



CROSS KEYS

ESSENDON

**All meals served at Cross Keys Hotel
are prepared to order using fresh high quality produce**

***At peak times waits may exceed normal expectation.
We thank you in advance for your patronage and understanding.***

Bistro Hours :

Monday - Saturday Lunch: 11.30am to 3pm Dinner: 5.30pm to 9.00pm

Sunday Lunch: 11.30am to 3pm Dinner: 5.00pm to 8.30pm

OPEN 7 DAYS A WEEK, EVERY WEEK!

BISTRO MENU

Vegetarian: v

Gluten Free: Menu enclosed

Disclaimer: Menu items may contain traces of nuts

ENTRÉE

Garlic Bread v 8

Garlic Bread with Cheese v 9

Tomato and Bocconcini Bruschetta v 12
Tomato, fresh mozzarella cheese, basil, and balsamic glaze

Smashed Avocado Bruschetta v 13
Smashed avocado, crumbled feta, marinated cherry tomato

ADD Smoked Salmon 3

Oysters	EACH	1/2DOZ	DOZ
Natural	3	17	28
Kilpatrick	4	19	30

Soup of the Day 9

Vegetarian Spring Rolls v 11
With sweet chili dipping sauce

Minted Pea Arancini 11
With romesco sauce

Vietnamese Chicken Ribs 13
Flavoured with fish sauce, chili and spring onion

House made Dips v 14
Served with char-grilled pita bread

Spiced Calamari 14
With lemon pepper, served with house salad and harissa mayonnaise

Five Spice Pork Belly 16
Served with Asian slaw and light soy dressing

SIDES v

Creamy Mash Potato 8

Garden Salad 8

Seasonal Vegetables 8

Bowl of Fries 8
With tomato sauce and aioli

Seasoned Potato Wedges 9
With sweet chili sauce and sour cream

SALADS

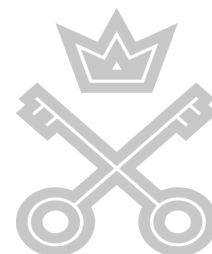
Traditional Caesar Salad v 22
Cos lettuce, croutons, bacon, poached egg, anchovies and fresh parmesan with house made Caesar dressing
ADD Grilled Chicken Tenderloins 6

Roasted Vegetable Salad v 23
Roasted pumpkin, carrot, capsicum, onion and spinach, with feta, pine nuts, and minted yoghurt
ADD Pulled Lamb 6

Pear and Walnut Salad v 24
Poached pear, rocket, balsamic roasted beets, goat cheese, toasted walnuts served with an orange and poppy dressing
ADD Grilled Chicken Tenderloins 6

BBQ Prawn Salad 26
Cos lettuce, red onion, cherry tomato, avocado, and capsicum, dressed with spiced mango dressing

Warm Chicken Salad 27
Grilled Chicken Tenderloins, crispy bacon, honey roasted cashews, parmesan cheese, mixed lettuce, and dried cranberries, dressed with Honey mustard dressing



BISTRO MENU

PASTA & RISOTTO

Roasted Pumpkin and Sage Risotto V 24

Roasted pumpkin, pine nuts, sage and roquette cooked in creamy pumpkin puree, served with fresh parmesan

Penne Vegetarian V 24

Zucchini, eggplant, asparagus, pumpkin, spinach in tomato & basil sauce with pecorino Romano

Spaghetti Bolognese 24

House made Ragu Bolognese topped with fresh parmesan cheese

Chicken and Wild Mushroom Risotto 26

Chicken, wild mushrooms, asparagus and spinach in white wine and cream sauce with fresh parmesan

Fettuccine Chicken Carbonara 26

Chicken, bacon, wild mushrooms and spring onions in a cream sauce with parmesan cheese

Lasagna 24

Classic beef lasagna layered with rich meat sauce and cheese, served with balsamic roquette salad.

