



NEW
'GLUTEN FREE'
MENU

Please inform when ordering
if you require 'Gluten Free'

helen's
@ CLUB RIVERS

Continues

Sydney Rock Oysters:

Natural ■ (1/2 Dozen) Member 13.9 Guest 15.9
Served with cocktail sauce & lemon (Dozen) 18.9 20.9

Kilpatrick ■ (1/2 Dozen) 14.9 16.9
Topped with finely chopped bacon & worstershire sauce (Dozen) 21.9 23.9

Mornay (1/2 Dozen) 14.9 16.9
Topped with bécha mel sauce & melted cheese (Dozen) 21.9 23.9

Mixed Hot & Cold Oysters
Four each of all three types of oysters (Dozen) 24.9 26.9

BBQ Octopus ■ topped with lemon, olive oil & oregano dressing served with side salad 16.9 18.9

Fried Calamari
freshly crumbed calamari served with side salad, tartare sauce & lemon 12.9 14.9

Prawn Cutlets
crispy beer batter served with side salad, tartare sauce & lemon 16.9 18.9

Garlic Prawns ■ flamed with shallots in a creamy garlic white wine sauce served with rice 16.9 18.9

Saganaki Prawns ■ flamed with feta, pesto & napolitana salsa served with rice 16.9 18.9

Lambs Brains
crumbed, served with mesculum & gravy 12.9 14.9

Salads:

Greek ■ 9.9 11.9

Garden ■ 7.9 9.9

Caesar 10.9 12.9

Chicken Caesar 14.9 16.9

Cajun Chicken Salad ■ 14.9 16.9

Breads:

Garlic 2.5 3.5

Herb 2.5 3.5

Mezedes

Haloumi grilled ■ 10.0 12.0

Octopus vinaigrette ■ 10.0 12.0

Tzatziki & pita bread 7.5 9.5

Babaganoush & pita bread 7.5 9.5

Tarama & pita bread 7.5 9.5



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Children's Meals

Crumbed lamb cutlet (1)

Served with chips & gravy

Member Guest

9.5 11.5

Chicken/veal schnitzel

Served with chips

7.5 10.0

Spaghetti bolognese

7.5 10.0

Calamari

Served with chips

7.5 10.0

Minute Steak

Served with chips

7.5 10.0

Fried fish

Served with chips

7.5 10.0

Snacks:

Nachos

Corn chips topped with beef mince, tasty cheese, guacamole & sour cream

10.9 12.9

Wedges

Served with sour cream & sweet chilli sauce on top

7.5 10.0

Spring rolls

Served with chips & sweet chilli sauce on the side

7.5 10.0

Fish cocktails

Served with chips, lemon & tartare

7.5 10.0

Beef burger

Served with chips

8.9 10.9

Chicken burger

Served with chips

8.9 10.9

Steak burger

Served with chips

8.9 10.9

Veggie burger

Topped with sautéed mushrooms, sweet chilli sauce & served with chips

10.9 11.9

Bowl of chips

(Small)

3.5 4.5

(Large)

5.5 6.5

Bowl of veggies ■

5.5 6.5

Standard Drinks Guide



Low alcohol
 beer
 375ml
 (3.5% alc.)



Regular
 beer
 1 pot
 285ml
 (4.9% alc.)



Spirits
 30ml
 (40% alc.)



Small
 glass of
 wine
 100ml
 (12% alc.)



Port or
 sherry
 60ml
 (18% alc.)



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Main Courses

Seafood

Grilled Perch ■

Served with lemon butter sauce

Member Guest

16.9 18.9

Fried Perch

Crispy battered perch served with tartare sauce & lemon

16.9 18.9

Fisherman's Plate

Crispy battered perch, prawns & freshly crumbed calamari served with tartare sauce & lemon

19.9 21.9

BBQ Octopus ■

Topped with lemon, olive oil & oregano dressing

21.9 23.9

Fried Calamari

Freshly crumbed calamari rings served with tartare sauce & lemon

15.9 17.9

Prawn Cutlets

Crispy beer batter served with tartare sauce & lemon

21.9 23.9

Garlic Prawns ■

Flamed with shallots in a creamy garlic white wine sauce

21.9 23.9

Saganaki Prawns ■

Flamed with garlic, pesto, feta & napolitana salsa served with rice

21.9 23.9

Chicken & Veal Dishes

Chicken or Veal Schnitzel

15.9 17.9

Chicken or Veal Parmigiana

Crumbed chicken breast or veal topped with ham, melted cheese & salsa

18.9 20.9

Chicken Satay

Chicken fillet topped with satay & sweet chilli sauce, served with rice

18.9 20.9

Chicken Avocado ■

Chicken breast grilled with dijon & seeded mustard cream sauce topped with avocado

