



NUTRITIONAL INFORMATION

PER SERVING

STARTERS & SHARES

	SERVING (G)	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	SAT FAT (G)	CARB. (G)	SUGARS (G)	SODIUM (MG)
GARLIC BREAD (V)	157.5	2614.5	624.9	12.6	36.2	21.7	60.3	3.3	830.0
CHEESY GARLIC CRUST (V)	270.0	1890.0	451.7	43.5	36.2	17.0	94.2	1.6	556.2
BRUSCHETTA CRUST (V)	415.0	1174.5	280.7	20.3	22.4	2.1	104.6	10.8	576.9
CHEESE & HAM SCROLL	307.8	1920.7	459.0	51.1	33.2	17.2	95.4	2.2	1101.9
MANOUSH SCROLL (V)	206.2	1224.5	292.7	17.5	31.1	2.7	93.8	1.2	0.0
KOREAN FRIED CHICKEN	332.0	3320.0	793.5	50.1	28.9	9.0	81.0	51.1	4681.2
ANTIPASTO BOARD	547.0	2921.0	698.1	54.7	55.2	17.0	100.6	4.4	3703.2
SAGANAKI CHEESE (V, GF)	121.4	1602.6	383.0	23.4	25.5	15.3	14.1	12.5	768.5
NACHOS (GF)	475.0	5557.5	1328.2	63.7	79.8	39.0	83.6	8.1	1572.3
VEGETARIAN NACHOS (V, GF)	473.3	5111.6	1221.7	41.7	74.8	36.4	87.1	6.6	1282.6
WOOD FIRED CAULIFLOWER (V, GF)	446.5	1991.4	475.9	14.3	38.4	4.0	10.3	10.3	129.5
SALT & PEPPER CALAMARI (GF)	265.0	2703.0	646.0	35.0	50.4	9.5	56.7	4.2	2615.6
POTATO WEDGES (V)	420.5	4919.9	1175.8	10.9	77.0	30.7	110.6	16.8	1799.7
SWEET POTATO FRIES (V)	273.0	3303.3	789.5	4.4	65.0	12.0	52.4	20.7	2072.1
SALT & PEPPER CHICKEN RIBS (GF)	330.0	2450.0	586.0	20.0	32.1	6.1	9.0	4.0	4940.0

PASTA

FETTUCINE BOSCAIOLA	495.0	3460.1	827.0	55.9	36.1	18.8	66.8	5.4	1400.9
PRAWN LINGUINE	550.0	2249.5	537.6	38.0	8.3	1.7	71.5	11.0	1622.5
SPAGHETTI MARINARA	400.0	1732.0	413.9	32.8	10.0	2.8	52.4	6.8	968.0
TRUFFLED MUSHROOM GNOCCHI (V)	294.7	3212.2	767.7	12.4	59.8	10.3	43.9	0.9	539.3
BEEF LASAGNE	600.0	5664.0	1353.7	75.0	54.6	30.6	133.2	13.8	546.0

SALADS

CAESAR	270.0	3159.0	755.0	37.8	52.4	14.9	33.2	10.8	2916.0
CHICKEN CAESAR	360.0	3672.0	877.6	64.4	54.7	15.5	33.1	10.8	2952.0
TERIYAKI SALMON POKE	394.3	2858.3	683.1	50.9	35.5	12.6	41.0	7.5	1502.1
PUMPKIN & BEETROOT (V, GF, PALEO)	305.0	1644.0	392.9	14.6	22.6	9.2	28.4	18.6	625.3
QUINOA SALAD (V, GF, PALEO)	390.0	2082.6	497.7	21.1	26.5	10.1	38.6	3.5	826.8

