABLES (8)

HOUSE SALAD (8)

GRAVY/MUSHROOM GRAVY/PEPPER GRAVY (2)

DESSERTS

STICKY DATE PUDDING (GF) (10)

PLEASE SEE STAFF FOR MORE DESSERT CHOICES

DINNER ROLL AND BUTTER (1)

SWAP TO MASHED POTATO OR VEGETABLES (2)

(V) - VEGETARIAN (V*) - VEGETARIAN ON REQUEST

(VG) - VEGAN (GF) - GLUTEN FREE

(GFO) - GLUTEN FREE ON REQUEST

MAINS

GRILLED BARRAMUNDI (GFO) (26)

Served with chips, salad and Tartare sauce

ROAST OF THE DAY (GFO) (market price)

Refer to the specials board

BUTTER CHICKEN CURRY (24)

Served with jasmine rice, raita and roti bread

BARRAMUNDI YELLOW CURRY (26)

Served with jasmine rice and roti bread

ITALIAN PARMA (26)

Topped with Napoli, ham, cheese, with chips and salad

AUSSIE PARMA (28)

Topped with Napoli, bacon, cheese, fried egg and BBQ sauce with chips and salad

BEER BATTERED FISH AND CHIPS (24)

Beer battered hake served with chips, salad and tartare sauce

SALT & PEPPER CALAMARI (GFO) (25)

Served, with chips, salad and mayonnaise

CRUMBED LAMB CUTLETS (30)

Three cutlets with mashed potato, vegetables and mint gravy

GRAIN FED PORTERHOUSE (GFO) (35)

300g Porterhouse served with chips and salad

Sauce: Plain gravy/mushroom gravy/pepper gravy/garlic butter/hot English mustard

CHICKEN SCALOPINI (26)

Chicken thigh, onion, garlic and mushroom cooked in a creamy sauce, served with mashed potatoes and vegetables

TERIYAKI SALMON BOWL (27)

Teriyaki salmon with rice, lettuce, edamame, corn flakes, topped with sesame seeds

PUMPKIN GNOCCHI (V) (24)

Potato gnocchi cooked with onion, garlic, roasted pumpkin, semi-dried tomatoes, cooked in a creamy white wine sauce finished with spinach, almond flakes and Parmesan cheese

NASI GORENG (GFO) (V) (22)

Mixed greens, bean shoots, garlic, ginger, chilli, fried rice topped with a fried egg

Add chicken (5)

CAESAR SALAD (V) (22)

Traditional Caesar salad with optional anchovies

Add chicken (5)



KIDS (Under 12 years old with ice cream)

CHICKEN NUGGETS + CHIPS (10)

CHICKEN SCHNITZEL or PARMA and CHIPS (10)

LINGUINE BOLOGNESE (10)

FRIED FISH + CHIPS (10)

KIDS ROAST and VEGGIES (15)

SENIORS (With garlic bread or ice cream)

SATAY CHICKEN SKEWERS (20)

Two skewers with jasmine rice

BEER BATTERED FISH & CHIPS (20)

With chips, salad and Tartare sauce

GRILLED BARRAMUNDI (20)

With chips, salad and Tartare sauce

LAMB'S FRY WITH BACON and MASH (20)

CHICKEN PARMA (20)

With chips and salad

CHICKEN SCHNITZEL (20)

With chips, salad and gravy

SALT AND PEPPER CALAMARI (20)

With chips and Salad

ROAST OF THE DAY (20)

LINGUINE BOLOGNESE (20)

FUNCTIONS @ MENTONE RSL

Are you looking to host an event? Mentone RSL has many options for your next function.

We happy to host everything from 21st birthdays to wakes.

Finger Food Starts from \$20 per head.

High Tea Menus from \$25 per head.

Sit Down Two Courses Menus from \$38 per head.

Speak to our friendly staff to inspect our spaces and find out more.

MENTONE RSL REWARDS

Are you a Mentone RSL Rewards Member? Sign up today for only \$40 for the year to receive discounts, earn points and have your chance to win many great prizes throughout the year.

RSL Rewards gives you access and reciprocal rights to all participating RSLs in Victoria.

Application forms available at the Bar.



LUNCH SPECIALS (12 - 2.30pm)

BEEF BURGER (20)

Beef patty, lettuce, bacon, egg, cheese, tomato relish, pickles, mayo and chips

CHICKEN BURGER (20)

Butter milk thigh chicken, lettuce, cheese, chipotle mayo and chips

300G PORTERHOUSE STEAK (30)

With chips, salad and gravy

FISH & CHIPS (18)

House made beer battered hake with chips and salad

ITALIAN PARMA (20)

Topped with Napoli, ham and cheese with chips and salad

STEAK SANDWICH (20)

Porterhouse, caramelised onion, lettuce, cheese, mustard relish and chips

SALT & PEPPER CALAMARI (GFO) (20)

Served with chips, salad and Tartare sauce

DINNER SPECIALS (5.30 - 8.30pm)

TUESDAY NIGHT

CRUMBED LAMB CUTLETS (25)

Three cutlets with mashed potato, vegetables and mint gravy

WEDNESDAY NIGHT

PARMA AND POT (20)

Your Choice of Parma served with chips and salad with a pot of Carlton Draught

Parma options:

ITALIAN - Ham, Cheese and Napoli

HAWAIIAN - Ham, Cheese, Napoli and Pineapple

MEXICAN - Salami, cheese, Jalapeños, Napoli, sour cream and guacamole

AUSSIE - Bacon, cheese, Napoli, fried egg and BBQ sauce

THURSDAY NIGHT

STEAK AND WINE (30)

300gm Porterhouse Steak cooked to your liking, served with chips and salad (gravy/mushroom/pepper/hot English mustard) with a glass of house Shiraz

BISTRO HOURS

Lunch (Wed - Sat)
12noon - 2:30pm

Dinner (Tues - Sun)
5:30 - 8:30pm