

energy menology

element Entréf

ENTRÉE	M	NM
Garlic Bread (v) Toasted bread w/garlic parsley butter	\$7	\$9
Garlic & Cheese Bread (v) Toasted bread w/garlic parsley butter & cheese	\$9	\$11
Creamy Garlic Prawns (gf) Five (5) pan-fired prawns cooked in creamy garlic sauce w/ pilaf rice	\$16	\$18
Chicken Satay Skewers NEW Satay marinated chicken tenderloin in homemade peanut sauce w/pilaf rice	\$12	\$14
Vegetable Spring Rolls (v) Five (5) spring rolls w/sweet chilli sauce	\$11	\$13
Salt & Pepper Squid NEW Tender salt & pepper squid w/ aioli, lemon & a side garden salad	\$15	\$17
Entrée Plate for 2 Vegetable samosas, spring rolls, crumbed prawns, salt & pepper squid w/chips and aioli	\$20	\$22
Vegetarian Entrée Plate for 2 (v) Vegetable samosas and spring rolls w/chips	\$20	\$22
SALADS	M	NM
Caesar Salad Cos lettuce, bacon, parmesan cheese, croutons, boiled egg & caesar dressing add grilled chicken / beef \$4 add prawns \$5	\$16	\$18
Salt & Pepper Squid Salad NEW Salt & pepper squid, pineapple, mixed lettuce, tomato, cucumber, cherry tomato w/a lemon, ginger & coriander dressing	\$18	\$20
Avocado Salad (v, vg, gf) Avocado, mixed lettuce, tomato, cucumber, cherry tomato w/homemade dressing add grilled chicken / beef \$4 add prawns \$5	\$15	\$17
KIDS MENU - All Meals \$1 (for kids under 12 years only) Chicken Nuggets w/ chips Cheeseburger w/ chips Fish & Chips Spaghetti Bolognese Stir Fry Hokkien Noodles NEW w/ a mild asian sauce (add chicken or vegetated Add: Steamed Vegetables to any meal \$2 Meal Includes: activity pack & a dixie cup in	bles)	

Μ	FROM THE PAN M NM
9	Spaghetti Bolognese\$18Traditional slow cooked lean beef mince in
11	tomato sauce w/shaved parmesan Asian Stir Fry (v) \$16 \$18
18	Wok tossed fresh seasonal vegetables served w/hokkien noodles & an asian style sauce add grilled chicken / beef \$4 add prawns \$5
14	Creamy Garlic Prawns (gf) Pan fried prawns cooked in creamy garlic sauce served w/pilaf rice
13 17	Chicken Pesto NEW \$21 \$23 Potato gnocchi, chicken, pesto & cherry tomato cooked in a creamy white wine sauce
22	Spaghetti PrawnsNEW\$21\$23Pan fried prawns w/spaghetti tossed with olive oil, garlic, shallots, cherry tomato & garlic\$21\$23
	BURGERS M NM
22	(All burgers served with chips & aioli)Classic Beef Burger\$16 \$18Tender beef patty with lettuce, bacon, sliced
Μ	beetroot, tomato, cheese & bbq sauce Chicken Schnitzel Burger NEW \$16 \$18
18	Panko crumbed schnitzel with lettuce, tomato & aioli
	Steak Sandwich\$18Tender steak with lettuce, tomato, cucumber& bbg sauce
20	Vego Schnitzel Burger (v) NEW \$17 \$19 Vegetarian schnitzel, lettuce, tomato, cucumber, and sweet chilli sauce on lightly toasted Turkish bread
17	WOOD FIRED PIZZA A full selection of Geebung RSL's famous wood fired pizzas are also available from Zac's Café – customers are welcome to order and consume pizza orders in Elements. Please order through the Elements cashier or directly from Zac's Café.
3	Value Pizza Range: \$12/\$14 (M) \$15/\$17 (L) Margherita, Hawaiian, Pepperoni or Aussie
	Gourmet Pizza Range: \$16/\$18 (M) \$20/\$22 (L) BBQ Chicken, Vegetarian, Supreme, BBQ Meat Lovers or Chicken & Prawn
	Gluten Free Bases Available add \$2 (gf) Vegan Cheese Available add \$2 (vg)
	(please note, delivery times may vary due to specialty oven)
	DIETARY REQUIREMENTS & FOOD ALLERGIES

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Please note that all the care is taken when catering for special dietary and food allergies requirements, dietary symbols should be used as a guide only. However, while care is taken, please note, there is a small risk that meals may come into contact with other ingredients whilst being prepared. Please inform staff of your allergies or specific requirements to assist with your requests prior to ordering your meal.

