



Lunch Menu: 11:00am – 2:00pm

Fresh Sandwiches available from \$ 7.00

Toasted Sandwiches available from \$ 7.50

Salad Wrap \$ 9.50

- Add Ham or Chicken + \$ 1.50

Bacon & Egg Roll	\$ 11.00
B.E.L.T. Sandwich.	\$ 14.00
Vegetable Spring Rolls* (V)	\$ 18.00
Crumbed Whiting* (I)	\$ 19.00
Salt n Pepper Calamari* (I)	\$ 19.00
Chicken Schnitzel*	\$ 22.00
Beef Lasagne *	\$ 21.00
Thai Beef Salad (GF)	\$ 25.00
Hamburger & Chips	\$ 24.00
Steak Sandwich & Chips	\$ 27.00
Home-made Gluten Free Lamb Pie	\$ 22.00

* Comes with chips and salad

Snacks:

Bowl of Chips	\$ 9.00
Bowl of Wedges	\$ 11.00
Sweet Potato Fries	\$ 11.00
Potato Scallop	\$ 2.30

Kids Menu:

Roast of the Day (dinner only)	\$ 15.00
Fish & Chips (I)	\$ 13.00
Chicken Nuggets & Chips	\$ 13.00
Spaghetti Bolognaise	\$ 13.00



Dinner Menu: 5:00pm – 7:30pm

Entrees:

Garlic Bread	\$ 10.00
- Add cheese	+ \$2.50
- Add bacon	+ \$2.50
Vegetable Spring Rolls (V)	\$ 14.00
Garlic Prawns & Rice (I)	\$ 20.00

Mains:

Roast of the Day (GF)	check board for details
Crumbed Fish (I)	\$ 23.00
Seafood Basket (M)	\$ 25.50
Grilled Salmon Fillet (GF) (I)	\$ 33.00
- Served with hollandaise sauce, mash potato, veges and asparagus spear.	
Creamy Garlic Prawns (GF) (I)	\$ 26.50
Creamy Chicken Pesto Pasta (V)	\$ 25.00
- Vegetarian option available	
Beef Lasagne	\$ 22.00
Pumpkin, Feta & Pinenut Salad	\$ 20.00
- With balsamic dressing (V&GF)	
Home-made Gluten Free Lamb Pie	\$ 22.00
Chicken Schnitzel	\$ 26.50
- Add Parmigiana or Hawaiian topper	+ \$ 4.00
Rump Steak - 250g (GF)	\$ 30.00
MSA 200g Rib Fillet (GF)	\$ 33.00
- Add Creamy Garlic Prawns topper (I)	+ \$ 8.00

Sauces: Pepper, Mushroom or Gravy. (GF)

Meals are served with your (2) choices of: (Not all meals)
Roast or Steamed vegetables, Mash Potato, Chips or Salad.

GF = gluten free **V** = vegetarian

Seafood reference: **I** = International **M** = Mixed (Aus. & International)

Dessert Menu:

Hot Apple Bites & Ice-cream	\$ 9.50
Pavlova With fruit & cream	\$ 9.50
Vanilla Ice – Cream & Topping. Chocolate / Strawberry / Caramel / Sprinkles	\$ 5.50

Check Black Board Daily
For Dinner and Dessert Specials

Pizza Menu: (all day from 11 am)
Take away also available

Supreme (not GF)	\$ 22.00
Meat lovers (not GF)	\$ 22.00
Pepperoni	\$ 21.00
Hawaiian	\$ 21.00
Ham & Cheese	\$ 20.00
Vegetarian	\$ 19.00
Double Cheese	\$ 18.00

Gluten Free base + \$ 5.00

Take away also available



Bistro Menu

Lunch: Tuesday - Sunday 11am – 2pm
Dinner: Wednesday - Saturday 5pm – 8pm



1873 Logan Road, Upper Mt Gravatt, 4122

07) 3349 2367

management@mtgravattbowlsclub.com

Menu's are kindly sponsored by



SCURRS Health & Wellness Centre,
Level 2/1437 Logan Rd, Mount Gravatt QLD 4122
(07) 3849 5577