



# SENIOR'S MENU

## BISTRO HOURS:

Lunch:

Tuesday-Friday  
12:00pm-2:00pm

Dinner:

Tuesday-Saturday  
5:30pm-8:30pm

Phone: 9337-7245

Email:

reception@keiloreast  
rsl.com.au

12-22 Hoffmans Rd,  
Essendon 3040

**\$16 - 1 Course - Main only**

**\$18 - 2 Course - Main with choice of soup or dessert**

**\$20 - 3 Course - Soup, main, and dessert**

*Please see staff for dessert choices*

## MAIN MEAL OPTIONS

---

**Roast of the Day (GF)**

**Pie of the Day**

**Curry of the Day**

**Bangers & Mash (GF)**

GF sausages served with tomato relish, caramelised onion, mashed potato and a rich demi-glace sauce

**Lambs Fry (GF)**

Served with bacon, mash, peas and gravy

**Chicken Schnitzel**

Crumbed chicken fillet in panko crumb served with chips, salad, and your choice of sauce

**Chicken Parmigiana**

Crumbed chicken fillet in panko crumb topped with smoked ham, Napoli sauce, and mozzarella cheese served with chips and salad

**250g Rump Steak (GF)**

Char grilled and cooked to order, served with chips and salad. Choice of sauces: pepper, mushroom, gravy, and garlic butter

**Fish and Chips (GFO)**

Battered or grilled fish (see specials board) served with tartare sauce, lemon wedges, chips and salad

**Salt & Pepper Calamari**

Served with aioli sauce, lemon wedges, chips and salad

**Seafood Basket**

Prawns, scallops, fish, and calami with tartare sauce and fresh lemon, served with chips and salad

**Vegetarian Lasagne (Veg)**

**Beef Lasagne**

**Risotto**

Mushroom, spinach, and chicken

**Pasta (GFO)**

*Choice of penne and linguine*

**Bolognese**

**Carbonara**

**Napoli (Veg) (VO)**

*Extra sauces available on request for \$1 each*

Please advise staff of any dietary requirements at time of ordering

Veg - vegetarian | V - vegan | VO - vegan option | GF - gluten free |

GFO - gluten free option