

Bistro Menu

Entrée

Soup of the Day	(GF)	7.9
French Style Garlic Bread		7.9
Cheesy Garlic Bread		8.9
Cheesy Pesto Garlic Bread		8.9
Dim Sims (4)		11.9
Fried or steamed Chicken Dim Sims, with lime sweet chilli dip and soy sauce		
Spring Rolls (4)	(V)	11.9
Vegetarian spring roll served with a sweet chilli dipping sauce		
Wedges	(V)	12.9
Served with sour cream, sweet chilli sauce and ranch sauce		
Vegan Bruschetta (3)	(V)(Vegan)	12.9
Olive oil toasted baguette bread topped with fresh diced tomatoes Spanish onion and basil, finished with a balsamic reduction.		
Bruschetta (3)		13.9
With a dill cream, tomato, red onion, basil and balsamic reduction with a choice of - smoked salmon - warm pancetta		
Arancini Balls (4)	(V)	13.9
Fried pumpkin & parmesan arancini balls served on a baby spinach, tomato, red onion and Persian fetta salad with a lime aioli		
Lemon Pepper Calamari		14.9
Seasoned calamari pieces served with a salad & lime aioli		
Satay Chicken Skewers (3)		14.9
Chicken tenderloins with a peanut satay sauce and salad greens		

V – Vegetarian

GF – Gluten Free

Vegan - Vegan

Please let the bistro cashier know if there are more people to order from your table. Your order can be held to print with others from your group. This will alleviate people on the same table receiving their meals at different times. If we don't know, we can't help you.

Meals may take up to 40 minutes during peak periods

Salads

Our salads contain mixed leaves, cucumber, tomato, onion, carrot & mandarin segments & comes with a lemon / lime aioli dressing

Vegan Falafel salad	(GF)(V)(Vegan)	17.9
Salad with cucumber, Spanish onion, cherry tomatoes, spinach, mandarin segments and cashews finished with fried falafel balls and a pomegranate dressing		
Caesar Salad	(GF available = no croutons)	17.9
Cos lettuce, crispy bacon, shaved parmesan and croutons tossed in a Caesar dressing topped with a warm poached egg - anchovies optional		
	- add crispy chicken	4.9
	- add grilled chicken	4.9
	- add smoked salmon	6.9
	- add prawns	6.9
Lemon Pepper Calamari Salad	(GF)	24.5
With salad greens, tomato, cucumber and onion dressed with a lemon & lime aioli		
Warm Grilled Chicken and Mango salad	(GF)	24.5
Sliced mango, avocado, salad greens, tomato, cucumber & onion dressed with a lemon, citrus aioli dressing		
Chinese BBQ Pork Belly and Avocado Salad		24.5
BBQ pork belly, avocado, salad greens, tomato, bean sprouts, cucumber & onion with a mild lime and wasabi dressing and crispy wontons		
Thai Beef Salad		24.5
With marinated stir fry beef, salad with lettuce, onion, tomato, cucumber, mango, avocado and bean shoots topped with crushed nuts		

Pasta

Pappardelle		
- Vegetarian Napolitana with olives, fresh cherry tomato & spinach in a Napoli sauce, topped with parmesan cheese and Persian fetta	(V)	19.9
	- add chicken	4.9
- Creamy Mushroom Pasta with pan fried mushrooms, onion, garlic, parsley and spinach finished with white wine glaze, cream and parmesan cheese		21.9
	- add chicken	4.9
- Italian Bolognese, (pork and beef), slow cooked with garlic, onion and basil, topped with parmesan cheese & garlic bread		21.9
- Roasted pumpkin, capsicum, spinach and sundried tomato, in a creamy basil pesto sauce	(V)	21.9
	- add chicken	4.9
- Carbonara with bacon and green onion in a creamy parmesan sauce		21.9
	- add chicken	4.9
- Chicken & Avocado in a creamy sauce		24.9

Wraps

(all wraps can be made into gluten free salads OR add gluten free WRAP + \$1)

Crispy Chicken Wrap 21.9
Crispy chicken tenderloins and classic Caesar salad, wrapped in a flour tortilla, served with chips

Slow Cooked Lamb Wrap 21.9
With tomato, lettuce, cucumber, red onion, fetta and mozzarella, topped with slow cooked lamb and a yoghurt tzatziki served with chips

Grilled Chicken Club Wrap 21.9
Grilled chicken tenderloins, leg ham, cheese, tomato, lettuce, red onion and ranch dressing wrapped in a flour tortilla, with chips

