



Ceduna Foreshore

H O T E L ■ M O T E L

Murat Bay Bistro Menu

Lunch Menu (main menu is also available)

Chicken Caesar Wrap	\$16.00
Grilled chicken tenderloins lightly wrapped in a tortilla with baby cos leaves, bacon, caesar dressing and parmesan cheese served with a side of chips	
Atlantic Salmon and Dill wrap	\$16.00
Flaked atlantic salmon, dill and aioli wrapped in a tortilla with tomato, cucumber, red onion, cheese and cos lettuce, served with a side of chips	
Big Ceduna Burger	\$18.00
300gm pattie of prime minced beef served on a toasted sour dough bun with the works, finished with bbq sauce and a side of chips	
Savoury Rissoles and Mash	\$16.00
An Aussie favourite, three beef patties with creamy mash and rich gravy	
Chicken Caesar Salad	\$17.00
Our traditional caesar salad served with a soft poached egg and anchovy fillets	
Honey Sesame Chicken	\$16.50
Battered tenderloins of chicken with a honey sauce and toasted sesame seeds	
Curry of the Day	\$15.50
Please see our specials board	
Pie of the Day	\$13.50
Please see our specials board	
Soup of the Day	\$9.00
Please see our specials board	

Entrees

Garlic Bread	\$7.50
Thyme and Parmesan Bread	\$7.50
The Foreshore Snap, Crackle and Pop Prawns	\$15.90
Rice bubble coated prawn cutlets fried golden brown with a side of chilli, lime and coriander dipping sauce	
Sea Salt and Black Pepper Squid	\$14.50
Served with mango and dill aioli	
Chicken Satay Skewers	\$13.50
3 skewered chicken tenderloins lathered in our house made satay sauce, served with steamed jasmine rice	
Mushrooms Kilpatrick (GF)	\$14.50
Plump Field mushrooms topped with bacon, kilpatrick sauce and melted cheese	

Oysters

All our oysters are fresh from Smoky Bay

Chilled

Natural (GF)	1/2 Doz \$17.50	1 Doz \$27.50
Served with lemon wedges and seafood sauce		
Wild Lime, Chilli and Ginger	1/2 Doz \$17.50	1 Doz \$27.50
Dressed with native lime, chilli and ginger dressing		
Ponzu	1/2 Doz \$17.50	1 Doz \$27.50
Topped with soy, orange and lemon juice		
Balsamic Glaze	1/2 Doz \$17.50	1 Doz \$27.50
Finished with Italian balsamic glaze		
Combo		1 Doz \$28.00
Can't choose have them all		

Hot

Kilpatrick (GF)	1/2 Doz \$20.50	1 Doz \$31.00
Topped with bacon and our own kilpatrick sauce		
Mornay	1/2 Doz \$20.50	1 Doz \$31.00
Baked golden with creamy mornay sauce and shredded cheese		
Garlic Prawn Butter	1/2 Doz \$20.50	1 Doz \$31.00
Minced prawn meat, butter, garlic and fresh dill		
Napolitana (GF)	1/2 Doz \$20.50	1 Doz \$31.00
Chunky Italian tomato, fresh herbs and parmesan		
Combo		1 Doz \$32.00
Can't choose have them all		



(V)—Vegetarian (VG)—Vegan (GF)—Gluten Free

Paddock to Plate

All our steaks are Black Angus Beef and (GF) without sauce

Rump Steak **\$29.50**
400gm cooked to your liking and sauce of your choice, side of beer battered chips or creamy mashed potato

Scotch Fillet **\$36.00**
350gm cooked to your liking and sauce of your choice, side of beer battered chips or creamy mashed potato

Sirloin **\$29.00**
300gm cooked to your liking and sauce of your choice, side of beer battered chips or creamy mashed potato

The Foreshore Surf and Turf (GF) **\$40.00**
South Australian fillet mignon set on creamy mashed potato, steamed broccolini, topped with skewered Eyre Peninsula scallops and prawns, finished with garlic butter

Slow Braised Lamb Shanks **one \$21.50 two \$28.50**
Slow cooked with winter vegetables in tomato and rosemary gravy, served with creamy mashed potato

Beef Schnitzel **\$19.50**
Golden crumbed local beef schnitzel fried to perfection, served with chips or creamy mashed potato

Choice of Sauces — Pepper, Diane, Mushroom, Plain Gravy, Garlic Butter
Parmigiana \$4.00, Kilpatrick \$4.00, French \$5.50 or 2 Sunny Side up Eggs \$3.00

Seafood

Grilled fish can be (GF on request)

Local Flake **\$25.00**
2 fillets of local flake, your choice of crumbed, grilled or crispy beer batter served with chips and tartare sauce

