

100% AUSTRALIAN BORN & BRED



# HEALTHY BURGERS

## LOW CARB

Our Low Carb SuperBun has less than 9g of carbs & is \*Gluten, Grain & Dairy Free. All our burgers are **LOW CARB** when served on a Low Carb SuperBun. Look for LC

Low Carb SuperBun + \$1.5

## BEEF

We use 100% grass fed, free range Australian beef. We grind it coarsely and add our signature relish & herbs so it's moist & flavoursome. Free from preservatives, antibiotics & all added hormones.

### Simply Grill'd / \$9.9

w/ Salad, relish & herbed mayo LC \*GF DF  
add aged cheddar + \$2.5  
add tasty cheese + \$1.5

### Crispy Bacon & Cheese / \$11.5

w/ Crispy trim bacon, tasty cheese, salad, relish & herbed mayo LC \*GF  
add avocado + \$1.5

### Big Queenslander / \$13.5

w/ Tasty cheese, crispy trim bacon, free range egg, a couple of slices of beetroot with salad, relish & herbed mayo LC \*GF  
add avocado + \$1.5

### Nourish & Flourish / \$13.5

w/ Avocado, Dijon mustard, pickle, shredded carrot, cos lettuce, tomato & egg mayo on a Low Carb SuperBun LC \*GF DF

### Summer Sunset / \$12.5

w/ Avocado, crispy trim bacon, golden pineapple, salad, relish & herbed mayo LC \*GF DF

### Mustard & Pickled! / \$11.5

w/ Dijon mustard, pickle, tasty cheese, salad & relish LC \*GF  
add bacon + \$2.0

### Chilli Addict / \$13.5

w/ Jalapeños, roasted peppers, sour cream, tasty cheese, mesculin, Spanish onion & chilli relish LC \*GF

## STEAK SANDWICHES

We use prime aged 100% grass fed scotch fillet that's tender and full of flavour.

### Front Bar / \$15.5

w/ Free range egg, mesculin, tomato, Spanish onion, Dijon mustard, beetroot relish & herbed mayo \*GF DF

### Back Bar / \$15.5

w/ Crispy trim bacon, mesculin, feta, tomato, Spanish onion, tomato relish & herbed mayo \*GF

## SALADS

### Superpower Salad / \$13.5

Grilled chicken breast, avocado, beetroot, almonds, cherry tomatoes, cos lettuce, Spanish onion, carrot, mint & extra virgin olive oil dressing \*GF DF  
add quinoa + \$1.5

### Chicken, Pomegranate & Goats Cheese / \$13.9

Grilled chicken breast, black & white quinoa, Meredith Dairy goats cheese, pomegranate, almonds, mesculin, raspberry & poppy seed dressing \*GF

### Chicken Caesar Salad / \$13.5

Grilled chicken breast, crispy trim bacon, free range egg, shaved parmesan, baby cos, Caesar dressing & croutons

### From Farms We Trust

Here at Grill'd we are healthily obsessed about the quality of our meat & where it comes from. Our beef & lamb are 100% grass fed - which gives our patties a unique, natural & flavoursome taste. We also reckon that roaming free around pastures, feeding on grass & frolicking at will is a lot more natural than getting stuffed full of grain in a feedlot!

### Premium Australian Quality & Sourcing

Grill'd is proud to use RSPCA Approved chicken, free from all added hormones & sourced from primary producers. Our free range, lean, cool climate beef & lamb are also free from added hormones and for your peace of mind, are tested to ensure they are free from antibiotics.

To make a Gluten-Friendly burger, choose a Gluten Free Bun or Low Carb SuperBun and avoid satay sauce and croutons. We recommend that our Gluten-Friendly options are suitable for people with a non-Coeliac gluten sensitivity. Gluten-friendly options may come into contact with traces of gluten when we prepare them.

### \*Gluten Info

### Vegan & Dairy Free Info

Our chips, veggie patties & buns are vegan (excluding the Low Carb SuperBun which contains egg). To make a vegan burger you'll need to avoid a few ingredients: pesto, tzatziki, sour cream, Caesar dressing, and of course all the mayo & cheese varieties. For Dairy Free, look for DF.

## ARTISAN BUNS

Our Panini and Traditional buns are made the old fashioned way and delivered fresh daily. Sugar Free & Preservative Free

Panini or Traditional

## CHICKEN

We only use chicken breasts from RSPCA Approved chickens, sourced from Australian family owned primary producers.

