



*The Mill*  
RESTAURANT

**HOURS**

SUNDAY - THURSDAY

11:30am - 2:00pm

5:30pm - 8:30pm

FRIDAY - SATURDAY

11:30am - 2:00pm

5:30pm - 9:00pm

The Mill  
RESTAURANT

**LUNCH**

*Specials*

from  
**\$15**

Available 7 days a week from 11:30am – 2:00pm

|  | <b>M</b>                      | <b>NM</b>   |
|--|-------------------------------|-------------|
| <b>Garlic Bread (V)</b><br><i>Add Cheese</i>   | <b>\$9</b><br>\$2             | <b>\$14</b> |
| <b>Creamy Spaghetti Bolognese (GFO)</b><br>With cream, topped with parmesan cheese.  | <b>\$15</b>                   | <b>\$20</b> |
| <b>Honey Soy Garlic Chicken</b><br>Fried chicken bites coated in house-made honey, garlic, & sticky sweet soy sauce, served with steamed rice  | <b>\$17</b>                   | <b>\$22</b> |
| <b>Fish &amp; Chips</b><br>Beer-battered flathead served with chips & salad, tartare sauce, & a lemon wedge  | <b>\$16</b>                   | <b>\$21</b> |
| <b>200g Lunch Rump (GF)</b><br>Grilled to your liking, served with chips, garden salad, & your choice of sauce   | <b>\$19</b>                   | <b>\$24</b> |
| <b>Roast of the Day (GF)</b><br>Served with chat potatoes, seasonal vegetables, & gravy  | <b>\$17</b>                   | <b>\$22</b> |
| <b>Beef Rissoles</b><br>Traditional beef rissoles, served with creamy mash, seasonal vegetables & gravy  | <b>\$17</b>                   | <b>\$22</b> |
| <b>Lemon Pepper Pork Chop (GF)</b><br>Seasoned & grilled 200g pork chop, served with lemon pepper butter, & a warm salad of zucchini, capsicum, Spanish onion & rocket                           | <b>\$18</b>                   | <b>\$23</b> |
| <b>Veggie Burrito Bowl (GF) (VG) (DF) (V)</b><br>Sautéed vegetables & Mexican bean mix tossed through tomato salsa, served with steamed rice & tortilla chips<br>Add sour cream<br>Add guacamole | <b>\$15</b><br><br>\$2<br>\$2 | <b>\$20</b> |

(GF) Gluten Free (VG) Vegan (DF) Dairy Free  
(V) Vegetarian (GFO) Gluten Free Option

M= Members Price NM = Non-Members Price  
Not a member yet? Join today for only \$5.50!

# The Mill

## RESTAURANT

### TO START & ENTRÉES

M | NM

#### Garlic Prawns **GF**

20 | 25

Pan-seared prawns with garlic & shallots in a creamy white wine reduction. Served on jasmine rice & topped with prawn crackers & dried shallots

#### Japanese Pancake (Okonomiyaki) **V VGO GF**

16 | 21

Japanese battered cabbage pancake topped with pickled ginger, kewpie mayonnaise & fried shallots

#### Lemon Pepper Calamari

17 | 22

Flash-fried calamari, dusted with lemon pepper seasoning. Served with lime aioli

#### Sourdough Cob Loaf **V**

14 | 19

Served with hand-whipped, herb & truffle infused butter

#### Garlic Bread **V**

Add cheese + \$2

9 | 14

### OYSTERS

#### Natural Oysters **GF DF**

Half Dozen

29 | 34

Full Dozen

50 | 55

#### Chimichurri Oysters **GF DF**

Half Dozen

31 | 36

Full Dozen

52 | 57

#### Oysters Kilpatrick **GF DF**

Half Dozen

33 | 38

Full Dozen

53 | 58

### KID'S MENU

Available under 12 years old only.

#### Cheeseburger & Chips

10 | 15

#### Crumbed Whiting & Chips

10 | 15

#### Chicken Nuggets & Chips

10 | 15

#### Linguine Bolognese

10 | 15

Children's meals are served with chips (or vegetables upon request). Plus a 7oz glass of soft drink & ice cream with assorted topping options.

*Ask your host for gluten-free options*

# The Mill

## RESTAURANT

### PASTA & RICE

- Chicken, Chorizo & Prawn Paella** **GFO** M | NM  
32 | 37  
Pan-seared prawns, chorizo & chicken tossed with Napolitana sauce, with Spanish rice & Turkish croutons
- Chicken, Bacon & Mushroom Linguine** **GFO** 28 | 33  
Poached chicken breast, bacon & mushrooms tossed with linguine in a creamy white wine sauce, topped with shaved parmesan  
*Ask your host for a gluten-free pasta option*
- Tikka Masala** **V VG DF** 24 | 29  
Slow cooked root vegetables in Tikka Masala sauce, topped with vegetable samosas, naan bread & fried chickpeas. Served with jasmine rice
- Thai style Stir-fry** **V VG GF DF** 24 | 29  
Wok-tossed Asian vegetables with Nam Jim & light soy sauce served with crispy rice noodles, toasted cashews & fragrant jasmine rice

