



Gone are the days of menus simply stating
“Special dietary requirements will be catered for at your request”.

mymenu is an exciting dining concept created especially for you if you have a dietary challenge, intolerance or life style food preference.

mymenu is available at every meal period in all Healesville Country Club restaurants and caters for challenges and preferences including; lactose intolerance, fructose malabsorption, coeliac disease, vegetarianism, pescatarians and veganism.

Created and designed by Executive Chef David Martin
“mymenu” will give you more choice, and the confidence your dietary needs will be met when dining at Healesville Country Club.

BISTRO

Autumn/Winter 2019

While the RACV will endeavour to accommodate requests for meals for customers who have food allergies or intolerances; there is always a risk of cross-contamination due to the potential of trace allergens in the working environment and supplied ingredients in our kitchen. We use products such as milk, eggs, gluten, peanuts, other nuts, sesame seeds and cannot guarantee a total absence of these products in any of our meals or products. Customers with food allergies must be aware of this risk. The RACV will not assume any liability for adverse reactions from the food consumed, or items one may come in contact with whilst eating any of our products

COELIAC DISEASE

An auto immune disorder whereby the body starts to attack itself in the presence of the protein gluten. Found in grains such as wheat, barley, oats, rye, triticale, spelt and kamut.

Note: There are different levels of intolerance and sensitivity to certain food items, please be sure to instruct your waiter if there is still a food item you are unable to tolerate from the below menu.

Entrée

Today's my menu soup with grilled gluten free bread (please ask your waiter for today's variety)	12.50
Fresh Oysters Natural	4.00e
Finger lime	4.00e
Crispy fried salt and pepper spiced tofu, eggplant kasundi	16.00
Tomato and goats cheese tart, watercress, baked onion, pomegranate	16.00
Gin and beetroot cured salmon, pickled fennel, purple shiso, yuzu pearls, radish	19.50
Heirloom cauliflower fritters, garlic labneh, lime, summer mint	17.00
Chicken liver parfait, tomato chutney	14.00

Main Course

Local Coldstream lamb tomahawks, red onion, candied pumpkin, feta, mint, pomegranate glaze	45.00
Free-range baked chicken ballotine, spinach, Yarra feta, baked carrot, mustard leek Zubrick	29.00
King salmon, bok choy, Yarra Valley saffron infused feta, chive flowers	32.00
Dry aged local beef rib eye 500g, duck fat fondant potato, balsamic roasted shallots, charred baby leeks, black garlic butter or creamy pepper sauce	59.50
High country Victorian pork cutlet 250g, candied apple, sprouting broccolini, roast sweet potato, dijon cress	35.00
Local Buxton trout fillet, confit snow pea, roe, cauliflower cream, watercress, charred lemon	34.00
Confit of duck leg, roast pork belly, shallots, roasted target beets, fondant potato, chorizo, French dressing, pea sprouts	36.00
Roast of the day, oven roasted potatoes, steamed vegetables, thick gluten free gravy	28.50

Nutrition Bowl

Crispy fried salt and pepper spiced tofu bowl, spicy kaleslaw, sprouting broccolini, coriander, beetroot hummus, smashed avocado, sambal mayo	21.50
Red rice, seared tuna loin, pickled cucumber, wasabi mayo, charred corn, asparagus, dukkah	22.00

Side Dishes

Spring greens with French butter and sea salt	9.50
Brussel sprouts, roasted chestnuts, chilli lonza	9.50
Buttered chat potatoes	9.50
Garden salad, caramel dressing	9.50

Desserts

Spring garden – baked chocolate cream, chocolate sponge, milk chocolate panna cotta, brownie crumble, double cream, meringue	13.50
Mandarin bomb – mandarin mouse, liquid chocolate and mandarin centre, dried orange and almond cake	13.50

LOW FODMAP

A condition that prevents the metabolism of the naturally occurring sugar – fructose. Found in foods such as onions, leeks, honey, apples, pears and inulin.

Note: There are different levels of intolerance and sensitivity to certain food items, please be sure to instruct your waiter if there is still a food item you are unable to tolerate from the below menu.

