

DINNER

STARTERS

- **Garlic or Herb Bread** \$ 4.50
- **Cheese Bread** \$ 5.50
- **Bruchetta** \$ 12.90
- **Mezza Plate** Assorted dips, olives & lightly toasted turkish bread... \$ 14.90
- **Lemon Pepper Calamari** with fresh greens & tomato chili mayo.... \$ 14.90
- **Grilled Octopus** With sauteed greens & chili oil \$ 14.90
- **Lentil Pati** Served with fresh greens avocado & combination of yummy chutneys \$14.90

SALADS

- **Mixed Garden Salad**..... \$ 10.90
- **Traditional Greek Salad**..... \$ 14.90
- **Roast Pumpkin Salad** \$ 14.90
- **Caesar Salad Plain** \$ 14.90
- **Chicken Caesar Salad** \$ 15.90
- **Salmon Caesar Salad** \$ 16.90
- **Salmon & Avocado Salad** \$ 17.90
- **Moroccan Chicken Salad** \$ 17.90

PASTA

- **Penne Mona Lisa** Prawns, semi dried tomato, mushroom tossed in napolitano cream sauce \$ 19.90
- **Fettuccine Marinara** Prawns, muscles, calamari, fish & octopus tossed with pasta in a white wine basil cream sauce..... \$ 19.90
- **Penne Calabresse** Marinated tenderloin chicken breast pieces tossed with sun dried tomatoes and cream sauce \$ 18.50
- **Fettuccine Mt Penang** Eggplant, capsicum, snow peas, onion, basil & tomato topped with bocconcini roasted pine nuts..... \$ 18.50
- **Fettuccine Boscaiola** Bacon & mushroom in a white wine cream sauce \$ 18.50

CURRIES

- **Maharaja** aka - butter chicken curry..... \$ 18.50
- **Lamb Rogan Josh** needs no introduction..... \$ 18.50
- **Lamb Korma** combination of lamb & spinach..... \$ 18.50
- **Prawn Pistachio Curry** \$ 22.00

TRADITIONAL

- **Scotch Fillet** grilled scotch fillet served with vegetables & mushroom sauce \$ 24.90
- **Veal Saltimbocca** served with vegetables..... \$ 24.90
- **Chicken Milano** layered with eggplant ham & cheese with a rich tomato sauce..... \$ 24.90
- **Chicken Avocado** grilled chicken breast served with avocado & a creamy sauce \$ 24.90
- **Chicken A-la-king** crumbed chicken topped with grilled prawns & mushrooms with a tomato cream sauce..... \$ 24.90
- **Grilled Perch Fillet** served with salad lemon & tartare sauce.... \$ 24.90
- **Atlantic Salmon** grilled and served on a bed of garlic prawns, mussels, octopus with a creamy vegetable sauce.... \$ 29.90

DINNER cont.

CHILDRENS MENU (10 years & Under)

- **Fish Cocktail & Chips** \$ 10.90
 - **Calamari & Chips** \$ 10.90
 - **Chicken Nuggets & Chips** \$ 10.90
 - **Childs Veggie Plate** \$ 10.90
- Childrens meals include dessert - Ice Cream & Topping!*

TEEN OPTIONS

- **JD's Burger with Chips** \$ 15.90
- **Steak Sandwhich with Chips** \$ 15.90
- **Chicken Schnitzel Burger with Chips** \$ 15.90

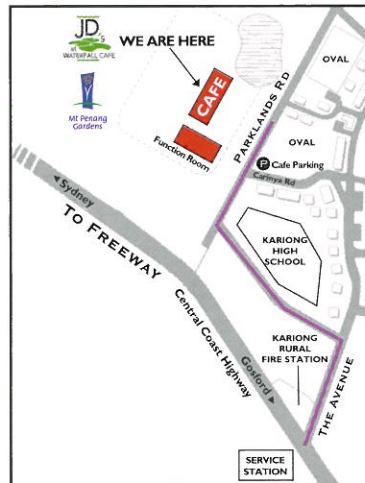
DESSERTS

Yummy selection of cakes and desserts available

Menu and prices are subject to change.
All prices include GST. ABN 78 128 972 878
B.Y.O (Corkage Charges Apply).

CATERING - ON & OFF SITE!

Private Function Room Available!
*Birthdays • Business Meetings • Wakes • Christenings
Community Groups & Clubs • Weddings and more!*



OPEN 7 DAYS
9.30 - 4.30
Dinner Fri & Sat from 6pm
BOOKINGS ESSENTIAL

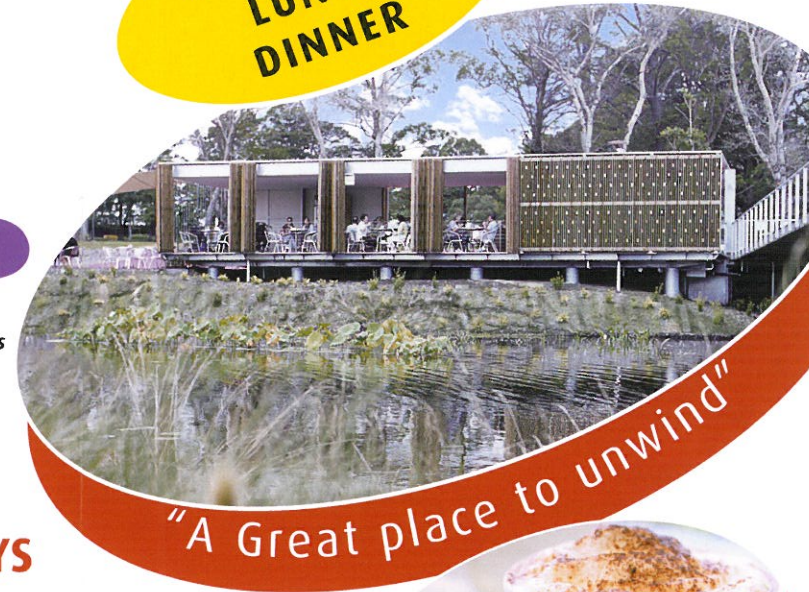
*Closed Christmas Day
& Boxing Day only.
Open all other
public holidays!*

waterfall café
mt penang parklands Kariong

Mouth Watering Menu!