### Sweet Chilli Chicken / \$10.5

w/ Beetroot, shredded carrot, salad, relish & sweet chilli mayo LC \*GF DF

### Zen Hen / \$11.5

w/ Tangy satay sauce, coriander, shredded carrot, salad & herbed mayo LC DF

### 'Simon Says' / \$12.5

w/ Avocado, crispy trim bacon, salad, relish & herbed mayo LC \*GF DF  
add goats cheese + \$2.5

### HotBird / \$13.5

w/ Jalapeños, roasted peppers, sour cream, tasty cheese, mesculin, Spanish onion & chilli relish LC \*GF

### Grill'd Bird & Brie / \$12.5

w/ Brie cheese, thick cranberry sauce, salad & herbed mayo LC \*GF

### Caesar's Palace / \$12.5

w/ Crispy trim bacon, free range egg, shaved parmesan, baby cos & Caesar dressing LC \*GF

## PERSONALISE

Personalise your favourite burger by adding any protein or produce that takes your fancy. Some suggestions are:

- Extra beef patty or chicken breast / \$6.0
- Aged cheddar, Meredith Dairy goats cheese / \$2.5
- Crispy trim bacon, free range egg, jalapeños, brie cheese / \$2.0
- Golden pineapple, avocado, tasty cheese / \$1.5
- Beetroot, pickle / \$1.0

NEW

## CHICKEN SCHNITZEL BURGERS

We hand crumb our chicken breasts with an artisan, gluten free, crunchy black or golden crumb and cook them to perfection on a flat press.

### BLACK CRUMB

#### Smoky Blackbird / \$13.5

w/ Jalapeños, fresh slow & smoky chipotle mayo LC \*GF DF

#### Black with the Lot / \$13.5

w/ Crispy trim bacon, tasty cheese, sour cream, baby cos, tomato & sweet chilli mayo LC \*GF

### GOLDEN CRUMB

#### Pure Gold / \$13.5

w/ Tasty cheese, pickle, fresh slow & egg mayo LC \*GF

#### Golden Glow / \$13.5

w/ Avocado, salad, relish & herbed mayo LC \*GF DF

## NEW SUPER SLIDERS

3 for \$15.0 / 2 for \$12.0

- 1. Classic**  
Beef with cheese, mustard, pickle, tomato sauce & egg mayo
- 2. Vintage**  
Beef with aged cheddar, Spanish onion, relish & herbed mayo
- 3. Brie Chick**  
Chicken with brie cheese, cranberry sauce, tomato & herbed mayo
- 4. Beet Chick**  
Chicken with beetroot, mint & herbed mayo DF

## \*GLUTEN FREE

Our \*Gluten Free Buns are made with high quality ingredients, free from preservatives and refined sugar. Menu items marked with \*GF are Gluten-friendly when served on a \*Gluten Free Bun.

\*Gluten Free Bun + \$1.5

## LAMB

We use 100% grass fed, free range Australian lamb. We grind it coarsely and add our signature relish & herbs so it's moist & flavoursome. Free from preservatives, antibiotics & all added hormones.

### Moroccan Lamb / \$13.5

w/ Roasted peppers, tzatziki, salad & relish LC \*GF  
add jalapeños + \$2.0

### 'Baa Baa' Burger / \$13.5

w/ Avocado, tasty cheese, salad, relish & herbed mayo LC \*GF

### Shepherd's Delight / \$13.5

w/ Dijon mustard, shaved parmesan, fresh slow & egg mayo LC \*GF  
add pickle + \$1.0

## VEGGIE

Our veggie patties are Vegan, Gluten Free & Preservative Free.

### Garden Goodness / \$11.5

Premium quality veggie patty with beetroot, tasty cheese, avocado, salad, relish & herbed mayo LC \*GF

### Field of Dreams / \$11.5

Grilled field mushroom with roasted peppers, basil pesto, tasty cheese, salad & herbed mayo LC \*GF

### Veggie Vitality / \$11.5

Beetroot, sweet potato, spinach & quinoa veggie patty with avocado, golden pineapple, carrot & cos lettuce LC \*GF DF VEGAN

## HOT CHIPS

All our chips are Vegan and Gluten Free.

### Our Famous Grill'd Chips

Thick-cut & sprinkled with our signature herb mix. Regular / \$4.8 Snack / \$3.8

### Sweet Potato Chips

Perfect with Hot Chilli Mayo +.70c  
To Share / \$8.8 For One / \$4.8

### Zucchini Chips

Lightly seasoned with sea salt.  
To Share / \$8.8 For One / \$4.8

Chip Dips: Herbed Mayo, Sweet Chilli Mayo, Tomato Relish, Hot Chilli Mayo / .70c

## CHIPS SHARE PLATE \$13

- Our Famous Grill'd Chips
- Sweet Potato Chips
- Zucchini Chips
- Served with a trio of chip dips; Sweet Chilli Mayo, Herbed Mayo & Hot Chilli Mayo

## FOR THE KIDS

Suggested for kids 7 & under.

### Beef Mini Me Pack / \$7.9

Grilled mini beef burger with cheese & tomato sauce, mini chips & water or juice

### Chicken Mini Me Pack / \$7.9

Grilled mini chicken burger with cheese & tomato sauce, mini chips & water or juice