

## NUTRITIONAL INFORMATION

PER SERVING	Serving (G)	Energy (KJ)	Energy (cal)	Protein (g)	Fat, Total (g)	Sat Fat (g)	Carb. (g)	Sugars (g)	Sodium (mg)
<b>STARTERS &amp; SHARES</b>									
Garlic Bread (V)	157.5	2614.5	624.9	12.6	36.2	21.7	60.3	3.3	830.0
Cheesy Garlic Crust (V)	270.0	1890.0	451.7	43.5	36.2	17.0	94.2	1.6	556.2
Bruschetta Crust (V)	415.0	1174.5	280.7	20.3	22.4	2.1	104.6	10.8	576.9
Korean Fried Chicken	332.0	3320.0	793.5	50.1	28.9	9.0	81.0	51.1	4681.2
Satay Lollypop Chicken	342.0	3026.7	723.4	77.6	34.5	13.0	24.3	6.2	844.7
Antipasto Board	430.0	4558.0	1089.4	52.5	72.7	24.1	46.9	21.5	4300.0
Crumbed Boccocini (V)	280.0	1534.4	366.7	28.3	21.8	13.4	12.3	5.3	282.8
Saganaki Cheese (V)	121.4	1602.6	383.0	23.4	25.5	15.3	14.1	12.5	768.5
Nachos (GF)	475.0	5557.5	1328.2	63.7	79.8	39.0	83.6	8.1	1572.3
Wood Fired Cauliflower (V, GF)	446.5	1991.4	475.9	14.3	38.4	4.0	10.3	10.3	129.5
Salt & Pepper Calamari (GF)	265.0	2703.0	646.0	35.0	50.4	9.5	56.7	4.2	2615.6
Pumpkin Soup (V)	432.2	2420.5	578.5	13.4	31.6	13.8	54.9	22.9	2169.8
Potato Wedges (V)	420.5	4919.9	1175.8	10.9	77.0	30.7	110.6	16.8	1799.7
Sweet Potato Fries (V)	273.0	3303.3	789.5	4.4	65.0	12.0	52.4	20.7	2072.1
<b>PASTA &amp; RISOTTO</b>									
Fettucine Boscaiola	495.0	3460.1	827.0	55.9	36.1	18.8	66.8	5.4	1400.9
Prawn Linguine	550.0	2249.5	537.6	38.0	8.3	1.7	71.5	11.0	1622.5
Spaghetti Marinara	400.0	1732.0	413.9	32.8	10.0	2.8	52.4	6.8	968.0
Chicken Pesto penne	550.0	4785.0	1143.6	61.1	63.8	27.0	79.8	6.6	1122.0
Spinach & Ricotta Ravioli	300.0	4380.0	1046.8	30.6	60.6	38.4	92.1	0.3	924.0
<b>SALADS</b>									
Caprese Salad (V, GF)	250.0	1820.0	435.0	22.5	36.5	14.0	4.3	3.3	952.5
Caesar Salad	270.0	3159.0	755.0	37.8	52.4	14.9	33.2	10.8	2916.0
Caesar Salad ADD chicken	360.0	3672.0	877.6	64.4	54.7	15.5	33.1	10.8	2952.0
Chicken Cobb Salad	485.8	2603.9	622.3	72.4	39.8	9.7	29.1	5.8	670.4
Teriyaki Salmon Poke	394.3	2858.3	683.1	50.9	35.5	12.6	41.0	7.5	1502.1
<b>HEALTHY CHOICES</b>									
Asparagus and Avocado Salad (V, GF, Paleo)	400.0	1744.0	416.8	10.8	33.6	6.8	12.8	10.4	1224.0
Grilled Rump Steak (GF, Paleo)	295.0	1805.4	431.5	57.5	19.5	3.8	3.0	2.1	657.9
Grilled Chicken Breast (GF, Paleo)	368.0	2185.9	522.4	64.4	27.6	8.1	1.8	1.1	666.1