Mexican Chicken Fajita Wrap 21.9
Chicken grilled tenderloins with onions, capsicum, lettuce cheese, fresh tomato salsa, avocado and a light garlic sour cream sauce

Burgers

(all burgers can be made Gluten Free by using a GF bun + \$1 except RSL Schnitzel Burger* and RSL Burger*)

Veggie Burger (V) 20.9
Mixed vegetable patty with lettuce, tomato, avocado salsa, red onion and swiss cheese served with chips - add egg 2.5

RSL Burger* 21.9
With cheese, tomato, lettuce, grilled onion & tomato relish aioli, served with chips - add bacon 2.9
- add egg 2.5

Grilled Chicken Avocado B.L.T. Burger 21.9
Chicken tenderloins, bacon, lettuce, tomato, avocado salsa, red onion, and Swiss cheese served with chips - add egg 2.5

RSL Schnitzel Burger* 21.9
With cheese, tomato, bacon, lettuce & a lime aioli, served with chips

Philly Cheese Steak Sandwich 21.9
Grilled seasoned grain fed scotch fillet steak with onions, capsicum swiss cheese and garlic aioli in a brioche bun served with chips

RSL Crumbed Flounder Fillet Burger 21.9
With tomato, lettuce, cheese, tomato, tartare on a warm brioche bun served with chips

Deluxe Steak Burger 24.9
Grain fed 150gm scotch fillet with bacon, cheese, tomato, lettuce, onion, egg, tomato relish aioli served with chips & onion rings

Seafood

Battered Fish & Chips		22.9
Deep Fried Whiting fillets served with chips, salad, tartare and a lemon wedge		
Grilled Barramundi	(GF)	22.9
With creamy mashed potato and seasonal vegetables, tartare sauce and a fresh lemon wedge		
Lemon & Pepper Calamari		23.9
With chips, salad, tartare sauce and a fresh lemon wedge		
Crumbed Prawn Cutlets		24.5
Served with chips, salad, tartare sauce and a fresh lemon wedge		
Garlic Prawns	(GF available = no roti bread)	24.9
Pan seared prawns and vegetables in a garlic & white wine cream sauce served with steamed rice and roti bread		
Salmon Fillet	(GF)	26.9
On a bed of creamy mashed potato, with seasoned vegetables and a citrus avocado hollandaise sauce		
Fisherman's Catch		27.5
Battered fish, crumbed prawns, lemon pepper calamari pieces with chips, salad, tartare sauce and a fresh lemon wedge		

Favourites

Bangers & Mash	(GF)	21.5
With bacon and creamy mashed potato, seasoned vegetables & onion gravy		
Lambs Fry & Bacon	(GF)	21.5
Served with grilled onions, creamy mashed potato, seasoned vegetables & gravy		
Roast of the Day	(GF)	22.5
With oven roasted potatoes & pumpkin, buttered peas, creamy cauliflower mornay and gravy		
Chicken Schnitzel		22.5
Crumbed breast fillet lightly grilled & served with chips and salad with pan gravy		
Satay Chicken Skewers (4)		22.5
Served on a bed of rice with seasoned vegetables and a creamy peanut satay sauce with roti bread		
Chicken Parmigiana		24.5
Crumbed breast fillet topped with leg ham, Napoli sauce, cheese, with chips & salad		
	- add pineapple	2.5

Grill

All our meat is grain fed & 'naturally' bred unless stated
Well Done steaks may take up to 40 minutes to cook.

Rump Steak (250 grams)	(GF)	28.9
Roasted Pork Belly	(GF)	30.9
Porterhouse Steak (350 grams)	(GF)	34.9
Scotch Fillet Steak (300 grams)	(GF)	35.9
Big Boy Rump Steak (500 grams)	(GF)	38.9
Surf & Turf	(GF)	6.9
Add 4 garlic prawns in a creamy white wine sauce		
Extra Sauces	(GF)	3.5
<i>Sauce Diane, Mushroom, Pepper, Garlic Butter & Gravy</i>		

*All served with a choice of chips and salad or roast potatoes and vegetables plus, the sauce of your choice **

** Sauce Diane, Mushroom, Pepper, Garlic Butter & Gravy
 Our chips are not gluten free*

Curries (GF available = no roti bread)

Thai Green Vegetable Curry (mild)	(V)	19.9
With vegetables, coriander, steamed rice & roti bread	- add chicken	4.9
	- add beef	5.9
	- add prawns	6.9
	- add all	8.9
Thai Yellow Vegetable Curry (mild)	(V) (Vegan)	19.9
With vegetables, coriander, steamed rice & roti bread	- add chicken	4.9
	- add beef	5.9
	- add prawns	6.9
	- add all	8.9

