



GLUTEN FREE

We are pleased to offer a range of Gluten free items however please be aware that we are not a gluten-free restaurant and cannot ensure that cross contamination will never occur. We have processes in place to minimize that happening however cannot guarantee a 100% Gluten free environment. If you are a Celiac and/or highly sensitive please advise the person taking your order.



STARTERS

ROASTED GARLIC AND CHEESE COBB LOAF	\$7.5
CRISPY CAULIFLOWER BITES Served with spicy capsicum dipping sauce and a petit salad	\$9.5
FOUNDERS FRIED CHICKEN BITES Served with aioli dipping sauce and a petit salad	\$13.5
GRILLED HALLOUMI With a spicy buffalo mayo dipping sauce and petit salad	\$13.5
HOUSE MADE ARANCINI BALLS See specials board for today's option. Served with tomato relish and a petit salad	\$13.5
CRISPY POTATO SKINS Topped with bacon, cheese and sweet chilli sauce and served with a side of sour cream	\$13.5

SALADS & BOWLS

LOADED NACHOS Pulled pork served on a bed of corn chips topped with cheese, salsa, sour cream and guacamole	\$16.5
SALT AND PEPPER CALAMARI Snap fried on a lettuce, feta, carrot, semi-sundried tomato, cucumber, spanish onion salad drizzled with a dill dressing	\$19.5
FRESH MEX BOWL Grilled corn, black beans, avocado, ice berg lettuce, house made tomato salsa, cheese, brown rice topped with corn chips and chipotle mayo.	\$19.5
THAI BEEF SALAD Fried spicy beef with lettuce, tomato, spanish onion, cucumber and carrot with a light thai dressing & sweet chilli mayo	\$19.5
WARM WINTER VEGAN BOWL Pan fried falafel, pumpkin, chickpeas, spinach, mushrooms, tofu, almonds and brown rice topped with a vegan roasted red capsicum dressing	\$19.5
NOURISH BOWL Grilled corn, black beans, avocado, roasted mushrooms, kale, grilled halloumi, sweet potato & black rice, drizzled with our spicy buffalo mayo	\$19.5

Want to make it a Main meal? Add extra Thai Beef, Calamari, *Grilled Chicken or Pulled Pork* to any salad for \$5

VEGETARIAN, GLUTEN FREE VEGETARIAN & VEGAN OPTIONS AVAILABLE
PLEASE INFORM OUR FRIENDLY STAFF OF ANY DIETARY ALLERGIES OR INTOLERANCE



FOUNDERS & CO

MAINS

ROAST OF THE DAY

See specials board for today's roast. Served with vegetables, chat potatoes

\$22.5

CHICKEN SCHNITZEL

Served with salad and fries or vegetables with gravy

\$22.5

GRILLED FLAKE

Served with lemon, tartar sauce, salad or vegetables

\$25.5

CHICKEN PARMIGIANA

Served with salad and fries or vegetables

\$25.5

CHICKEN RISOTTO

Grilled chicken, roasted pumpkin, charcoal grilled capsicum, baby spinach and pine nuts with a hint of garlic blended through a creamy risotto topped with parmesan cheese.

\$27.5

HONEY SOY CHICKEN STIR FRY

With beans, carrots, broccoli, bok choy, bean shoots, baby corn, cashews and hokkien noodles

\$23.5

CREAMY BASIL GNOCCHI

House made gnocchi with sweet potato, pumpkin, spinach, almonds topped with crispy prosciutto

\$23.5

BBQ BEEF BURGER

Juicy beef patty, egg, bacon, cheese, lettuce, tomato, pineapple and smokey BBQ Sauce topped with crispy onion rings

\$24.0

SENSORY SALMON

Pan fired Atlantic Salmon served on a bed of sauteed pumpkin, pine nuts and spinach topped with a tangy lemon mayonnaise

\$27.5

RED THAI SEAFOOD CURRY

Fish, prawns, scallops, spring onion, spinach and bean shoots served with jasmine rice.

\$27.5

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FOUNDERS & CO

MAINS

SLOW COOKED BEEF CHEEK

served on a tomato, pumpkin, sweet potato, chick pea, capsicum and spinach tagine

\$28.0

BACON WRAPPED STUFFED CHICKEN BREAST

Grilled chicken breast filled with camembert cheese and avocado then wrapped in bacon.
Served with salad or vegetables

\$29.5

KING RACK OF PORK RIBS

Slow cooked in our Founders secret sauce served with salad and fries or vegetables

\$33.5

400G T-BONE STEAK

Cooked to your liking served with salad or vegetables and garlic butter.

\$23.5

300G SCOTCH FILLET

Cooked to your liking served with salad or vegetables and garlic butter.

\$31.5

SURF AND TURF

A founders classic, scotch fillet cooked to your liking topped with prawns and scallops in a creamy garlic sauce served with salad or vegetables.

\$36.5

DESSERTS

STICKY DATE PUDDING

Served with cream and strawberries

\$8.5

HOUSE MADE CHOCOLATE MOUSSE

Served with cream and strawberries

\$8.5

SELF SAUCING CHOCOLATE LAVA CAKE

Served with ice cream and strawberries

\$8.5

NUTELLA FILLED FRIED DOUGHNUTS

Served with ice cream, hazelnuts and drizzled in chocolate sauce

\$8.5

MERINGUE NESTS

Served with passion fruit, cream, strawberries and chocolate flakes.

\$8.5

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YOUNG EXPLORERS

All young explorer meals are \$9

CHICKEN NUGGETS

NACHOS

CHICKEN PARMIGIANA

CHICKEN SCHNITZEL

GRILLED FLAKE

All young explorer meals come with your choice of salad or vegetables

KIDS MEAL DEAL

Young explorers meal deal includes one main young explorers meal, one soft drink and one ice cream with topping or snakes and sprinkles for just \$11

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