

# MENU

Sportsman's Bar menu is all about fresh, made-to-order food. We believe in taking the time to craft each dish. Let us serve up the winning combination of great food and sports excitement!

## SNACKS AND STARTERS

<b>Loaded Nachos</b>	<b>\$119</b>	<b>Grilled Octopus</b>	<b>\$95</b>
Beef, chilli, guacamole, cheddar, bell pepper salsa and sour cream.		Sautéed with chorizo, onions and potatoes.	
<b>Veggie Nachos</b>  	<b>\$122</b>	<b>Pan Fried Pork Dumplings</b> 	<i>6pcs</i> <b>\$64</b> <i>12pcs</i> <b>\$107</b>
Plant-based protein, chilli, guacamole, vegan cheese, bell pepper salsa and sour cream.		Served with garlic and sesame vinegar dipping sauce.	
<b>Loaded Potato Skins</b>	<b>\$91</b>	<b>Plant-based Protein Dumplings</b>  	<i>6pcs</i> <b>\$64</b> <i>12pcs</i> <b>\$107</b>
Melted cheddar cheese, bacon, black olives, spring onions and tomato sauce.		Served with garlic and sesame vinegar dipping sauce.	
<b>Potato Fries</b> 	<b>\$37</b>	<b>Seared Tuna Salad</b>	<b>\$134</b>
Original or Cajun Spices		Soy sauce marinated tuna fillet coated with sesame, arugula, mixed greens, edamame, cabbages,  sweet peppers, soba noodle, sesame sauce and soy vinaigrette.	
<b>Sweet Potato Fries</b> 	<b>\$37</b>	<b>Salad Bar</b>	<i>from</i> <b>\$98</b>
Served with BBQ mayo		Please ask your server for order form	
<b>Halloumi Fries</b>	<b>\$101</b>		
Served with harissa-yoghurt dip.			
<b>Chicken Goujons</b>	<b>\$81</b>		
Rosemary and buttermilk marinated, golden fried, served with smoky BBQ dip.			
<b>Sticky Honey Wings</b>	<i>6pcs</i> <b>\$83</b> <i>12pcs</i> <b>\$160</b>		
Marinated with Thai herbs and spices, served with lime and sriracha mayo			

 Signature Item  Suitable for Vegetarian

 Contains Nuts

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SOUP OF THE DAY \$59

*\*Please check with your server for today's selection.*

**MAINS**

**Prime Beef Burger\*** \$155

Cajun spiced beef patty,  
Kansas City style BBQ sauce.

**Plant-based Burger\***   \$134

Plant-based protein patty,  
Kansas City style BBQ sauce.

*\*All burgers above are served with lettuce, pickles,  
tomatoes, red onions, and potato fries.*

**Add-on:**

Bacon \$20

Cheddar Cheese \$19

Guacamole \$16

Fried Onion Rings \$16

Egg \$12

**Philly Cheesesteak\*** \$134

Sautéed thinly sliced beef rib eye  
steak with onions, garlic, green  
bell peppers, mushrooms and  
melted cheese on a hoagie roll.

**Grilled Reuben\*** \$115

Tender corned beef topped with sauerkraut,  
melted Gruyère cheese and rose dressing  
on buttery toasted sourdough bread.

**LGBT\*** \$88

Crispy streaky bacon and back  
bacon, tomatoes, lettuce, guacamole and  
mayonnaise on sourdough toast.

*\*All sandwiches are served with potato fries*

**Scottish Baps** \$57

Choose 2 from below:

Bacon / Cumberland Sausage /

Egg / Mushrooms / Half Avocado

**Add-on:**

Fries \$11

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**Margherita Pizza**  \$98

Tomato sauce, mozzarella cheese  
and basil.

**Pepperoni Pizza** \$132

Pepperoni, tomato sauce,  
mozzarella cheese and oregano.

**Warm Peking Duck Wrap** \$105

Whole wheat tortillas, green and red bell peppers,  
cucumbers, lettuce, spring onion,  
toasted sesame, crispy wonton skin, hoisin sauce  
and mayonnaise

**Cajun Chicken Quesadilla**  \$113

Whole wheat tortilla, cajun spiced  
chicken fillet, roasted green bell  
peppers, red onions, mushrooms,  
coriander, red chilli, sour cream,  
Monterey jack and Cheddar cheese  
served with guacamole.

