



HEALTHY BURGERS



Low Carb SuperBun + \$1.5

All our burgers are **LOW CARB (LC)** on a **Low Carb SuperBun**. Our beef, chicken & lamb burgers on a SuperBun, have less carbs than a single sushi roll!*

*Gluten, Grain & Dairy Free. Contains nuts.

Panini or Traditional

Our artisan buns are delivered fresh daily.
Sugar Free & Preservative Free

*Gluten Free Bun + \$1.5

Refined Sugar Free & Preservative Free
*GF menu items are Gluten-friendly on a *Gluten Free Bun.

BEEF

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

Simply Grill'd / 2680kJ / \$11.50

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

Crispy Bacon & Cheese / 3090kJ / \$13.5

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

Big Queenslander / 3450kJ / \$15.0

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

Nourish & Flourish / 2760kJ / \$15.0

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

Summer Sunset / 3120kJ / \$14.0

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

Mustard & Pickled! / 2400kJ / \$13.0

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

Chilli Addict / 2750kJ / \$15.0

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



CHICKEN

Chicken breasts from RSPCA Approved chickens. Sourced from Australian family owned primary producers.

Sweet Chilli Chicken / 2300kJ / \$12.5

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

Zen Hen / 2290kJ / \$13.0

w/ Satay sauce, coriander, shredded carrot, salad & herbed mayo **LC *GF DF**

'Simon Says' / 2540kJ / \$14.0

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

HotBird / 2260kJ / \$15.0

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

Grill'd Bird & Brie / 2540kJ / \$14.0

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

Caesar's Palace / 2860kJ / \$14.0

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

NEW SPECIALTY

WAGYU BURGERS

100% wagyu that's tender & full of flavour.

Wagyu Wunder / 3060kJ / \$16.9

Premium wagyu pattie with Dijon mustard, pickle, aged cheddar, Spanish onion, smoked sea salt, tomato sauce & egg mayo **LC *GF**
add bacon + \$2.0

Sir Truffle / 3160kJ / \$16.9

Premium wagyu pattie with truffle mayo, aged cheddar, smoked sea salt, cos lettuce & fresh basil **LC *GF**

STEAK BURGERS

Prime aged 100% grass fed scotch fillet.

High Steaks / 3380kJ / \$17.9

w/ Crispy bacon, aged cheddar, free range egg, cos lettuce, tomato, relish & herbed mayo **LC *GF**

Saint Crispy / 3250kJ / \$17.9

w/ Smoky bacon jam, crispy bacon, Dijon mustard, aged cheddar, cos lettuce, tomato & egg mayo **LC *GF**
add pickle + \$1.0

SUPER SLIDERS

3 for \$17.0 / 2 for \$14.0

1. Classic / 1300kJ

Beef with cheese, mustard, pickle, tomato sauce & egg mayo

2. Vintage / 1300kJ

Beef with aged cheddar, Spanish onion, relish & herbed mayo

3. Brie Chick / 1080kJ

Chicken with brie cheese, cranberry sauce, tomato & herbed mayo

4. Zen Chick / 950kJ

Chicken with satay sauce, coriander, shredded carrot & herbed mayo **DF**



FOR THE KIDS

Suggested for kids 7 & under.

Beef Mini Me Pack / 1800kJ / \$8.5

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

Chicken Mini Me Pack / 1620kJ / \$8.5

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

LAMB

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

Moroccan Lamb / 2280kJ / \$14.5

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

'Baa Baa' Burger / 3010kJ / \$14.5

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

Shepherd's Delight / 2740kJ / \$14.5

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

VEGGIE

Vegan, Gluten Free & Preservative Free patties.

Garden Goodness / 2740kJ / \$13.5

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

Field of Dreams / 2370kJ / \$13.5

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

Veggie Vitality / 2040kJ / \$13.5

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



PERSONALISE

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

Extra beef pattie or chicken breast / \$5.0

Aged cheddar / \$2.5

Crispy bacon, free range egg, jalapeños, brie cheese, smoky bacon jam / \$2.0

Golden pineapple, avocado, tasty cheese / \$1.5

Beetroot, pickle / \$1.0

HOT CHIPS

All our chips are Vegan & Gluten Free.

Our Famous Grill'd Chips

Thick-cut & sprinkled with our signature herb mix.
Regular / 1710kJ / \$4.8 **Snack** / 1060kJ / \$3.8

Avocado Chips

NEW Avocado chips with quinoa & turmeric coating, lightly seasoned with sea salt.
For More / 2500kJ / \$9.9 **For Me** / 1250kJ / \$5.9

Sweet Potato Chips

To Share / 2970kJ / \$8.8 **For One** / 1490kJ / \$4.8

Zucchini Chips

Lightly seasoned with sea salt.
To Share / 2800kJ / \$8.8 **For One** / 1490kJ / \$4.8

Chip Dips: Herbed Mayo, Sweet Chilli Mayo, Tomato Relish, Chipotle Mayo / \$1.0

CHIPS SHARE PLATE ^{\$14}

5970kJ (1990kJ per serve)

Our Famous Grill'd Chips
+ **Sweet Potato Chips**
+ **Zucchini Chips**

Swap out either Sweet Potato or Zucchini for Avocado Chips + \$2.0

Served with a trio of chip dips; Sweet Chilli Mayo, Herbed Mayo & Chipotle Mayo

CHICKEN SCHNITZEL BURGERS



RSPCA Approved chicken breasts hand crumbed with a crunchy, gluten free, black or golden crumb. Cooked to perfection on a flat press.

BLACK CRUMB

Smoky Blackbird / 3040kJ / \$15.0

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

Black with the Lot / 3310kJ / \$15.0

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

GOLDEN CRUMB

Pure Gold / 3050kJ / \$15.0

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

Golden Glow / 2650kJ / \$15.0

w/ Avocado, salad, relish & herbed mayo **LC *GF DF**
add bacon + \$2.0

SALADS



Superpower Salad / 2010kJ / \$14.5

Grilled chicken breast, avocado, beetroot, almonds, cherry tomatoes, cos lettuce, Spanish onion, carrot, fresh basil & extra virgin olive oil dressing *GF DF
add extra chicken breast + \$5.0

Chicken Caesar Salad / 2550kJ / \$14.5

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

The average adult daily energy intake is 8700kJ



Here at Grill'd we are healthily obsessed about the quality of our meat & where it comes from. We use grass fed, free range beef & lamb which gives our patties a unique, natural & flavoursome taste. We use premium breeds & select the most tender, juicy cuts. Our beef & lamb is free from antibiotics & all added hormones.



We're passionate about everything that goes into your burger. We are proud to use free range beef, lamb & eggs, sow stall free bacon and RSPCA Approved chicken, free from all added hormones & sourced from primary producers.



To make a Gluten-friendly burger, choose a Gluten Free Bun or Low Carb SuperBun. 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.



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, bacon jam and of course all mayo & cheese varieties. For Dairy Free, look for DF.