*ADD A TOPPER TO YOUR CURRY OR STIR-FRY*

*Pork Belly +\$5 | Chicken +\$6 | Prawns +\$8*

### SALADS

- Caesar Salad** 19 | 24  
Traditional Caesar salad with cos lettuce, Turkish croutons, parmesan cheese, crispy bacon & poached egg tossed with a creamy Caesar dressing  
**Add chicken + \$6 | Add prawns + \$8**
- Roasted Pumpkin & Halloumi Salad** **V GF** 19 | 24  
Oven-roasted pumpkin, tossed through mixed leaf salad with white balsamic dressing, topped with fried halloumi, toasted pine nuts & cherry tomatoes  
**Add chicken + \$6 | Add prawns + \$8**

# The Mill

## RESTAURANT

### OFF THE GRILL

M | NM

All steaks are grilled to your liking & served with your choice of sauce & 2 sides

#### Rib Fillet 300gm

42 | 47

Marble score 1+, sourced from the best Angus cattle in the Queensland Darling Downs region

100 - 120 days grain-fed MB1+

#### Eye Fillet 200gm

41 | 46

Arguably the most desirable of steaks, eye fillet is supremely lean with a mild & subtle flavour. Selected from cattle in the Conondale Range in Queensland's Sunshine Coast region

#### Rump 350gm

36 | 41

Wet-aged for a minimum of 8 weeks, sourced from the best Angus cattle in the Queensland Darling Downs Region

100 - 120 days grain-fed MB1+

#### Rump 200gm

28 | 33

Wet-aged for a minimum of 8 weeks, sourced from the best Angus cattle in the Queensland Darling Downs Region

100 - 120 days grain-fed MB1+

### CHOOSE YOUR SIDES

Chips | Garden Salad | Seasonal Vegetables | Creamy Mash

### CHOOSE YOUR SAUCE

Dianne | Pepper | Mushroom | Béarnaise | Gravy  
Garlic Cream | Truffle Butter | Hollandaise

**Additional Sauces +\$2** · All listed sauces are gluten-free

#### Toppers

#### Additional Sides

|                             |       |                       |   |
|-----------------------------|-------|-----------------------|---|
| Lemon Pepper Calamari (4)   | 8 9   | Chips V               | 8 |
| Crumbed Prawn Cutlets (4)   | 10 11 | Sweet Potato Fries V  | 9 |
| Creamy Garlic Prawns (4) GF | 10 11 | Seasonal Vegetables V | 5 |
| Onion Rings (5) V           | 5 6   | House Salad V         | 5 |

How would you like your steak?

#### Blue

Just seared on the outside completely red throughout.

#### Rare

Just seared on the outside 75% red throughout

#### Medium rare

Grilled on outside, charred and 50% red throughout

#### Medium

Grilled on outside, charred and 25% red throughout

#### Medium well

Grilled right through slight hint of pink

#### Well done

Charred on the outside, grilled right through with no sign of pink

# The Mill

## RESTAURANT

### SPECIALTY MAINS

- Barramundi with Chimichurri** GF DF M | NM  
31 | 36  
Pan-seared barramundi served with potato rosti & broccolini, topped with a chimichurri herbed sauce
- Chicken Parmigiana** 29 | 34  
200gm golden crumbed chicken breast, topped with shaved ham, Napolitana sauce & mozzarella. Served with your choice of 2 sides
- Char Sui Pork Belly** GF 27 | 32  
Twice-cooked pork belly, served with potato galette, & pak choy. Topped with a sweet Chinese BBQ sauce & crispy crackling
- Lamb Shank** GF 27 | 32  
Slow-cooked lamb shank in a chunky tomato sauce, resting on creamy mash & topped with sweet potato crisp  
*Add an extra shank +\$8*
- Chicken Supreme with Prosciutto Sail** GF 26 | 31  
Oven-baked chicken breast resting on smashed garlic chat potatoes & Dutch carrots, topped with a creamy sun-dried tomato sauce and crispy prosciutto sail
- Crumbed Chicken Schnitzel** 26 | 31  
200gm tender chicken breast, crumbed & flash-fried until golden. Served with your choice of sauce & 2 sides

### DESSERTS

- Sticky Date Pudding** 10 | 15  
Warm sticky date pudding topped with rich butterscotch sauce with vanilla bean ice cream and chocolate soil
- Warmed Nutella Brownie** 10 | 15  
Warm nutella brownie, chocolate sauce, vanilla ice cream & fresh berries
- Caramel Mascarpone Panna Cotta** GF 10 | 15  
A rich caramel creamy baked dessert, chilled & topped with mascarpone & pecan praline