**Vegetarian Cajun Chicken**  \$140  
**Quesadilla** 

Whole wheat tortilla, plant-based  
protein, roasted green bell peppers,  
red onions, mushrooms, coriander,  
red chilli, sour cream, Monterey Jack  
and cheddar cheese served with  
guacamole.

**Beef Bolognese** \$106

Gluten-free beef sauce and parmesan cheese

**Plant Based Meat Bolognese**   \$120

*\*Same as above with plant-based protein*

**Pasta Carbonara** \$111

Bacon, garlic, cream, egg yolk  
and parmesan cheese.

**\*Pasta selection:**

Spaghetti or gluten-free pasta

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**Poor Man's Burnt Ends** \$145  
Smoked tender beef chuck ragout glazed with smoky barbecue sauce and honey, served with mashed potato and vegetables.

**Chilli Con Carne** \$120  
Braised minced beef with kidney beans, peppers, tomatoes and chilli. Served with steamed rice and sour cream.

**Chicken Schnitzel** \$113  
Schnitzel smothered in garlic butter, served with potato fries, house salad and lemon aioli.

**Pork Ribs** 5pcs \$160  
Marinated with ginger and garlic, glazed with BBQ sauce, served with potato fries and house salad. 10pcs \$289

**Thai Minced Chicken** \$108  
Hot Basil, Chili and String Beans served with Chinese lettuce.

**Moroccan Spiced Salmon** \$165  
Marinated and baked with Moroccan spices, served with vegetables couscous and yoghurt sauce.

**Fish and Chips** \$149  
Hand-battered orange roughy, served with potato fries, mushy peas and tartar sauce.

**Roasted Spring Chicken** \$130  
Marinated with lemon and garlic, served with French green bean, grilled tomatoes, roasted baby potatoes and gravy

**Guinness Beef Pie** \$108  
Chuck beef, button mushrooms, onions, carrots, celery, garlic, bay leaf, thyme, red wine and Guinness gravy

#### INDIAN DISHES

**Makhani Chicken\***  \$117  
Creamy and buttery tomato sauce.

**Chicken Tikka\***  \$118  
Chicken thigh marinated with spices and yoghurt.

**Dal Makhani\***   \$91  
Black dal, red kidney beans and chickpeas.

*\*These Indian food dishes are served with steamed rice or naan bread.*

#### **Side:**

House Salad \$42  
Steamed Spinach \$42  
Steamed Broccoli \$37  
Mashed Potato \$30  
Garlic Bread \$37

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## POST WORKOUT RECOMMENDED MEALS

<b>Grilled Sirloin Steak*</b>	<b>\$158</b>
Beef sirloin steak, roasted baby potatoes and French green bean, served with tangy tamarind sauce.	
<b>Fajitas Chicken Breast*</b>	<b>\$120</b>
Fajitas spices roasted free range chicken breast, served with grilled peppers, wild rice, red kidney beans and Smoky BBQ sauce.	
<b>Lemon Garlic Shrimp Pasta*</b>	<b>\$119</b>
Tagliatelle, kenya beans, green peas, shallots, garlic, lemon and pangrattato.	
<b>Crispy Sesame Tempeh Bowl*</b>	<b>\$108</b>
Maple soy sauce glazed tempeh, steamed rice, avocado, sweet bell peppers, broccoli, and coleslaw.	

**\*Dishes that are nutrient dense, would aid in performance and recovery but also have an element of comfort at the same time**