**OPEN
7 DAYS!**

**BREAKFAST
LUNCH
DINNER**



"A Great place to unwind"

JD's
Family Restaurant



**TAKEAWAY
AVAILABLE**

Come & relax by the water...

Why not drop in for Morning or Afternoon Tea!

mt penang parklands Kariong
48-49 Parkland Road - KARIONG NSW
Phone 4340 1660

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BREAKFAST

Raisin Toast	\$ 4.50
Plain Toast	\$ 4.00
Turkish Toast	\$ 5.00

Croissant with ham cheese and tomato\$ 7.50

Bacon & Egg Roll

2 fried eggs & bacon on toasted turkish roll\$ 8.50

Regular Breakie

scrambled / poached or fried eggs served with bacon tomato & hash brown\$12.90

JD's Big Breakfast

bacon & eggs with sausages mushrooms & grilled tomato served with toast\$14.90

Eggs Benedict

poached eggs, baby spinach on toasted english muffins smothered in hollandaise sauce
With Ham or Mushroom.....\$13.90
With Salmon\$14.90

Omelettes

semi dried tomato, spinach and fetta.....\$13.90
ham cheese & tomato with mushroom.....\$13.90

Crepes

with mixed berries served with cream.....\$13.90

Pancakes (plain)

served with maple syrup, ice cream or cream \$10.90

Children's Pancakes (plain)

served with ice cream.....\$ 6.90

**PLUS
DAILY BLACKBOARD
SPECIALS!**

LUNCH

Garlic or Herb Bread.....	\$ 4.00
Cheese Bread	\$ 4.90

Bruchetta

- **Warm Bruchetta** served with sautéed mushroom spinach tomato rosemary & goat cheese \$ 13.90
- **Original Bruchetta** served with tomato & onion . \$ 10.90

Gourmet Sandwich or Wrap (50c extra)

- **Salad** with tomato, avocado, cucumber, carrot, beetroot, cheese, onion & lettuce..... \$ 8.90
- **BLT** Traditional Classic bacon lettuce & tomato with mayo toasted sandwich \$ 8.90
- **Rare Roast Beef** with chilli jam & tomato onion tasty cheese & lettuce..... \$ 9.90
- **Grilled Chicken** with lettuce, tomato cucumber, onion & tasty cheese mayonnaise \$ 9.90
- **Double Smoked Ham**, cheese, tomato, lettuce with seeded mustard & chilly jam..... \$ 9.90
- **Smoked Salmon** cream cheese, onion, capers & rocket with dill mayonnaise..... \$ 10.90

Toasted Turkish Bread

- Chicken Schnitzel with tomato, tasty cheese, lettuce with mayo & sweet chilli sauce \$ 11.90
- Char Grilled Chicken with pesto, semi-dried tomato & avocado, rocket & tasty cheese..... \$ 11.90
- Turkey Breast with swiss cheese, lettuce and avocado with cranberry sauce \$ 11.90
- Grilled Vegetables with mushroom, pesto, semi-dried tomato, tasty cheese & baby spinach . \$ 11.90
- Double Smoked Ham with semi-dried tomato, tasty cheese with mustard & chilli jam \$ 11.90

Open Grill

- **Bacon** with tomato & tasty cheese \$ 12.90
- **Chicken** with avocado, semi - dried tomatoes topped with tasty cheese \$ 12.90
- **Grilled Vegetables** with mushrooms, pesto, semi-dried tomato & tasty cheese..... \$ 12.90

Salads

- **Warm Pumpkin Salad** with baby spinach, fetta, sun-dried tomato with balsamic dressing.. \$ 13.90
- **Greek** tomato, fetta, olives, onions, capsicum with olive oil and oregano..... \$ 12.90
- **Caesar** tossed mixed lettuce with bacon, croutons, parmesan, egg & caesar dressing..... \$ 13.90
- **With Chicken** \$ 15.90
- **OR With Salmon** \$ 15.90

Hot Chips

.....	Small \$ 4.50
.....	Large \$ 6.50

CHEF'S CHOICE

JD's Beef Burger & Chips

lean beef with the lot on a toasted turkish roll \$ 13.90

Fish & Chips

battered tempura fillet served with chips & tartare sauce \$ 13.90

Lemon Pepper Calamari

served with chips & tartare sauce..... \$ 14.90

Grilled Perch Fillet

served with salad & chips with tartare sauce \$ 16.90

Chicken Avocado

grilled chicken fillet topped with avocado & cream sauce served with salad & chips \$ 16.90

Penne Mona Lisa

pasta tossed with prawns, semi-dried tomato, mushrooms in a napoli cream sauce \$ 16.90

Grilled Scotch Fillet Steak (cooked to your liking)

topped with mushroom sauce served with salad & chips..... \$ 21.90

waterfall café

...Come & relax by the water & enjoy a mouth watering meal or coffee