HEALTHY CHOICES

ASPARAGUS & AVOCADO CHOPPED SALAD (V, GF, PALEO, 1740KJ)	400.0	1744.0	416.8	10.8	33.6	6.8	12.8	10.4	1224.0
CHICKEN BREAST (GF)	579.5	2161.5	516.6	81.7	9.9	2.3	27.2	13.3	133.3
GRILLED RUMP (GF, PALEO, 1800KJ)	295.0	1805.4	431.5	57.5	19.5	3.8	3.0	2.1	657.9
VEGETARIAN STUFFED PEPPERS (V, GF, PALEO)	403.9	1777.2	424.8	15.3	17.4	6.5	46.9	13.3	496.8

NUTRITIONAL INFORMATION

PER SERVING

PIZZA

	SERVING (G)	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	SAT FAT (G)	CARB. (G)	SUGARS (G)	SODIUM (MG)
MARGHERITA (V)	380.0	1858.2	444.1	47.5	31.9	18.2	97.7	4.6	615.6
SEAFOOD	649.6	3949.6	943.9	118.9	53.9	29.9	101.3	6.5	2293.1
TROPICAL	480.0	2505.6	598.8	60.5	35.0	19.2	115.7	19.2	2054.4
THE WORKS	595.0	3629.5	867.5	71.4	63.1	28.6	105.9	7.7	3504.6
VEGETARIAN (V)	590.0	2808.4	671.2	53.7	47.2	20.1	110.3	11.2	2566.5
BBQ CHICKEN	416.5	2811.4	671.9	76.6	32.1	18.7	125.0	28.3	1624.4
MEXICAN PIZZA	568.8	4408.2	1053.6	67.1	87.6	31.9	103.0	8.5	1922.5

SEAFOOD

BARRAMUNDI (GF)	540.0	2548.8	609.2	37.8	34.6	21.6	24.8	7.0	1166.4
GRILLED ATLANTIC SALMON (GF)	460.0	2433.4	581.6	52.0	25.8	5.5	30.4	5.5	680.8
MIXED SEAFOOD GRILL (GF)	760.0	4392.8	1049.9	92.0	47.9	11.4	69.9	10.6	3268.0
GRAVLAX SALMON	347.0	2588.6	618.7	36.1	32.6	9.7	41.3	37.8	530.9

BARBECUE

MIGHTY GRILL (GF)	840.0	6888.0	1646.2	142.0	95.8	40.3	48.7	4.2	5510.4
BBQ PORK RIBS	765.7	7197.6	1720.2	98.0	93.4	31.4	134.8	81.2	3215.9
TANDOORI CHICKEN (GF)	432.0	2393.3	572.0	68.3	24.6	6.0	17.3	8.2	311.0
LAMB TIKKA (GF)	343.8	2636.9	630.2	69.1	32.0	8.3	15.1	5.5	237.2
MEDITERRANEAN CHICKEN SKEWERS	403.9	3101.6	741.3	59.4	33.9	10.9	44.4	6.9	387.7
PORK BELLY (GF)	500.0	5550.0	1326.5	25.5	116.0	41.5	36.5	16.0	205.0

GRILL

*Does not include steak sauce

T-BONE (GF)	625.5	4028.2	962.7	81.9	45.7	16.9	48.8	5.0	813.2
SCOTCH FILLET (GF)	588.0	3751.4	896.6	78.8	39.4	14.7	48.8	5.3	793.8
LAMB SOUVLAKI	460.0	3137.2	749.8	61.6	32.7	12.0	48.8	11.5	2378.2
PROSCIUTTO WRAPPED CHICKEN (GF)	445.5	3069.5	733.6	92.7	29.4	14.7	21.4	4.5	1198.4

CLASSICS

CHICKEN SCHNITZEL	438.0	4174.1	997.6	45.6	53.0	19.7	79.7	5.3	1112.5
BEEF BURGER	555.0	6771.0	1618.3	59.9	93.8	38.9	92.1	15.5	2714.0
PORTUGESE CHICKEN BURGER	422.8	4523.4	1081.1	45.2	54.5	23.3	96.0	16.5	769.4
ROAST OF THE DAY - FULL BEEF	633.8	3042.2	727.1	86.2	24.7	8.2	35.5	10.8	431.0