**Designed by Strength and Conditioning Coach - Shaun Melwani**  
**Great for dine in or take away**

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# FROM THE BACK PATIO

**Pizzas made with fresh homemade dough**  
**Available on Saturday, Sunday and Public Holidays only**

<b>Margherita Pizza</b> 	<b>\$98</b>	<b>Chicken Doner Kebab</b>	<b>\$88</b>
Tomato sauce, mozzarella cheese and basil.		Roasted chicken breast marinated with Turkish spices, wrapped with Lebanese Pita bread, red onions, tomatoes, lettuce and mint-yoghurt garlic sauce.	
<b>Tandoori Chicken Pizza</b> 	<b>\$132</b>	<b>Lamb Doner Kebab</b>	<b>\$108</b>
Chicken tikka, green peppers, onions, coriander, red chilli, curry sauce, tomato sauce and mozzarella cheese, topped with raita.		Roasted lamb marinated with Turkish spices, wrapped with Lebanese Pita bread, red onions, tomatoes, lettuce and mint-yoghurt garlic sauce.	
<b>Pepperoni Pizza</b>	<b>\$132</b>		
Pepperoni, tomato sauce, mozzarella cheese and oregano.			
<b>Cajun Shrimp and Andouille Sausage Pizza</b>	<b>\$138</b>		
Cajun spiced shrimps, Andouille sausage, green peppers, onions, celery, coriander, hot sauce, tomato sauce and mozzarella cheese.			
<b>Quattro Formaggi Pizza</b> 	<b>\$138</b>		
Gorgonzola, fontina, parmesan and mozzarella cheese, tomato sauce.			

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## DESSERTS

**Belgian Chocolate Brownie**   **\$65**  
Served with vanilla ice cream.

**Tiramisu**  **\$65**  
Espresso coffee, mascarpone cheese and cream

**Apple Crumble**  **\$58**  
Served with vanilla ice cream.

**Double Cream Cheese Tart**  **\$51**  
Served with coffee ice cream.

## KIDS

**Crispy Crumbled Chicken Tenders\*** **\$68**  
Crispy fried and served with ketchup.

**Grilled Cheese and Chicken Sandwich\*** **\$68**  
Cheddar cheese and chicken breast slices on white bread

**Beef Burger\*** **\$61**  
Melted cheddar cheese, lettuce and tomatoes in a soft bun.

**Hot Dog\*** **\$61**  
Steamed Frankfurter in a soft bun

*\*All items above are served with potato fries and broccoli.*

**Cheese and Tomato Pizza**  **\$60**

**Spaghetti or Gluten Free Pasta Bolognese** with Parmesan cheese. **\$61**

**Baked Mac and Cheese** **\$51**

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# ALCOHOL BEVERAGE

## DRAUGHT BEERS AND BOTTLED BEERS

<u>DRAUGHT BEERS</u>	<u>PINT</u>	<u>HALF PINT</u>	<u>BOTTLED BEER</u>	<u>BOTTLE</u>
<b>HKFC Lockhart's Lager</b> <i>"By the members for the members"</i>	\$73	\$40	<b>Boddingtons (Can)</b>	473ml \$62
<b>Asahi</b>	\$73	\$40	<b>Corona</b>	355ml \$34
<b>Budvar</b>	\$65	\$33	<b>Estrella Daura (Gluten Free)</b>	330ml \$42
<b>Blackthorn Cider</b>	\$71	\$37	<b>Henry Westons Vintage Cider</b>	500ml \$78
<b>Brooklyn IPA</b>	\$75	\$40	<b>Heineken</b>	330ml \$34
<b>Carlsberg</b>	\$57	\$29	<b>London Pride</b>	500ml \$74
<b>Guinness Stout</b>	\$81	\$44	<b>Peroni</b>	330ml \$28
<b>HK Yau Pale Ale</b>	\$71	\$37	<b>San Miguel Pale Pilsen</b>	320ml \$32
<b>Kronenbourg 1664 Lager</b>	\$67	\$34	<b>Sapporo</b>	330ml \$39
<b>Peroni</b>	\$75	\$40	<b>Three Oak Cider</b>	330ml \$44
<b>Sapporo</b>	\$67	\$37	<b>Tsingtao</b>	355ml \$32
<b>Somersby Cider</b>	\$71	\$38	<b>Warsteiner Alcohol Free</b>	330ml \$44
<b>Stella Artois</b>	\$60	\$31	<b>Young Master Zero</b>	330ml \$48
<b>Tsingtao</b>	\$57	\$29		
<b>Young Master Pale Ale</b>	\$72	\$37		