Linguine Marinara 28

Tiger prawns and seafood medley cooked with garlic, chili, extra virgin olive oil, tomatoes and fresh herbs with Grana Padano

CURRIES

Chana Masala 20

Indian chickpea curry in aromatic gravy, served with Steamed rice, Naan bread, and ratia

Butter Chicken 25

House made Indian style chicken curry, served with steamed jasmine rice, naan bread and house made raita

Malaysian Chicken Curry 26

Tender chicken thigh fillet and potato braised in Malaysian style curry sauce with fresh herbs and Spices served with steamed jasmine rice and roti bread

Lamb Rogan Josh 27

Slow cooked Lamb in Kashmiri style aromatic sauce, served with steamed rice, naan bread, and house made raita

WOK

Nasi Goreng V 22

Indonesian style fried rice served with fried egg and prawn crackers

Chicken Satay 6

Chicken Stir Fry 26

Tender chicken pieces with Asian vegetables, cashew nuts and hokkien noodles in Asian jus

Mongolian Beef Stir Fry 27

Marinated beef strips with capsicum, broccoli and spring onion cooked with ginger-sweet soy sauce served on jasmine rice



BISTRO MENU

MEAT

- Bangers and Mash** 24
Pork and Fennel sausages served with creamy mash, steamed vegetables, caramelized onion, and gravy
- Pork Schnitzel** 26
With roast potato and sauerkraut
- Lambs Fry and Bacon** 25
Served with mashed potato, steamed vegetables, caramelized onion and gravy
- Roast of the Day** 26
Fresh & cooked daily, served with steamed vegetables, chat potatoes and gravy
- Beef and Guinness Pie** 26
With creamy mash potato and steamed vegetables
- Osso Bucco** 29
Slow braised veal shank with vegetables, served with Milanese saffron risotto
- American Style Pork Back Ribs** 37
Glazed with house made BBQ sauce, served with seasoned wedges and apple coleslaw

SEAFOOD

- Spiced Calamari** 25
Seasoned with lemon pepper served with fries, house salad, and harissa mayonnaise
- Fish and Chips** 26
Beer battered flathead tails, served with fries, house salad and tartare sauce
- Seafood Gratin** 28
Medley of seafood cooked in creamy white wine sauce with macaroni, then gratinated with parmesan cheese, served with fries and house salad
- Salmon En Papillote** 32
Atlantic Salmon fillet wrapped in paper with lemon, chili, ginger, soy sauce and spring onion, served with sautéed broccolini
- Fish of the Day** MP
Ask our friendly staff

STEAKS

- 250gm Eye Fillet** 40
120 Days Grain Fed 1000 Guineas Shorthorn
- 350gm Scotch Fillet** 35
120 Days Grain Fed 1000 Guineas Shorthorn
- 300gm Porterhouse** 36
120 Days Grain Fed 1000 Guineas Shorthorn
- 300gm Rump** 30
120 Days Grain Fed 1000 Guineas Shorthorn

*All of our steaks are flame grilled,
cooked to your liking, served with
fries and house salad, or vegetables,
And a choice of sauce*

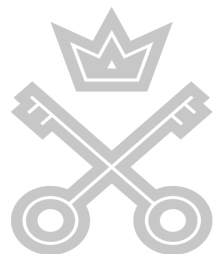
Sauce Options for Steaks

Gravy, Red Wine Jus, Mushroom Sauce,
Peppercorn Sauce, Garlic Butter, Blue Cheese Butter

Additional Extras

Fried Egg 3

Bacon 4



BISTRO MENU

CHICKEN

- Satay Chicken** 24
Marinated chicken tenderloins served on jasmine rice with Balinese sambal, fries, house salad and creamy peanut sauce
- Chicken Schnitzel** 24
Panko crumbed breast fillet served with fries and house salad
- Chicken Parmigiana** 25
Panko crumbed breast fillet topped with Napoli sauce, ham, and cheese served with fries and house salad
- Aussie Parmigiana** 26
Panko crumbed breast fillet topped with bacon, cheese and BBQ sauce, served with fries and house salad
- Hawaiian Parmigiana** 26
Panko crumbed breast fillet topped with Napoli sauce, ham, pineapple and cheese, served with fries and house salad
- Italian Parmigiana** 27
Panko crumbed breast fillet topped with Napoli sauce, salami, black olives and cheese, served with fries and house salad
- Chicken Kiev** 27
Crumbed breast fillet filled with garlic and parsley butter, served with creamy mash and seasonal vegetables

