



# LUNCH SPECIALS

MONDAY TO FRIDAY

MEMBERS \$10\* | VISITORS \$12\*

## FISH THREE WAYS

*grilled, battered or crumbed, with fresh lemon, creamy tartare sauce served with chips and salad*

## CHICKEN SCHNITZEL

*freshly crumbed in a herb and garlic seasoning served with chips and salad*

## HOMEMADE BEEF RISSOLES

*served with roast potato and steamed seasonal vegetables*

## ROAST OF THE DAY

*served with roast potato and steamed seasonal vegetables*

## CHICKEN CAESER WRAP

*crispy or grilled chicken with crisp baby coz, crispy bacon, parmesan cheese with our classic caesar dressing*

## BAGUETTE

*grilled or crispy chicken, avocado, swiss cheese, crisp oak lettuce, sliced tomato, crispy bacon with a creamy aioli dressing with waffle fries*

## FISH CAKES

*two panko-crumbed patties served with fresh lemon, creamy tartare sauce, chips and salad*

## PANKO CALAMARI

*super tender calamari tossed in golden panko crumbs and served with fresh lemon, creamy tartare sauce and hot chips*

\*CONDITIONS APPLY

*Sarah's Kitchen  
@ The Sporties*

McGregor Avenue, Barrack Heights, NSW 2528  
(02) 4296 3000 | [thesporties.com.au](http://thesporties.com.au)

# Sporties Menu

## • STARTERS / TO SHARE

GARLIC BREAD	\$5/\$6
CHEESY GARLIC BREAD	\$7/\$8
BRUSCHETTA	\$8/\$9
OVEN ROASTED CHICKEN WINGS (10) <i>with a ranch dipping sauce</i>	\$12/\$13
PANKO-CRUMBED CALAMARI (8) <i>fresh lemon and tartare sauce</i>	\$12/\$13
GARLIC BUTTER KING PRAWNS (6)	\$12/\$13

## • SIDES

STEAK CUT CHIPS	\$4
SWEET POTATO FRIES	\$8
SEASONED WEDGES	\$8
WAFFLE FRIES <i>add aioli, sour cream, sweet chilli</i>	\$6
MASHED POTATO	\$3
BOWL OF STEAMED SEASONAL VEGETABLES	\$6
CAESER SALAD	\$5
GREEK SALAD	\$3

## • SALADS

GARDEN (GF) <i>dressed in a balsamic glaze</i>	\$10/\$12
CAESER <i>crisp baby coz, crispy bacon, egg, parmesan cheese, croutons tossed in our classic caesar dressing</i>	\$12/\$14
GREEK SALAD (GF) <i>with a red wine vinaigrette dressing</i>	\$12/\$14
SPORTIES SALAD <i>rocket, cherry tomato, pear, shaved parmesan, pine nuts with a honey vinaigrette dressing</i>	\$12/\$14
ADD CRISPY OR GRILLED CHICKEN	\$5
ADD PRAWNS	\$10

## • PASTAS

FETTUCINE <i>with sautéed king prawns and a creamy garlic sauce</i>	\$18/\$20
ARRABBIATA <i>a rich tomato sauce intensified with a hint of chilli, chorizo, olives and crumbled fetta</i>	\$16/\$18
FETTUCINE CHICKEN ALFREDO <i>sliced chicken breast with a creamy parmesan and butter sauce</i>	\$15/\$17

\*ALL SERVED WITH A SLICE OF CRUSTY BREAD

## • BURGERS

BLT BEEF BURGER <i>200gram succulent beef patty, lettuce, tomato, sliced cheddar cheese with tomato relish</i>	\$14/\$16
SOUTHERN FRIED CHICKEN BURGER <i>crispy chicken breast with bacon, cheese, slaw and a ranch sauce</i>	\$14/\$16
STEAK BURGER <i>200gram tender steak with grilled onion, crisp lettuce, sliced tomato, sliced cheddar cheese</i>	\$14/\$16
CRISPY CHICKEN SCHNITZEL BURGER <i>freshly crumbed schnitzel, sliced tomato, crisp lettuce, creamy mayonnaise</i>	\$14/\$16

\*ALL SERVED WITH STEAK CUT CHIPS

## • SPORTIES OLD FAVOURITES

CHICKEN SCHNITZEL <i>freshly crumbed and lightly seasoned in house</i>	\$18/\$20
<b>ADD ON SCHNITZEL TOPPERS</b>	
• PARMIGIANA <i>neapolitan sauce with mozzarella cheese</i>	\$3
• HAWAIIAN <i>neapolitan sauce with crispy bacon pineapple and mozzarella cheese</i>	\$5
• RANCH <i>crispy bacon, mozzarella cheese, guacamole with a ranch sauce</i>	\$6
• NEPTUNE <i>sautéed king prawns with a béarnaise sauce</i>	\$6