# ALCOHOL BEVERAGE

## HOUSE WINE, GIN, VODKA, WHISKY

HOUSE WINE	GLASS	BOTTLE	WHISKY	GLASS
<b>Champagne</b> <i>(Veuve Clicquot, Champagne, France)</i>		<b>\$565</b>	<b>Akashi</b>	<b>\$57</b>
<b>House Red</b>	<b>\$50</b>	<b>\$195</b>	<b>Chivas Regal 12 Years</b> <i>(Blended Malt)</i>	<b>\$40</b>
<b>House White</b>	<b>\$50</b>	<b>\$195</b>	<b>Jack Daniel's</b> <i>(Bourbon)</i>	<b>\$38</b>
<b>Prosecco</b>	<b>\$72</b>	<b>\$298</b>	<b>Jameson</b>	<b>\$37</b>
<b>Rosé</b>	<b>\$55</b>	<b>\$255</b>	<b>Laphroaig 10 Years</b> <i>(Single Malt)</i>	<b>\$112</b>
<b>GIN</b>		<b>GLASS</b>	<b>Macallan 12 Years</b> <i>(Single Malt)</i>	<b>\$81</b>
<b>Bombay Sapphire</b>		<b>\$31</b>	<b>Oban 14 Years</b>	<b>\$132</b>
<b>Hendrick's</b>		<b>\$70</b>	<b>Talisker 10 Years</b>	<b>\$95</b>
<b>Martin Miller's</b>		<b>\$60</b>	<b>With mixer</b>	<b>Add \$14-\$27</b>
<b>Monkey 47</b>		<b>\$113</b>		
<b>Roku</b>		<b>\$83</b>		
<b>Tanqueray Rangpur</b>		<b>\$60</b>		
<b>With mixer</b>		<b>Add \$14-\$27</b>		
<b>VODKA</b>		<b>GLASS</b>		
<b>Absolut</b>		<b>\$31</b>		
<b>Belvedere</b>		<b>\$42</b>		
<b>Chopin</b>		<b>\$75</b>		
<b>Grey Goose</b>		<b>\$62</b>		
<b>Ketel One</b>		<b>\$42</b>		
<b>Stolichnaya</b>		<b>\$52</b>		
<b>With mixer</b>		<b>Add \$14-\$27</b>		



# ALCOHOL BEVERAGE

## RUM, BRANDY, COCKTAIL, NON-ALCOHOLIC

<u>RUM</u>	<u>GLASS</u>	<u>COCKTAIL</u>	<u>GLASS</u>
Bacardi	\$31	Amaretto Sour	\$45
Bundaberg	\$48	Aperol Spritz	\$51
Captain Morgan	\$31	Cosmopolitan	\$45
Havana Club 7 Years	\$62	Cuba Libre	\$45
Myer's	\$31	Kamikaze	\$51
Navy Island	\$75	Long Island Iced Tea	\$54
<i>With mixer</i>	<i>Add \$14-\$27</i>	Margarita	\$45
		Sea Breeze	\$51
<u>BRANDY</u>	<u>GLASS</u>	Tom Collins	\$44
Remy Martin VSOP	\$64	Whisky Sour	\$45
<i>With mixer</i>	<i>Add \$14-\$27</i>		
		<u>NON-ALCOHOLIC</u>	<u>GLASS</u>
		Fresh Lime Soda	\$42
		Fruit Punch	\$31
		Gunner	\$31
		Ribena Soda	\$29
		Virgin Mary	\$31

# HOT AND COLD BEVERAGES

## SOFT DRINK, JUICE, HOT & COLD DRINKS

### SOFT DRINK

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Canned Soft Drink	\$20
Lucozade	\$20
Pocari	\$21
All Chilled Juices	<i>Small</i> \$20 <i>Large</i> \$30
Perrier	<i>330ml</i> \$30 <i>750ml</i> \$54
Source Still	<i>750ml</i> \$41

### HOT AND COLD DRINKS

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Coffee	<i>Cup</i> \$27 <i>Mug</i> \$46
Cappuccino	<i>Cup</i> \$30 <i>Mug</i> \$49
Latte	<i>Cup</i> \$30 <i>Mug</i> \$49
Espresso	\$27
Double Espresso	\$39
Hot Chocolate	<i>Mug</i> \$43
Iced Chocolate	\$43
Tea with Lemon	\$27
Iced Tea	<i>Unlimited Refill</i> \$42
Water with Lemon	\$20
Herbal Tea	\$27