BURGERS & WRAPS

- The Keys Beef Burger** 24
Brisket patty with bacon, beetroot relish, pickle, lettuce, tomato, onion, and cheddar cheese, served with fries and aioli
Add Egg 2
Add Grilled Pineapple 1
- The Keys Veggie Burger v** 24
Beetroot and goat cheese patty, lettuce, tomato, onion, avocado, and cheesy bechamel sauce, served with fries, and aioli
- Grilled Chicken Burger** 26
Grilled chicken breast fillet with bacon, lettuce, tomato, onion, tasty cheese and grilled pineapple, served with fries and aioli
- Steak Sandwich** 27
Flame grilled scotch fillet with bacon, seeded mustard, roquette, tomato, caramelized onion and cheese, served with fries and aioli
Add Egg 2



DESSERT

Ice Cream Cups or Cones

available at the bar

Apple and Rhubarb Crumble

With vanilla ice cream

Bread and Butter Pudding

With brandy custard and vanilla ice cream

Sticky Date Pudding

With dulce de leche, pecan praline, biscuit crumbs and Salted caramel ice cream

Chocolate Mousse

With fresh berries, candied orange and cream

Creme Brulee

Served with Berry compote

Poached Pears

With vanilla ice cream

Chocolate Covered Ice Cream Balls

Topped with toasted almond

Chocolate Pudding

With chocolate soil, honeycomb and fresh berries

KIDS MENU

(Children up to 12 years old)

4.5	Chicken Nuggets Served with fries	8
8	Chicken and Mushroom Risotto Served with fresh parmesan	10
8	Panko Crumbed Calamari Rings Served with fries	10
8	Fish and Chips Battered flathead tail served with fries	10
8	Spaghetti or Penne Bolognese House made traditional Bolognese	10
9	Vegetarian Penne V Vegetarian sauce served with parmesan cheese	10
10	Chicken Schnitzel Served with fries	10
10	Chicken Parmigiana Served with fries	11
11	Hawaiian Parmigiana Served with fries	11
11	Cheese Burger Beef patty, cheddar cheese, tomato sauce, pickles, and fries.	12

KIDS COMBO \$12

**One Kids main Meal
Plus One Drink (200ml Glass),
Plus One Kids Dessert
(Frog in a Pond or Ice Cream)**



SENIORS MENU

1 Course

2 Courses
(Entrée and main or main and dessert)

3 Courses

ENTRÉE

Soup of the Day
Garlic Bread
Vegetarian Spring Rolls

MAIN

Roast of the Day
Freshly cooked daily, served with steamed vegetables and chat potato

Senior's Steak
200gm scotch fillet served with fries and house salad or steamed vegetables and chat potato

Crumbed Lamb Cutlets
Served with creamy mash potato and vegetables

Lambs Fry & Bacon
Served with creamy mash potato and vegetables

Fish and Chips
Beer battered flathead tail, served with tartare, fries and house salad or Steamed vegetables and chat potato

Spiced Calamari
Seasoned with lemon pepper, served with fries and house salad

Seafood Gratin
Seafood medley cooked in creamy white wine sauce, then gratinated with parmesan cheese, served with fries and house salad

House Crumbed Chicken Parmigiana
Served with fries and house salad or vegetables

MAIN CONT.

14.95 Chicken Satay
Marinated chicken tenderloins served with creamy satay sauce, steamed rice and house salad

16.95 Butter Chicken
House made authentic Indian style chicken curry, served with steamed rice, naan bread and raita

Chicken & Mushroom Pie
Tender chicken pieces and mushrooms slowly braised in rich cream sauce, served with creamy mash potato and steamed vegetables

Roasted Pumpkin and Sage Risotto v
Roasted pumpkin, pine nuts, and roquette cooked in creamy pumpkin puree, served with fresh parmesan

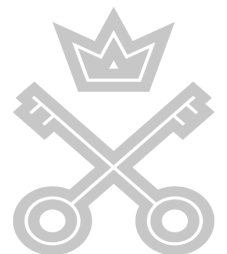
Chicken & Mushroom Risotto
Chicken, wild mushrooms, asparagus, peas and spinach in a white wine and cream sauce with fresh parmesan