King George Whiting **One \$21.50 Two \$30.00 Three \$38.50**
Fillets of our famous King George Whiting served in a crisp beer batter, crumbed or lightly grilled with chips and tartare sauce

Boston Bay Mussels (GF with gluten free bread on request) **\$26.50**
Port Lincoln mussels cooked in a rich tomato, white wine and shallot broth, finished with fresh basil. Served with crusty garlic bread

Char Grilled Atlantic Salmon (GF) **\$30.50**
Served medium atop a vibrant, warm nicoise salad of potato, green beans, cherry tomatoes, Kalamata olives, red onion and soft boiled egg, finished with Italian balsamic glaze

Garlic Prawns (GF) **\$31.00**
Succulent prawn cutlets cooked in garlic, cream and white wine sauce served with jasmine rice

Sea Salt and Black Pepper Squid **\$24.50**
Served with mango and dill aioli

South Australian Seafood Platter **\$45.00**
Spencer Gulf prawns, Smoky Bay oysters, Adelaide Hills smoked salmon, Port Lincoln squid and local battered fish fillets & a bowl of chips

Poultry

Chicken Schnitzel **\$19.50**
250g chicken schnitzel, fried golden and served with chips or creamy mashed and your choice of sauce

Crispy Skinned Chicken Breast **\$30.50**
Topped with avocado, hollandaise sauce and balsamic glaze served with mashed potato

Sides

Bowl of chips served with garlic aioli **\$6.00**

Bowl of seasoned wedges with sour cream and sweet chilli sauce **\$8.50**

Onion Rings with hollandaise sauce **\$6.00**

Vegetarian

Vegetable Frittata **\$19.00**
Served with side salad and chips

Roast Vegetable Stack (GF) (VG) without haloumi **\$23.50**
Roasted vegetables stacked with fried haloumi

Salads

Vanilla Poached Chicken Salad (GF) **\$23.50**
Crisp lettuce leaves tossed through strawberry vinaigrette with avocado, orange segments, red onion, cherry tomatoes and cucumber

Caesar Salad (GF without croutons) **\$19.50**
Crisp baby cos leaves, bacon lardons, croutons and shredded parmesan tossed through our own anchovy dressing, topped with grilled chicken tenderloins, soft poached egg and anchovy fillets

Thai Beef Salad (GF) **\$23.00**
Shredded cos lettuce tossed through a sweet chilli and lime dressing with cherry tomatoes, cucumber, red onion and capsicum, topped with marinated beef strips

Pans and Pasta

Bacon and Broccoli Spaghetti aglio e olio **\$24.00**
Spaghetti, smoked bacon, broccoli florets, red onion and sliced fresh garlic tossed through extra virgin olive oil, finished with parmesan

Chicken, Bacon and Pesto Penne (GF) **\$24.00**
Penne pasta, diced chicken breast, bacon, red onion and pine nuts tossed through a creamy basil pesto sauce

Prawn, Chorizo and Green Pea Linguini (GF) **\$30.00**
Italian linguini, prawn cutlets, chorizo and green peas tossed through a rich tomato, basil and red wine sauce

Beef or Chicken Stir Fry—Can be (GF) (VG) & (V) **\$23.50**
Tossed through garden vegetables and hokkien noodles with satay sauce

Italian Tomato and Basil Gnocchi **\$25.00**
Plump potato dumplings tossed through a rose' Italian pomodoro sauce finished with fresh basil leaves and parmesan cheese

Desserts

Apple and Rhubarb crumble **\$10.50**
Served with boysenberry ice-cream

Classic Vanilla Bean Cheesecake **\$10.50**
Served with sour raspberry coulis and boysenberry ice-cream

Double Chocolate Mousse **\$10.50**
House made decadent chocolate mousse layered with shaved chocolate, topped with fresh strawberries

Sticky Date Pudding with Bourbon and Butterscotch Sauce **\$10.50**
Served with lashings of whipped cream and rock salt caramel ice cream

Death by Chocolate **\$12.50**
House made chocolate fudge tart with kahlua chocolate sauce, double chocolate ice cream and shaved chocolate

Super Summer Nut Sundae **\$10.50**
Premium quality ice cream with lashings of pure fruit puree and hand made in house fudges. Boysenberry, rock salt caramel or chocolate indulgence

Kids Corner—\$8.50 (12 years and under)

Beef or Chicken Schnitzel served with chips

Fish and Chips served with chips, lemon wedge and tartare sauce

Chicken Nuggets served with chips and tomato sauce

Linguini Bolognese with a rich bolognese sauce

Frog in the pond or ice cream in a cone - \$1 each

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