Entrée

Today's **my**menu soup with grilled gluten free bread 12.50
(please ask your waiter for today's variety)

Fresh Oysters Natural 4.00e
 Finger lime 4.00e

Gin and beetroot cured salmon, pickled fennel, purple shiso,
yuzu pearls, radish 19.50

Main Course

King salmon, bok choy, Yarra Valley saffron infused feta,
chive flowers 32.00

Roast of the day, oven roasted potatoes, steamed vegetables,
Thick gluten free gravy 28.50

Nutrition Bowl

Red rice, seared tuna loin, pickled cucumber, wasabi mayo,
dukkah 22.00

Side Dishes

Buttered chat potatoes 9.50

Garden salad, caramel dressing 9.50

Desserts

Spring garden – baked chocolate cream, chocolate sponge,
milk chocolate panna cotta, brownie crumble, double cream,
meringue 13.50

Mandarin bomb – mandarin mouse, liquid chocolate and
mandarin centre, dried orange and almond cake 13.50

VEGETARIAN – LACTO OVO

A diet that eliminates all forms of animal flesh but includes eggs, milk and dairy products.

Entrée

Today's **my**menu soup with grilled ciabatta 12.50
(please ask your waiter for today's variety)

Tomato and goats cheese tart, watercress, baked onion, pomegranate 16.00

Crispy fried salt and pepper spiced tofu, eggplant kasundi 16.00
Heirloom cauliflower fritters, garlic labneh, lime, summer mint 17.00

Main Course

Plant-based roast of the day, oven roasted potatoes, steamed vegetables 28.50

Traditional eggplant parmigiana, thick cut chips and salad 26.50

Club vegetarian burger, plant-based patty, brioche, fire grilled haloumi, beer braised onion jam, butter lettuce, tomato, chipotle mayo, chips, cheese mac croquette, tomato relish 26.50

Nutrition Bowl

Crispy fried salt and pepper spiced tofu bowl, spicy kaleslaw, sprouting broccolini, coriander, beetroot hummus, smashed avocado, sambal mayo 21.50

Side Dishes

Spring greens with French butter and sea salt 9.50

Grilled ciabatta 4.50

Brussel sprouts, roasted chestnuts 9.50

Buttered chat potatoes 9.50

Thick cut chips 10.50

Garden salad, caramel dressing 9.50

Desserts

Cheese board, Victorian or Yarra Valley, hand baked lavosh bark, house chutney
Victorian - 19.50
Yarra Valley - 29.90

Spring garden – baked chocolate cream, chocolate sponge, milk chocolate panna cotta, brownie crumble, double cream, meringue 13.50

Mandarin bomb – mandarin mouse, liquid chocolate and mandarin centre, dried orange and almond cake 13.50

Hazelnut kiss – dark chocolate Frangelico mousse, Nutella centre, roasted hazelnut wafer crust 13.50

VEGETARIAN – PESCATARIAN

A diet that eliminates all forms of land animal flesh but includes all seafood, eggs and milk.

Entrée

Today's my menu soup with grilled ciabatta (please ask your waiter for today's variety)	12.50
Fresh Oysters Natural	4.00e
Finger lime	4.00e
Crispy fried salt and pepper spiced tofu, eggplant kasundi	16.00
Tomato and goats cheese tart, watercress, baked onion, Pomegranate	16.00
Bamboo charcoal infused panko crumbed prawn (4), sambal aioli, lime	21.00
Gin and beetroot cured salmon, pickled fennel, purple shiso, yuzu pearls, radish	19.50
Heirloom cauliflower fritters, garlic labneh, lime, summer mint	17.00

Main Course

Plant-based roast of the day, oven roasted potatoes, steamed Vegetables	28.50
Club vegetarian burger, plant-based patty, brioche, fire grilled haloumi, braised onion jam, butter lettuce, tomato, chipotle mayo, chips, cheese mac croquette, tomato relish	26.50
King salmon, bok choy, Yarra Valley saffron infused feta, chive flowers	32.00
Local Buxton trout fillet, confit snow pea, roe, cauliflower cream, watercress, charred lemon	34.00
Battered Flathead, thick chips, slaw, malt vinegar, coarse salt	28.50

