



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

Crusty Bread Roll & Butter	1.5
Garlic Bread (V)	6.5
Bowl of Fries – w/ tomato sauce (V)	6.5
Sweet Potato Wedges – w/ sour cream & sweet chilli sauce (V GF)	9
Home-made Pumpkin Soup (V, GF)	10
Peking Duck Spring Rolls (3) – coriander, ginger & lime dipping sauce	12

Salads

Garden Salad	10
mixed leaf, fresh tomato, red onion, cucumber, olives, fetta, apple cider dressing	
Caesar Salad	15
cos, bacon, parmesan, egg, croutons, Caesar dressing	
Add Chicken	19
Greek Salad (V GF)	15
cos, fetta, olives, tomato, cucumber, red onion, capsicum, olive oil and lemon dressing	

Pasta

Potato Gnocchi (V GF) 15

fresh basil, fresh parsley, garlic, cream sauce

Chicken & Pesto Fettuccini (GF) 15

garlic, pesto, red onion

Garlic Prawn Spaghetti (GF) 18

garlic, house sugo, red onion

Pizza (12' Med Sized)

Margherita (V) 14

house sugo, cheese, fresh tomato, fresh basil

Hawaiian 15

house sugo, cheese, ham, pineapple

Vegetarian (V) 15

house sugo, cheese, 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

Half Pizza Combo not available. No add ons.

Gluten Free Pizza Available – Please inform Staff when Ordering

Seafood

Beer Battered Flathead (Small) 14

w/ fries, side salad, tartare, lemon

Beer Battered Flathead (Large) 17

w/ fries, side salad, tartare, lemon

Grilled NT Barramundi Fillet 200 gm (GF) 25

Grilled Tasmanian Salmon Fillet 200 gm (GF) 25

Grills and Favourites

Rump Steak (MSA grain fed) 300gm (GF) 22

Scotch Fillet Steak (MSA grain fed) 250gm (GF) 28

Sauces (Pepper, Mushroom, Diane, Red Wine, Gluten Free Gravy). 2

Confit Duck Maryland (2) 30

three herbed potato, roast syruped pear, red wine jus

Bangers & Mash (GF) 15

w/ vegies, brown onion gravy

Crumbed Lamb Cutlets Two 18

w/ mash, vegies, traditional brown gravy

Crumbed Lamb Cutlets Three 24

w/ mash, vegies, traditional brown gravy

Chicken Schnitzel 16

w/ traditional brown gravy

Chicken Parmigiana 20

w/ home-made tomato sugo, smoked ham, mozzarella & tasty cheese mix

Chickpea, Red Bean & Lentil Curry (V GF) 15

w/ basmati rice, potted natural yoghurt

Burgers etc.

Beef Burger & Fries	15
w/ lettuce, bacon, egg, tomato, beetroot, cheese, onion, tomato sauce	
Chicken Schnitzel Burger & Fries	15
w/ lettuce, bacon, egg, tomato, beetroot, cheese, onion, Caesar dressing	
Vegie Burger & Fries (V)	15
w/ lettuce, egg, tomato, beetroot, cheese, onion, roast garlic aioli	
Club Steak Sandwich & Fries on Sourdough	18
w/ lettuce, bacon, egg, onion, tomato, beetroot, cheese, BBQ sauce	
Standard Toasty (LUNCH ONLY)	8
ham, cheese, tomato, fries	
The Torpedo Toasty (LUNCH ONLY)	12
Turkish roll, ham, cheese, tomato, red onion, fries	

Small Bowlers - (under 12 years)

Small Bowler's Chicken Schnitzel (GF)	8
Small Bowler's Cheese Burger (GF)	8
Small Bowler's Fish n Chips	8
Small Bowler's Chicken Nuggets (GF)	8
Small Bowler's Roast (Sunday Only)	8

Served with fries or mash / vegies or salad).

free ice cream cup with every small bowler's meal

Desserts

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

Hot Beverages

Coffees / Hot Chocolate	4.00	Pot of Tea	3.80
Cappuccino		English Breakfast	
Flat White		Earl Grey	
Latte		Chia	
Long Black		Australian Noon	
Espresso		Green	
Hot Chocolate		Lemon	

