



## Ian and his staff welcome you to Jack High Bistro

V – vegetarian option

GF – gluten free available

Please make Bistro staff aware of any food allergies or intolerances you or your guests may have.

### Snacks & Starters

|  |            |
|--|------------|
| <b>Crusty Bread Roll &amp; Butter</b>  | <b>1.5</b> |
| <b>Garlic Bread (V)</b>  | <b>6.5</b> |
| <b>Cheesy Garlic Bread (V)</b>   | <b>8.5</b> |
| <b>Bowl of Fries – w/ tomato sauce (V)</b>                                       | <b>6.5</b> |
| <b>Sweet Potato Fries – w/ sour cream &amp; sweet chilli sauce (V GF)</b>        | <b>9</b>   |
| <b>Home-made Pumpkin Soup (V, GF)</b>  | <b>10</b>  |
| <b>Peking Duck Spring Rolls (3) – coriander, ginger &amp; lime dipping sauce</b> | <b>12</b>  |
| <b>Buffalo Chicken Wings (8) – celery, ranch dressing</b>                        | <b>15</b>  |

### Salads

|  |           |
|--|-----------|
| <b>Garden Salad</b>  | <b>10</b> |
| mixed leaf, fresh tomato, red onion, cucumber, olives, fetta, apple cider dressing |           |
| <b>Caesar Salad</b>  | <b>15</b> |
| cos, bacon, parmesan, egg, croutons, Caesar dressing                               |           |
| <b>Add Chicken</b>   | <b>19</b> |

## **Pasta**

**Potato Gnocchi (V GF)** **15**

fresh basil, fresh parsley, garlic, cream sauce

**Chicken & Pesto Penne (GF)** **15**

garlic, pesto, sour cream, red onion

**Garlic Prawn Spaghetti (GF)** **18**

garlic, house sugo, red onion

## **Pizza (12' Large Sized)**

**Hawaiian** **15**

house sugo, cheese, ham, pineapple

**Vegetarian (V)** **17**

house sugo, cheese, mushrooms, capsicum, onion, basil, olives

**Supreme** **18**

house sugo, cheese, pepperoni, mushrooms, capsicum, onion, basil, olives

**Tandoori Chicken** **18**

house sugo, cheese, Tandoori chicken, red onion, yoghurt

**Meat Lovers** **18**

house sugo, cheese, beef, pepperoni, ham, bacon, onion, BBQ sauce

**Garlic Prawn** **20**

house sugo, cheese, garlic prawns, Spanish onion

**Gluten Free Pizza extra \$5**

**Half Pizza Combo not available.**

## Seafood

|  |           |
|--|-----------|
| <b>Seafood Basket &amp; Fries</b>                  | <b>15</b> |
| w/ tartare, lemon                                  |           |
| <b>Beer Battered Flathead (Small)</b>              | <b>14</b> |
| w/ fries, side salad, tartare, lemon               |           |
| <b>Beer Battered Flathead (Large)</b>              | <b>17</b> |
| w/ fries, side salad, tartare, lemon               |           |
| <b>Grilled NT Barramundi Fillet 200 gm (GF)</b>    | <b>25</b> |
| <b>Grilled Tasmanian Salmon Fillet 200 gm (GF)</b> | <b>25</b> |

## Grills and Favourites

|   |           |
|---|-----------|
| <b>Rump Steak (MSA grain fed) 300gm (GF)</b>                        | <b>22</b> |
| <b>Scotch Fillet Steak (MSA grain fed) 250gm (GF)</b>               | <b>28</b> |
| <b>Sauces</b> (Pepper, Mushroom, Diane, Gluten Free Gravy).         | <b>2</b>  |
| <b>Bangers Wrapped in Bacon (GF)</b>                                | <b>15</b> |
| w/ mash, vegies, brown onion gravy                                  |           |
| <b>Crumbed Lamb Cutlets Two</b>                                     | <b>18</b> |
| w/ mash, vegies, traditional brown gravy                            |           |
| <b>Crumbed Lamb Cutlets Three</b>                                   | <b>24</b> |
| w/ mash, vegies, traditional brown gravy                            |           |
| <b>Chicken Schnitzel</b>  | <b>16</b> |
| w/ traditional brown gravy  |           |
| <b>Chicken Parmigiana</b>   | <b>20</b> |
| w/ home-made tomato sugo, smoked ham, mozzarella & tasty cheese mix |           |
| <b>Chickpea, Lentil &amp; Red Bean Curry (V GF)</b>                 | <b>15</b> |
| basmati rice, potted natural yoghurt                                |           |