ROAST OF THE DAY (GF)	\$16/\$18
CRUMBED LAMB CUTLETS <i>freshly crumbed with bacon</i>	TWO \$20/\$22 THREE \$26/\$28
STICKY BBQ PORK RIBS	\$20/\$22

\*ALL SERVED WITH STEAK CHIPS AND GARDEN SALAD OR POTATO AND STEAMED VEGETABLES

## • SAUCES

PEPPER, DIANE, MUSHROOM CREAMY GARLIC, BÉARNAISE AND HONEY MUSTARD	\$2.50
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## • FROM THE GRILL

RUMP (GF) <i>300gram grain-fed</i>	\$26/\$28
NEW YORK STRIP (GF) <i>300gram</i>	\$24/\$26
T-BONE (GF) <i>400gram</i>	\$28/\$30
PORK CUTLET <i>with a honey mustard sauce</i>	\$20/\$22
ADD SURF & TURF TO ANY STEAK	\$6
<i>sautéed king prawns with a creamy garlic sauce</i>	

## • KIDS MENU

CHICKEN NUGGETS <i>served with steak cut chips</i>	\$7/\$8
BATTERED FISH COCKTAILS <i>served with steak cut chips</i>	\$7/\$8
MINUTE STEAK <i>served with steak cut chips and salad</i>	\$8/\$9
MINI PIZZA <i>choose your own topping served with steak cut chips</i>	\$7/\$8

## • SENIORS MENU

HALF CHICKEN SCHNITZEL <i>served with steak cut chips and salad</i>	\$10/\$11
PANKO-CRUMBED CALAMARI <i>served with steak cut chips</i>	\$8/\$9
ROAST DINNER <i>served with roast potato and seasonal steamed vegetables</i>	\$10/\$11
HOMEMADE BEEF RISSOLES <i>served with chips and salad or mashed potato and seasonal steamed vegetables</i>	\$10/\$11

## • WEEKLY SPECIALS

MONDAY CHICKEN SCHINTZEL	\$12/\$14
TUESDAY* <i>BUY ONE MEAL AND GET THE SECOND FOR HALF PRICE</i>	MEMBERS ONLY
WEDNESDAY STEAK NIGHT SERVED WITH CHIPS AND SALAD WITH A CHOICE OF SAUCE	\$15/\$17
THURSDAY TOPPED SCHINTZEL	\$17/\$19
SUNDAY ROAST ALL DAY	\$12/\$14

## • FROM THE OCEAN

BEER-BATTERED FISH <i>lightly battered fish served with fresh lemon and tartare sauce</i>	\$16/\$18
ATLANTIC SALMON <i>grilled and served with a lemon butter sauce</i>	\$22/\$24
PANKO-CRUMBED CALAMARI <i>super tender calamari served with fresh lemon and creamy tartare sauce</i>	\$16/\$18
FISHERMAN'S DELIGHT <i>beer-battered fish, grilled king prawns and calamari with a fresh lemon and tartare sauce</i>	\$20/\$22
GRILLED BARRAMUNDI (GF) <i>pan-fried wild caught grilled and served with fresh lemon and tartare sauce</i>	\$22/\$24
GARLIC PRAWNS WITH RICE <i>creamy garlic sauce with grilled king prawns served with steamed rice</i>	\$24/\$26

## • PIZZA

SIMPLY CHEESE <i>tomato sauce with mozzarella cheese</i>	\$12/\$13
PEPPERONI <i>tomato sauce, pepperoni slices with mozzarella cheese</i>	\$14/\$15
HAWAIIAN <i>tomato sauce, ham, pineapple with mozzarella cheese</i>	\$14/\$15
SUPREME <i>tomato sauce, onion, mushroom, capsicum, ham, pepperoni slices and black olives with mozzarella cheese</i>	\$15/\$16
VEGGIE DELIGHT <i>tomato sauce, onion, mushroom, capsicum, baby spinach, sweet potato, pineapple, black olives, crumbled fetta, fresh diced tomatoes with mozzarella cheese</i>	\$15/\$17
BBQ CHICKEN <i>bbq sauce, chicken breast, onion, capsicum, bacon with mozzarella cheese</i>	\$14/\$15
HOT AND SPICY <i>tomato sauce, onion, capsicum, beef, chicken, chilli flakes, jalapeños with mozzarella cheese</i>	\$16/\$17
SPORTIES SPECIAL <i>tomato sauce, onion, mushroom, prawns, chorizo, fetta, olives with mozzarella cheese</i>	\$17/\$28
TAKEAWAY BOXES	\$1