

Moose's Down Under Gluten Free Menu

Appetizers

Steak Bites 8 oz. tender Australian striploin tossed with coarse salt & pepper, sub Blue Cheese for Ranch or Hot sauce	\$14.99	Bowl of Fries* – No Gravy Fries are gluten free but are cooked in the same oil as non-gluten free menu items	\$6.99
Potato Skins - Baked Topped with cheese, real bacon bits & green onions, served with sour cream	\$9.99	Prawn Cocktail 5 Tiger prawns served with mango salsa and Aussie cocktail Sauce.	N/A
Moose Wraps – 8 tender chicken bites wrapped in bacon	\$10.99	Roo on a stick 4 herbed marinated Kangaroo skewers	\$16.99
Snag Bites – 2 organic, pork and leek sausages, sliced, pan seared & served with mustards	\$11.99	Veggie Plate – Assorted veggies with ranch dip.	\$8.99
		Chicken Kebabs – 4 grilled chicken skewers with hot, satay or asian sauce	N/A

Salad and Soups – No Bread or Croutons

All salads and soups are Gluten Free (excl. Daily soups, ask your server on the day)

All Salad dressings except for Blue cheese and Italian are Gluten Free

Burgers – Served with fries* or mixed greens

Salmon Burger – GF Bun (+\$1.50) Grilled wild Coho Salmon fillet dusted with Aussie lemon myrtle spice with lettuce, tomato & mayo	\$16.99
Mexi Chook Burger – GF Bun (+\$1.50) Grilled Cajun chicken breast with tomato, corn & avocado salsa, mayo and lettuce	\$15.99

Sangers (until 3pm) – Served with fries* or mixed greens

Chicken Fajita on Rice Grilled chicken with onion, black beans, green & red peppers. Served with salsa, sour cream & nacho cheese	\$13.99
All other sangers can be made on gluten free buns for an additional charge. See full menu.	

Aussie Tucker and Pub Classics

Chicken Parmie Un-breaded chicken breast topped with tomato sauce & mozza. With fries* and mixed greens	\$18.99	Veggie Wok About Rice Bowl – Bell peppers & fresh seasonal veggies on rice. With Baja or satay sauce. With mixed greens or fries*	\$13.99
Chicken Parmie Burger – GF Bun (+\$1.50) Un-breaded chicken breast on a topped with our home made tomato sauce, mozza, lettuce & mayo. With fries* or mixed greens	\$15.99	Chicken or Beef Wok	\$18.98
Roo burger and Lamb Burger All served on a Gluten Free bun (+\$1.50)	\$16.99	Prawn Wok	\$19.98
		Bangers and Mash – Two local, organic, hormone-free, leek sausages. Served with mixed greens & creamy mashed potato. Sub gravy for au jus	\$18.99

Mains (from 3pm)

Australian striploin steak 8oz - Served with seasonal veggies, mixed greens and your choice of roasted, mashed or baked potatoes	N/A	Gold Coast Chicken – Grilled boneless chicken smothered with sundried tomatoes & avocado cream sauce. Served on a bed of wild rice with seasonal veggies, mixed greens	N/A
Grilled – topped with sautéed mushrooms & onions		Wild Salmon – Grilled wild Coho salmon with a dusting of lemon myrtle spice, served with rice pilaf, seasonal veggies & mixed greens	N/A
Pepperberry – Dry rub Australian pepperberry spice			

Desserts

Pavlova	\$6.99	Steamed Veggies	\$1.59
Banana Split	\$5.99	Gluten Free Bun	\$1.50
Flourless Chocolate Brownie	\$6.99	Add Rice	\$1.59
		Add Mashed Potato	\$1.59

* Fries are gluten free but are cooked in the same oil as non-gluten free menu item.

All of our condiments ketchup, mayo and mustard are GF

All prices subject to tax