### **Burgers etc.**

|  |            |
|--|------------|
| <b>Bacon &amp; Egg Roll with Fries</b>                                   | <b>8.5</b> |
| <b>Angus Fillet Steak on Turkish Roll &amp; Fries</b>                    | <b>20</b>  |
| w/ lettuce, bacon, egg, tomato, beetroot, cheese, onion, BBQ sauce       |            |
| <b>Beef Burger &amp; Fries</b>   | <b>15</b>  |
| w/ lettuce, bacon, egg, tomato, beetroot, cheese, onion, tomato sauce    |            |
| <b>Chicken Schnitzel Burger &amp; Fries</b>                              | <b>15</b>  |
| w/ lettuce, bacon, egg, tomato, beetroot, cheese, onion, Caesar dressing |            |
| <b>Vegie Burger &amp; Fries (V)</b>                                      | <b>15</b>  |
| w/ lettuce, egg, tomato, beetroot, cheese, onion, roast garlic aioli     |            |

### **Light Lunch Options (Lunch Service Only)**

|   |           |
|---|-----------|
| <b>Standard Toasty</b>  | <b>8</b>  |
| ham, cheese, tomato, fries                                    |           |
| <b>Ham Torpedo Toasty</b>                                     | <b>12</b> |
| Turkish roll, ham, cheese, tomato, red onion, fries           |           |
| <b>Chicken Torpedo Toasty</b>                                 | <b>12</b> |
| Turkish roll, roast chicken, cheese, tomato, red onion, fries |           |
| <b>Ham &amp; Cheese Croissant</b>                             | <b>10</b> |
| <b>Ham, Cheese &amp; Smashed Avocado Croissant</b>            | <b>12</b> |
| <b>Chicken, Cheese &amp; Smashed Avocado Croissant</b>        | <b>12</b> |

### **Small Bowlers - (under 12 years)**

|   |          |
|---|----------|
| <b>Small Bowler's Chicken Schnitzel (GF)</b>  | <b>8</b> |
| <b>Small Bowler's Bangers &amp; Mash (GF)</b> | <b>8</b> |
| <b>Small Bowler's Fish n Chips</b>            | <b>8</b> |
| <b>Small Bowler's Chicken Nuggets (GF)</b>    | <b>8</b> |
| <b>Small Bowler's Roast (Sunday Only)</b>     | <b>8</b> |

Served with fries or mash / vegies or salad).

**free ice cream cup with every small bowler's meal**

### **Desserts**

|   |            |
|---|------------|
| <b>Bowl of Vanilla Ice Cream (V GF)</b>   | <b>3</b>   |
| add a topping: Chocolate, Strawberry or Caramel   |            |
| <b>Honey Macadamia Cheesecake (V)</b>   | <b>9.5</b> |
| creamy honey cheesecake with crushed macadamia nuts   |            |
| <b>Enchanted Highlands Forest Cake (V)</b>  | <b>9.5</b> |
| layers of chocolate sponge soaked in Chef Ian's secret Highland's syrup then layered with cream and sour cherries |            |
| <b>Warm Dutch Apple Pie (V)</b>   | <b>9.5</b> |
| Chef Ian's spin on an old family recipe of diced apple chunks laced with raisins, with an almond crust top        |            |
| <b>Lemon Lime Cheesecake (V GF)</b>   | <b>9.5</b> |
| delicious lemon & lime cheesecake with an almond meal crust   |            |

## Hot Beverages

**Coffees / Hot Chocolate 4.00**

Cappuccino

Flat White

Latte

Long Black

Espresso

Hot Chocolate

**Pot of Tea 3.80**

English Breakfast

Earl Grey

Chia

Australian Noon

Green

Lemon