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Wok Noodles

Stir Fry Vegetables and Cashews in oyster sauce with noodles & a coriander garnish	(V)	19.9
	- add chicken	4.9
	- add beef	5.9
	- add prawns	6.9
	- add all	8.9
Vegan Stir Fry Rice Noodle Fresh seasonal vegetables stir fried with onion and garlic, finished in a house Asian sauce tossed through rice noodles and lemon	(V) (Vegan)	19.9
BBQ Pork Noodle Chinese BBQ pork, green cabbage, seasonal vegetables, cashews & a coriander garnish		24.5
Beef & Black Bean Noodle Stir fry marinated beef, in a Chinese black bean sauce with seasonal vegetables		24.5
Honey Pepper Mongolian Beef Noodle Stir fry marinated beef in a mild Chinese sauce, seasonal vegetables & a coriander garnish		24.5
Chicken and Vegetable Satay Noodle Stir fry chicken thigh in a mild satay sauce, seasonal vegetables & a coriander and crushed nut garnish		24.5
Chicken Hoisin Noodle Stir fry seasonal vegetables with chicken breast strips in a Chinese hoisin sauce finished with bean shoots and cashews		24.5



Sides

Piece of Crusty Baguette & Butter	2.2	Roti bread	2.9
Steamed Rice	5.9	Mashed Potato	(GF) 5.9
Garden Salad	7.9	Kids Bowl of Chips	5.9
Bowl of Chips	7.9	Seasonal Vegetables	(GF) 7.9

WOK Stir-fry

Stir Fry Vegetables and Cashews in Oyster sauce (V) 20.5
With steamed rice & a coriander garnish

- add chicken 4.9
- add beef 5.9
- add prawns 6.9
- add all 8.9

Honey Chicken 23.9
Battered chicken pieces tossed in a honey sauce with vegetables & steamed rice

Sweet & Sour Pork 23.9
Battered pork pieces in a sweet & sour sauce with vegetables, fried wonton strips & steamed rice

Beef & Black Bean 24.9
Stir fry marinated beef in a Chinese black bean sauce, vegetables & steamed rice

Honey Pepper Mongolian Beef 24.9
Stir fry marinated beef in a mild Chinese sauce with vegetables, steamed rice & a coriander garnish

Chicken Hoisin Stir Fry 24.9
Stir fry seasonal vegetables with chicken breast strips on a Chinese hoisin sauce finished with bean shoots and cashews

Thai Prawn and Vegetable Stir Fry 24.9
With seasonal vegetables, bean shoots, fresh tomatoes and cucumber in a light Thai lemon soy sauce, steamed rice & a coriander garnish

Coffee & Cake Deal



Individual mini cake with your choice of a cappuccino, latte or cup of tea 7.9

Slice of gourmet cake from the display with your choice of a cappuccino, latte or cup of tea 10.9

Dessert Selection

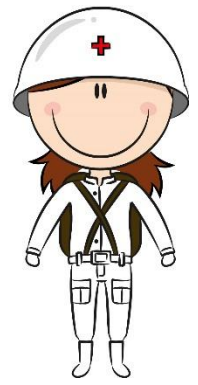
Lemon Meringue With cream & a berry coulis		9.5
Individual Pavlova With cream, passionfruit, strawberries, peaches & wafer	(GF available)	9.5
Ice Cream Sundae (Ice Cream and Cream) With a choice of chocolate, banana, caramel or strawberry topping, crushed nuts and sprinkles	(GF available)	9.5
Churros Spanish donuts served with double cream, warm chocolate & butterscotch sauce and fresh strawberries		10.5
Loaded Waffles With warm Nutella, maple syrup, mixed berry compote, vanilla ice cream and strawberries		11.5
Buttermilk Pancakes With maple syrup, mixed berry compote, fresh strawberries and vanilla ice cream		11.5
Banana Fritter Deep fried mini banana fritters with vanilla ice cream, fresh strawberries and maple syrup		11.5
Classic Banana Banana served with a choice of chocolate, banana, caramel or strawberry topping, crushed nuts, sprinkles and vanilla ice cream & cream	(GF available)	11.5
Affogato Shot of espresso coffee served with vanilla ice cream & Frangelico liqueur		13.5



Become a member and receive 5% off your food and 10% off your beverage purchases whilst earning RSL Rewards points. Application forms are available throughout the venue.

Only one discount is applicable at any one time.