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<b>PIZZA</b>									
Margherita Pizza (V)	380.0	1858.2	444.1	47.5	31.9	18.2	97.7	4.6	615.6
Seafood Pizza	649.6	3949.6	943.9	118.9	53.9	29.9	101.3	6.5	2293.1
Tropical Pizza	480.0	2505.6	598.8	60.5	35.0	19.2	115.7	19.2	2054.4
The Works Pizza	595.0	3629.5	867.5	71.4	63.1	28.6	105.9	7.7	3504.6
Satay Chicken Pizza	527.7	4432.7	1059.4	92.3	72.8	35.9	114.5	17.9	1277.0
Vegetarian Pizza (V)	590.0	2808.4	671.2	53.7	47.2	20.1	110.3	11.2	2566.5
Five Cheese Calzone (V)	390.0	3771.3	901.3	83.1	69.4	44.9	94.0	1.6	1969.5
<b>SEAFOOD</b>									
Barramundi Fillet (GF)	540.0	2548.8	609.2	37.8	34.6	21.6	24.8	7.0	1166.4
Grilled Atlantic Salmon (GF)	460.0	2433.4	581.6	52.0	25.8	5.5	30.4	5.5	680.8
Snapper Fillet (GF)	500.0	4320.0	1032.5	53.0	66.0	35.5	51.0	7.5	465.0
Seafood Mixed Grill (GF)	760.0	4392.8	1049.9	92.0	47.9	11.4	69.9	10.6	3268.0
Gravlax Salmon (GF)	347.0	2588.6	618.7	36.1	32.6	9.7	41.3	37.8	530.9
<b>BARBECUE</b>									
Porchetta (GF)	620.0	4116.8	983.9	77.5	60.8	24.8	26.0	7.4	285.2
DOOLEYS Grill Plate (GF)	840.0	6888.0	1646.2	142.0	95.8	40.3	48.7	4.2	5510.4
Ajwaini Fish Skewers (GF)	475.0	1619.8	387.1	55.6	11.4	3.8	41.3	11.9	665.0
Mughlai Tikka (GF)	560.0	1993.6	476.5	59.4	18.5	6.7	13.4	12.3	812.0
BBQ Pork Ribs	1000.0	10900.0	2605.1	150.0	132.0	44.0	197.0	144.0	5600.0
<b>GRILL</b>									
<b>*Does not include steak sauce</b>									
T-Bone (GF)	625.5	4028.2	962.7	81.9	45.7	16.9	48.8	5.0	813.2
Scotch Fillet (GF)	588.0	3751.4	896.6	78.8	39.4	14.7	48.8	5.3	793.8
Lamb Souvlaki	460.0	3137.2	749.8	61.6	32.7	12.0	48.8	11.5	2378.2
Prosciutto Wrapped Chicken (GF)	445.5	3069.5	733.6	92.7	29.4	14.7	21.4	4.5	1198.4
Grilled Pork Cutlet (GF)	451.8	2941.2	703.0	52.0	46.1	16.3	16.7	4.1	176.2
<b>CLASSICS</b>									
Chicken Schnitzel, with Gravy	438.0	4174.1	997.6	45.6	53.0	19.7	79.7	5.3	1112.5
Beef Burger	555.0	6771.0	1618.3	59.9	93.8	38.9	92.1	15.5	2714.0
Buttermilk Fried Chicken Burger	553.0	6304.2	1506.7	55.9	93.5	30.4	107.3	1675.6	2693.1
Roast of the Day - FULL BEEF	633.8	3042.2	727.1	86.2	24.7	8.2	35.5	10.8	431.0

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Roast of the Day - FULL PORK	593.0	3273.4	782.3	71.2	36.2	13.0	38.5	16.6	385.5
Roast of the Day - FULL CHICKEN	633.8	2953.5	705.9	74.8	27.3	9.5	35.5	10.8	443.7
Roast of the Day - FULL HAM	663.8	2462.7	588.6	48.5	26.6	9.3	35.2	10.6	3730.6
Roast of the Day - FULL LAMB	693.8	4114.2	983.3	79.8	38.9	14.6	74.9	41.6	513.4
Roast of the Day - SMALL BEEF	398.6	2096.6	501.1	57.8	17.1	6.4	25.9	6.4	358.7
Roast of the Day - SMALL PORK	426.6	2576.7	615.8	55.5	29.0	10.7	30.7	10.2	366.9
Roast of the Day - SMALL CHICKEN	390.6	1992.1	476.1	49.2	18.7	6.6	25.4	6.2	359.4
Roast of the Day - SMALL HAM	398.6	1634.3	390.6	29.5	17.5	6.4	25.9	6.4	2303.9
Roast of the Day - SMALL LAMB	428.6	2700.2	645.3	53.1	26.6	10.3	45.9	21.4	402.9
DOOLEYS Fish & Chips	528.0	5021.3	1200.1	33.8	79.7	20.6	84.0	8.4	1990.6
Calamari & Chips (GF)	520.0	4544.8	1086.2	39.0	75.9	19.2	102.4	7.8	1955.2
Beef & Guinness Pie	520.0	3692.0	882.4	47.3	37.4	19.2	80.1	12.5	655.2
Massaman Beef Curry	565.0	3836.4	916.9	85.9	39.6	11.3	53.7	11.9	1226.1
Bangers & Mash	548.0	4252.5	1016.3	47.1	73.4	36.2	37.3	6.0	3003.0
<b>CHILDRENS</b>									
Kids - Grilled Chicken (GF)	360.5	2267.5	541.9	37.5	21.6	7.9	45.4	11.9	1142.8
Kids - Battered Fish Fillet	243.0	2077.7	496.6	3.9	35.5	8.3	37.9	5.6	1151.8
Kids - Crumbed Chicken Strips	371.8	2944.3	703.7	39.4	35.7	17.1	52.8	9.3	1126.4
Kids - Penne Napolitana	288.0	789.1	188.6	18.7	7.2	2.3	37.7	7.5	699.8
Kids - Bangers & Mash	253.0	1543.3	368.8	15.2	26.1	13.7	16.7	2.5	1310.5
<b>DESSERTS</b>									
Banoffee Cup (V)	347.0	3921.1	937.1	5.6	75.0	49.3	60.4	52.7	111.0
Summer Berries Cup	245.0	1840.0	439.7	4.7	21.1	13.7	52.4	42.1	27.0
Sticky Date Pudding (V)	265.0	3233.0	772.7	7.4	17.2	10.3	145.0	108.9	964.6
Tiramisu (V)	325.0	5622.5	1343.8	10.4	110.8	75.7	74.4	52.0	334.8
Crème Brulee (V)	210.0	2415.0	577.2	4.4	39.3	25.8	52.1	46.4	115.5

The recommended daily intake for an average adult needs about 8700 kilojoules (kJ) a day to maintain a healthy weight.

This nutritional information is calculated using the Nutritional Panel Calculator provided by Food Standards Australia New Zealand.

· This nutritional information is intended to be used as a guide only.

· Substitution of ingredients may alter nutritional values.

· The values provided are average quantity per serving.

· The nutritional information is based on standard recipes and product formulations, however variations may occur due to seasonality, use of an alternate supplier, product substitution and small differences in plate assembly.