DESSERT

Bread and Butter Pudding
Pavlova
Sticky Date Pudding
Apple and Rhubarb Crumble

*Two and Three course
Senior Meals include
complementary coffee

**Only available Monday to Friday during
lunch service.*



GLUTEN FREE MENU

*Please inform out friendly staff
when ordering from the gluten free menu*

- Traditional Caesar Salad (without croutons)** 20
Cos lettuce, bacon, poached egg, anchovies and parmesan, dressed with house made Caesar dressing
Add Smoked Chicken 6
- Nasi Goreng v** 22
Indonesian style fried rice served with fried egg and prawn crackers
Add Chicken Satay 6
- Roasted Pumpkin and Sage Risotto V** 24
Roasted pumpkin, pine nuts, sage and roquette cooked in creamy pumpkin puree, served with fresh parmesan
- Pear & Walnut Salad v** 24
Poached pear, roquette, balsamic roasted beets, goat cheese, toasted walnuts served with a orange and poppy dressing
- Roasted Vegetable Salad v** 24
Roasted pumpkin, carrot, capsicum, onion and spinach, with feta, pine nuts, and a minted yoghurt
Add Pulled Lamb 6
- BBQ Prawn Salad** 26
Cos lettuce, red onion, cherry tomato, avocado, and capsicum, dressed with spiced mango dressing
- Chicken & Wild Mushroom Risotto** 26
Chicken, wild mushrooms, asparagus and spinach in white wine and cream sauce with fresh parmesan
- Roast of the Day** 26
Fresh & cooked daily, served with steamed vegetables, chat potatoes and gravy
- Warm Chicken Salad** 27
Grilled chicken tenderloins, crispy bacon, honey roasted cashews, parmesan cheese, mixed lettuce, mango served in a seeded mustard dressing
- Salmon En Papillote** 32
Atlantic Salmon fillet wrapped in paper with lemon, chili, ginger, soy sauce and spring onion, served with sautéed broccolini.

STEAK

- 250gm Eye Fillet** 40
120 Days Grain Fed 1000 Guineas Shorthorn
- 350gm Scotch Fillet** 35
120 Days Grain Fed 1000 Guineas Shorthorn
- 300gm Porterhouse** 36
120 Days Grain Fed 1000 Guineas Shorthorn
- 300gm Rump** 30
120 Days Grain Fed 1000 Guineas Shorthorn

*All of our steaks are flame grilled,
cooked to your liking, served with
fries and house salad, OR vegetables,
And a choice of sauce*

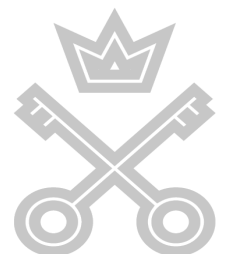
Sauce Options for Steaks

Gravy, Red Wine Jus, Mushroom Sauce,
Peppercorn Sauce, Garlic Butter, Blue Cheese Butter

Additional Extras

Fried Egg 3

Bacon 4



VEGETARIAN MENU

ENTRÉE

Garlic Bread 8

Garlic Bread with Cheese 9

Tomato and Bocconcini Bruschetta 12

Tomato, fresh mozzarella cheese, basil, and balsamic glaze

Smashed Avocado Bruschetta 13

Smashed avocado, crumbled feta, marinated cherry tomato

Vegetarian Spring Rolls 11

With sweet chili dipping sauce

Minted Pea Arancini 11

With romesco sauce

SALADS

Roasted Vegetable Salad 23

Roasted pumpkin, carrot, capsicum, onion and spinach, with feta, pine nuts, and minted yoghurt

Pear and Walnut Salad 24

Poached pear, roquette, balsamic roasted beets, goat cheese, toasted walnuts served with a orange and poppy dressing

BURGERS

The Keys Veggie Burger 24

Beetroot and goat cheese patty, lettuce, tomato, onion, avocado, and cheesy bechamel sauce, served with fries, and aioli

PAN/WOK

Chana Masala 20

Indian chickpea curry in aromatic gravy, served with Steamed rice, Naan bread, and ratia

Nasi Goreng 22

Indonesian style fried rice served with fried egg and prawn crackers

Roasted Pumpkin and Sage Risotto 24

Roasted pumpkin, pine nuts, sage and roquette cooked in creamy pumpkin puree, served with fresh parmesan

Roasted Primavera 24

Asparagus, green peas, spinach, and spring onion, served with grana Padano

Mixed Vegetable Stir-Fry 24

Broccoli, zucchini, carrots, cauliflower tossed in soy sauce and sweet chili sauce, served with steamed rice