The Bendigo District RSL Sub-Branch Inc. would like to thank all Members & Guests for their support and we look forward to your next visit to our Venue
Visit our Website! www.bendigorsl.com.au



For children aged 12 and under

Children's Selection

12.5

**All served with a choice of chips, salad or roast potatoes and vegetables*

** All served with a **FREE** soft drink and dessert voucher **

Kids Pasta Bolognese

With parmesan cheese and garlic bread

Kids Grilled Fish

With chips and salad

(GF available)

Kids Chicken Nuggets & Sauce

With chips and salad

Kids Grilled Chicken

With chips and salad

(GF available)

Kids Battered Fish & Sauce

With chips and salad

Kids Roast of the Day

With vegetables and gravy

(GF available)

Kids Crumbed Prawn Cutlets

With chips and salad

Kids Sausages

With chips and salad

(GF available)

Kids Honey Chicken

With rice and vegetables

Kids Sweet and Sour Pork

With rice and vegetables

Kids Hot Dog & Sauce

With chips

Kids Chicken Schnitzel

With chips and salad

Kids Carbonara

With bacon, green onion in a creamy parmesan sauce - add chicken 4.9

Kids Chicken Parmigiana

With chips and salad

Kids Desserts

Kids Ice Cream Sundae (GF available)

Served with chocolate or strawberry topping and sprinkles

5.9

Buttermilk Pancakes

Served with maple syrup and vanilla ice cream

5.9

Kids Waffles

With maple syrup, mixed berry compote and vanilla ice cream

5.9



Members! Join up your kids, nieces, nephews, or grandchildren to our Little Troopers Kids Club.

This club is ideal for children aged 4 to 12 years and gives kids the opportunity to have:

- Personal Membership card
- A birthday meal voucher
- Entry into competitions to win fun prizes
- New friends
- School holiday events and activities exclusively for Little Troopers Kid's Club members
- Birthday gift if a birthday party package is booked at the Bendigo District RSL
- Parents/guardians must be a member of the Bendigo District RSL
- Free for the children to join

Fill-out an application form and hand in at the customer service desk
IT'S FREE!

OR post it to:

**Little Troopers Kid's Club
BDRSL
PO Box 42
Long Gully, 3550**

OR scan and email to: office@bendigorsl.com.au

OR Fax to: (03) 5442 6721



Visit our Website! www.bendigorsl.com.au

To provide more choice for our members, a new website has been developed...

www.rslorewards.com.au

This allows you to view your RSL Rewards points balance whenever you choose using a computer, tablet or mobile device. You can also redeem your points in exchange for a large number of products, pay your memberships or donate your points towards ANZAC Day and Remembrance Day appeals.



Why you should be a member of the Bendigo District RSL



1. Member meal deals throughout the year
2. Great discounts on food (5%) and beverages (10%)
3. RSL Rewards Kiosk – swipe at one of three kiosks each time you visit to see if you are a daily or monthly winner
4. Exclusive events and competitions
5. Kid's play room and free membership to Little Troopers Kid's Club
6. Little Troopers Kid's Club members eat free on their birthday - either lunch or dinner
7. Receive discount on function room hire booked for meetings, parties, celebrations – food and beverage discounts still apply
8. RSL Rewards loyalty points – use them to pay for your food and beverage, you can even use your points to pay for your membership fee or gifts online at www.rslorewards.com.au
9. Free access to our fantastic Tennis Courts
10. Free access to Guest Wi-Fi at the club
11. Free family entertainment every Friday night
12. \$5 venue voucher on your birthday for members and a free meal for Life, Service & Affiliate Members.
13. Automatic entry into our Weekly Thursday evening members draw with a guaranteed \$1000 to be won each month.
14. Life, Service & Affiliate members have the ability to join the RSL Sheds programme
15. Life, Service & Affiliate members receive periodic Sub-Branch Newsletters
16. Life & Service members receive a further 5% discount on their food & drinks purchases
17. Great discounts available via our Bendigo RSL App
18. Life & Service members have access to a members only area on the Bendigo RSL App

Of course, there's also our courtesy bus service on Wednesday to Saturday nights. The Courtesy bus is available by arrangement at other times for groups.

- You can now join on line at www.rslorewards.com.au
- Visit the Membership page on our website to download an application form or get one from the Customer Service desk.
- Payment may be made online, mail or by phone.

**RENEWALS ARE DUE BY 31ST DECEMBER EACH YEAR
PAY ON TIME SO YOU DON'T LOSE YOUR LOYALTY REWARDS POINTS.**

Visit our Website! www.bendigorsl.com.au