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PER SERVING	SERVING (G)	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	SAT FAT (G)	CARB. (G)	SUGARS (G)	SODIUM (MG)
ROAST OF THE DAY - FULL PORK	593.0	3273.4	782.3	71.2	36.2	13.0	38.5	16.6	385.5
ROAST OF THE DAY - FULL CHICKEN	633.8	2953.5	705.9	74.8	27.3	9.5	35.5	10.8	443.7
ROAST OF THE DAY - FULL HAM	663.8	2462.7	588.6	48.5	26.6	9.3	35.2	10.6	3730.6
ROAST OF THE DAY - FULL LAMB	693.8	4114.2	983.3	79.8	38.9	14.6	74.9	41.6	513.4
ROAST OF THE DAY - SMALL BEEF	398.6	2096.6	501.1	57.8	17.1	6.4	25.9	6.4	358.7
ROAST OF THE DAY - SMALL PORK	426.6	2576.7	615.8	55.5	29.0	10.7	30.7	10.2	366.9
ROAST OF THE DAY - SMALL CHICKEN	390.6	1992.1	476.1	49.2	18.7	6.6	25.4	6.2	359.4
ROAST OF THE DAY - SMALL HAM	398.6	1634.3	390.6	29.5	17.5	6.4	25.9	6.4	2303.9
ROAST OF THE DAY - SMALL LAMB	428.6	2700.2	645.3	53.1	26.6	10.3	45.9	21.4	402.9
DOOLEYS FISH & CHIPS	528.0	5021.3	1200.1	33.8	79.7	20.6	84.0	8.4	1990.6
CALAMARI & CHIPS (GF)	520.0	4544.8	1086.2	39.0	75.9	19.2	102.4	7.8	1955.2
BEEF & GUINNESS PIE	520.0	3692.0	882.4	47.3	37.4	19.2	80.1	12.5	655.2
CHILDRENS									
KIDS - GRILLED CHICKEN (GF)	360.5	2267.5	541.9	37.5	21.6	7.9	45.4	11.9	1142.8
KIDS - BATTERED FISH FILLET	243.0	2077.7	496.6	3.9	35.5	8.3	37.9	5.6	1151.8
KIDS - CRUMBED CHICKEN STRIPS	371.8	2944.3	703.7	39.4	35.7	17.1	52.8	9.3	1126.4
KIDS - PENNE NAPOLITANA	288.0	789.1	188.6	18.7	7.2	2.3	37.7	7.5	699.8
KIDS - BANGERS & MASH	253.0	1543.3	368.8	15.2	26.1	13.7	16.7	2.5	1310.5
DESSERTS									
STICKY DATE PUDDING (V)	265.0	3233.0	772.7	7.4	17.2	10.3	145.0	108.9	964.6
TIRAMISU (V)	325.0	5622.5	1343.8	10.4	110.8	75.7	74.4	52.0	334.8
CREME BRULEE (V)	210.0	2415.0	577.2	4.4	39.3	25.8	52.1	46.4	115.5
ROCKY ROAD WAFFLES (V)	268.0	3886.0	928.8	11.8	58.4	32.7	89.5	52.8	536.0
NUTELLA & MARSHMALLOW SCROLLS (V)	250.0	1725.0	412.3	21.3	14.5	3.8	130.0	34.8	20.0
CARAMELISED BANANA SCROLLS (V)	301.0	1390.6	332.4	19.6	5.7	2.1	156.2	57.8	252.8

The recommended daily intake for an average adult needs about 8700 kilojoules (kJ) a day to maintain a healthy weight.

This nutritional information is calculated using the Nutritional Panel Calculator provided by Food Standards Australia New Zealand.

- This nutritional information is intended to be used as a guide only.
- Substitution of ingredients may alter nutritional values.
- The values provided are average quantity per serving.
- The nutritional information is based on standard recipes and product formulations, however variations may occur due to seasonality, use of an alternate supplier, product substitution and small differences in plate assembly.