18.9 20.9

Chicken Boscaiola ■

Pan fried chicken with bacon, shallots & mushrooms in a creamy sauce

18.9 20.9

Veal Boscaiola

Crumbed veal with bacon, shallots, mushrooms topped with a creamy sauce

18.9 20.9

Chicken Souvlaki

Marinated chicken skewers served with pita bread & tzatziki

18.9 20.9

Chicken Wings

Marinated & baked chicken wings topped with spicy BBQ sauce

12.9 14.9

All meals are served with salad & chips or vegetables & potatoes.
 All other meals requiring gravy will be charged extra \$1.50)



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Main Courses

	Member	Guest
Meat Dishes		
Rump (350g) With choice of mushroom, Dianne, pepper or gravy sauce	18.9	20.9
T-Bone (350g) With choice of mushroom, Dianne, pepper or gravy sauce	18.9	20.9
Scotch Fillet (300g) With choice of mushroom, Dianne, pepper or gravy sauce	20.9	22.9
Eye Fillet (250g) With choice of mushroom, Dianne, pepper or gravy sauce	24.9	26.9
Ship 'n' Shore Scotch fillet topped with king prawns & hollandaise sauce	26.9	28.9
American Pork Spare Ribs Marinated in spicy BBQ sauce	22.9	24.9
Mixed Grill Pork rib, chicken wings, lamb souvlaki, sausage with our spicy BBQ sauce	22.9	24.9
Crumbed Lamb Cutlets With choice of mushroom, Dianne, pepper or gravy sauce	22.9	24.9
Lamb Souvlaki Marinated skewers served with pita bread & tzatziki	18.9	20.9
Lambs Brains Crumbed & served with gravy	17.9	19.9
<i>All meals are served with salad & chips or vegetables & potatoes. All other meals requiring gravy will be charged extra \$1.50)</i>		
Pasta		
Bolognese Traditional meat sauce with a choice of spaghetti or fettuccini	13.9	15.9
Boscaiola Bacon, mushrooms & shallots in a cream sauce with a choice of spaghetti or fettuccini	13.9	15.9
Napolitana Traditional tomato salsa with a choice of spaghetti or fettuccini	13.9	15.9
Amatriciana Bacon, shallots in a chilli tomato salsa with a choice of spaghetti or fettuccini	13.9	15.9
Seafood Marinara Mixed seafood in a creamy napolitana sauce	22.9	24.9
Rivers Prawn Pasta Tiger prawns with garlic, shallots & creamy napolitana sauce	22.9	24.9
Veggie Cannelloni (Vegetarian) Spinach, ricotta, cannelloni topped with tasty cheese & tomato salsa	14.9	16.9
Home-made Veggie Patties (Vegetarian) Served with rice & napolitana sauce	14.9	16.9



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Monday & Wednesday Specials

		Member	Guest
Roast of the day			
<i>Baked & served with demi-glaze</i>	Half	10.0	12.0
	Full	13.0	15.0
Grilled Perch ■			
<i>Grilled perch topped with lemon butter sauce</i>		12.9	14.9
Fried Perch			
<i>Crispy battered perch served with lemon & tartare sauce</i>		12.9	14.9
Fried Calamari			
<i>Freshly crumbed calamari rings served with lemon & tartare sauce</i>		10.9	12.9
Pasta Bolognaise			
<i>Traditional meat sauce with a choice of spaghetti or fettuccini</i>		9.9	11.9
Pasta Amatriciana			
<i>Bacon, shallots in a chilli tomato salsa with a choice of spaghetti or fettuccini</i>		9.9	11.9
Chicken/Veal Schnitzel			
		12.9	14.9
Homemade Beef Pie			
<i>Served with gravy & chips only</i>		10.9	12.9
Marinated Chicken Wings			
<i>Topped with spicy BBQ sauce</i>		10.9	12.9
Chicken Satay			
<i>Chicken fillet topped with satay & sweet chilli sauce, served with rice</i>		13.9	15.9
Rump (350g)			
<i>With choice of mushroom, dianne, pepper or gravy sauce</i>		16.9	18.9
T-Bone (350g)			
<i>With choice of mushroom, Dianne, pepper or gravy sauce</i>		16.9	18.9
Fisherman's Plate			
<i>Crispy battered perch, prawns & freshly crumbed calamari served with tartare sauce & lemon</i>		16.9	18.9
Chicken or Lamb Souvlaki			
<i>Marinated skewers served with pita bread & tzatziki</i>		15.9	17.9

*All meals are served with salad & chips or vegetables & potatoes.
 All other meals requiring gravy will be charged extra \$1.50)*