(v) Vegetarian (vg) Vegan (gf) Gluten Free

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MAINS	M NM
Lamb Rump NEW Lemon & oregano marinated lamb rump	\$27 \$29
salad, flat bread & cucumber yogurt	W/COUSCOUS
Braised Pork Belly Slow cooked braised pork belly w/sweet apple compote, gravy & garden salad	\$24 \$26 potato chips,
Braised Beef Cheeks Slow cooked tender beef cheeks marina wine & herbs w/creamy mashed potato steamed vegetables	
Chicken Scallopini (gf) Pan fried chicken breast, button mushro white wine sauce, creamy mashed potat seasonal steamed vegetables	
Tandoori Chicken NEW Chicken supreme marinated in aromatic chickpea salad, cucumber yoghurt & flat	
Crumbed Barramundi Fillet barramundi fillet lightly crumbed w/gard chips, lemon wedge & tartare sauce	
Salt & Pepper Squid NEW Tender salt & pepper squid w/ garden so lemon wedge & aioli	
Vegan Schnitzel (vg) Vegan schnitzel w/garden salad & swee chips	\$20 \$22 t potato
Butter Chicken NEW Tender chicken thigh fillet cooked in arc and cream w/pilaf rice & pappadums.	\$21 \$23 matic spices
Grilled Snapper (gf) NEW Fresh grilled snapper served on a bed of potato mash & seasonal steamed vegeto tartare sauce & a lemon wedge	creamy
STEAK	
All steaks served w/ your choice of chip creamy mash potato & seasonal steame	
300g Grain Fed Porterhouse N	IEW \$32 \$34
300g Grain Fed Rump	\$27 \$29

300g Grain Fed Rump

choice of sauce... peppercorn, mushroom, garlic cream or gravy (gf)

add... creamy garlic prawn topper \$5 / \$7 **add...** salt & pepper squid topper \$4 / \$6

SAUCES (gf)

PRICE

Traditional Gravy, Peppercorn, Mushroom or \$2 Garlic Cream Aioli \$1

CLASSICS

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Chicken Breast Schnitzel Panko crumbed schnitzel served w/garden salad, chips & gravy	\$19	\$21
Chicken Parmigiana Panko crumbed schnitzel topped with bacon, napoli sauce & melted cheese served w/garder salad & chips	•	\$25
Tempura Whiting Light and crispy tempura style whiting w/garden salad, chips, tartare sauce & a lemor wedge	•	\$22
Seafood Basket Selection of seafood, fired & served w/garden salad, chips, tartare sauce & a lemon wedge	\$25	\$27
SIDES	M	NM
	A .	40

Beer Battered Chips	\$6	\$8
Sweet Potato Chips (v)	\$8	\$10
Garden Salad (v, vg, gf)	\$5	\$7
Seasonal Vegetables (v, vg, gf)	\$6	\$8
Pilaf Rice (v, vg, gf)	\$3	\$5
Fried Egg	\$2	\$4

ZAC'S CAFÉ

We have a selection of Coffee, Cakes & Desserts available from Zac's Café. Scan the QR code below to view their menu & enjoy...

Barista Made Coffee

Specialty Teas Iced Drinks & Shakes Cakes & Desserts Ice-Cream



Thank you for your support!



Chef's Daily Digital Board Specials also available - check out today's selection!



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\$27 \$29 ic cream or

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Element Trading Hours Lunch 11:30am - 2:00pm Dinner 5:30pm - 8:00pm

Element Bookings Online: www.geebungrsl.com.au Phone: (07) 3265 3711

Function & Event Enquiries Online: www.geebungrsl.com.au Email: functions@geebungrsl.com.au Phone: (07) 3265 3711

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CLUB OF THE YEAR GRAND



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