

HOT ON THE PLATTER...



They are sizzling hot and overwhelming successful.

For over two months we have been featuring our grilled specialties in our new menu.

The customer response has been fantastic.

Although our grilled items were introduced over a year ago, it has taken over a year to fine tune all the ingredients necessary to create these superb features. We now have steaks and chops from the area's finest purveyors, cut thick, juicy and grilled to perfection. Some of our features include Grilled Lamb Chops for \$11.90, Thick Centre Cut Rib Eye for \$13.90, Grilled Chicken in black sauce or cream sauce for \$7.90, all served with salad, mashed potato and vegetables.

Know Your Lamb...



The general consensus on lamb seems to be that of a meat with high cholesterol. When it comes to the nutritional advice on lamb you've been less informed. Here's the fact:

Lamb: Rich in protein, high in nutrients, zinc, iron and niacin.

Lamb: Australia's favourite meat according to recent Australia Week 2008 poll.

Lamb: 336g gives you 1676% of Vitamin A.

Lamb: 336g has only 267 calories from fat.

Lamb: In moderation (as should be the case with all things) is good for you.

Now it is time to go public. We have added a distinctive new section "Crazy Set Dinner" that will be featured on our menu and advertising. Three set dinner options of Grilled Lamb Chops, Grilled Rib-Eye and Fish & Chips Premium are available. The set dinner come with standard Soup of the Day, Dessert of the Day and a Coke. We will be offering unique and special features from time to time. If grilled steak is your thing, look for our "Crazy Set Dinner".

This special "Fresh-MAD" lamb shank comes for \$19.90.