Nutrition Bowls

Crispy fried salt and pepper spiced tofu bowl, spicy kaleslaw, sprouting broccolini, coriander, beetroot hummus, smashed avocado, sambal mayo	21.50
Red rice, seared tuna loin, pickled cucumber, wasabi mayo, charred corn, asparagus, dukkah	22.00

Side Dishes

Spring greens with French butter and sea salt	9.50
Grilled ciabatta	4.50
Brussel sprouts, roasted chestnuts	9.50
Buttered chat potatoes	9.50
Thick cut chips	10.50
Garden salad, caramel dressing	9.50

Desserts

Cheese board, Victorian or Yarra Valley, hand baked lavosh bark, house chutney	
Victorian -	19.50
Yarra Valley -	29.90
Spring garden – baked chocolate cream, chocolate sponge, milk chocolate panna cotta, brownie crumble, double cream, meringue	13.50
Mandarin bomb – mandarin mouse, liquid chocolate and mandarin centre, dried orange and almond cake	13.50
Hazelnut kiss – dark chocolate Frangelico mousse, Nutella centre, roasted hazelnut wafer crust	13.50

VEGAN

*A diet eliminating **all** animal derived sources of food including animal flesh, milk, eggs and honey*

Entrée

Today's **my**menu soup with grilled ciabatta 12.50
(please ask your waiter for today's variety)

Crispy fried salt and pepper spiced tofu, eggplant kasundi 16.00

Heirloom cauliflower fritters, lime, summer mint 17.00

Main Course

Plant-based roast of the day, oven roasted potatoes, steamed vegetables 28.50

Traditional eggplant parmigiana, thick cut chips and salad 26.50

Club vegan burger, plant-based patty, activated charcoal bun, fire grilled vegan haloumi, braised onion jam, butter lettuce, tomato, chips, tomato relish 26.50

Nutrition Bowl

Crispy fried salt and pepper spiced tofu bowl, spicy kaleslaw, sprouting broccolini, coriander, beetroot hummus, smashed avocado 21.50

Side Dishes

Spring greens with olive oil and sea salt 9.50

Grilled ciabatta 4.50

Brussel sprouts, roasted chestnuts 9.50

Thick cut chips 10.50

Garden salad, caramel dressing 9.50

Desserts

Please ask our friendly waitstaff for today's assortment

LACTOSE INTOLERANCE

A condition that prevents the metabolism of the sugar lactose which is found in dairy foods such as cream, milk, yogurt and soft cheeses.

Note: There are different levels of intolerance and sensitivity to certain food items, please be sure to instruct your waiter if there is still a food item you are unable to tolerate from the below menu.

Entrée

Today's **my**menu soup with grilled ciabatta 12.50
(please ask your waiter for today's variety)

Fresh Oysters	Natural	4.00e
	Finger lime	4.00e
	Kilpatrick	5.00e

Crispy fried salt and pepper spiced tofu, eggplant kasundi 16.00

Gin and beetroot cured salmon, pickled fennel, purple shiso, yuzu pearls, radish 19.50

Heirloom cauliflower fritters, lime, summer mint 17.00

Main Course

Local Coldstream lamb tomahawks, red onion, candied pumpkin, mint, pomegranate glaze 45.00

High country Victorian pork cutlet | 250g, candied apple, sprouting broccolini, roast sweet Potato, dijon cress 35.00

9-hour slow cooked beef rib, fired corn caviar, onion rings 36.00

Lamb neck ragout, fresh rigatoni, summer mint 32.00

Roast of the day, oven roasted potatoes, steamed vegetables, thick gravy 28.50

Nutrition Bowl

Crispy fried salt and pepper spiced tofu bowl, spicy kaleslaw, sprouting broccolini, coriander, beetroot hummus, smashed avocado, sambal mayo 21.50

Red rice, seared tuna loin, pickled cucumber, wasabi mayo, charred corn, asparagus, dukkah 22.00

Side Dishes

Brussel sprouts, roasted chestnuts, chilli lonza 9.50

Thick cut chips 10.50

Garden salad, caramel dressing 9.50

Desserts

Please ask our friendly waitstaff for today's assortment