



**BEER • WINE • FOOD • KIDS • DESSERT**

# BEER

## *Beer on Tap*

	200ml	285ml	425ml
The Guardsman Lager by Prancing Pony Adelaide Hills 4.5%	\$5	\$7	\$9
Big Shed Brewing Golden Stout Time Croydon Park 5.4%	\$7	\$9	\$11
Coopers Aged Sparkling Ale Regency Park 5.8%	\$7	\$9	\$11
Coopers Dry Regency Park 4.2%	\$4.5	\$6.5	\$8.5
Coopers Pale Ale Regency Park 4.5%	\$4	\$6	\$8
Coopers Session Ale Regency Park 4.2%	\$4.5	\$6.5	\$8.5
Coopers XPA Regency Park 5.2%	\$5.5	\$7.5	\$9.5
Goodieson Brewery Pilsner McLaren Vale 5%	\$5.5	\$7.5	\$9.5
Hills Apple Cider Adelaide Hills 5%	\$4.5	\$6.5	\$8.5
Mismatch Lager Adelaide Hills 4.5%	\$5	\$7	\$9
Mismatch Session Ale Adelaide Hills 4%	\$5	\$7	\$9
Pirate Life Mosaic IPA Port Adelaide 7%	\$7	\$9	\$11
Pirate Life Port Local Lager Port Adelaide 4.5%	\$5	\$7	\$9
Pirate Life Pale Ale Port Adelaide 6.8%	\$5	\$7	\$9
Prancing Pony Sunshine Ale Adelaide Hills 4.8%	\$5.5	\$7.5	\$9.5
Prancing Pony Red India Ale Adelaide Hills 7.9%	\$5.5	\$7.5	\$9.5
Sparkke Alcoholic Ginger Beer Adelaide 3.5%	\$5	\$7	\$9
Vale Tropical Ale McLaren Vale 4.2%	\$5.5	\$7.5	\$9.5
West End Thebarton 4.5%	\$4	\$6	\$8

## *Long Necks*

	Bottle
Coopers Pale Ale 750ml Regency Park 4.5%	\$12
Coopers Sparkling Ale 750ml Regency Park 5.8%	\$13
Coopers Stout 750ml Regency Park 6.3%	\$13
West End 750ml Thebarton 4.5%	\$12

## *Bottled & Canned Beer*

	Bottle
Big Shed 'F*Yeah' APA Croydon Park 5.5%	\$9.5
Coopers Mild Ale Regency Park 3.5%	\$7
Coopers Stout Regency Park 6.3%	\$9.5
Goodieson Golden IPA McLaren Vale 4.9%	\$9.5
Hahn Super Dry Brewed in Thebarton 4.6%	\$8.5
Hills Cider Pear Adelaide Hills 5%	\$8.5
Lobo Cider Adelaide Hills 3.8%	\$9.5
Little Bang May Contain Traces of Panther Adelaide Hills 6.5%	\$9.5
Mismatch Pale Ale Adelaide Hills 5%	\$8.5
Mismatch Mandarin Berliner Wiese Adelaide Hills 3%	\$10
Pikes Pilsner Clare Valley 4.5%	\$9.5
Sparkke Hard Lemonade Adelaide 3.5%	\$9

**ASK ABOUT OUR SEASONAL BEERS!**

**Coopers Brewery  
Paddle**

- Coopers Original Pale Ale 4.5%
- Coopers Session Ale 4.2%
- Coopers XPA 5.2%
- Coopers Aged Sparkling 5.8%






**Best of SA  
Paddle**

- Mismatch Lager 4.5%
- Prancing Pony Sunshine Ale 4.8%
- Pirate Life Mosaic IPA 7%
- Big Shed Brewing Golden Stout Time 6%

**WINE**

**Sparkling**

- NV Alpha Box & Dice Zaptung Prosecco McLaren Vale
- Mars Needs Moscato Riverland
- NV Coates La Petite Rouge Sparkling Shiraz McLaren Vale
- NV Grace under Pressure Blanc de Blancs, Mount Gambier

			
	150ml		Bottle
	\$8		\$35
	\$9		\$38
	\$9.5		\$40
	\$12		\$50

**White**

- Wirra Wirra Scrubby Rise Sauvignon Blanc
- Murdoch Hill Sauvignon Blanc Adelaide Hills
- Vickery Watervale Riesling Clare Valley
- Otella Pinot Gris, Limestone Coast
- Brothers Wine Co. Chardonnay Adelaide Hills
- Unico Zelo 'Jade & Jasper' Fiano Riverland
- Gutherie 'Wild' Gruner Veltliner Adelaide Hills
- Rockford 'Local Growers' Semillon Barossa Valley

	150ml	250ml	Bottle
	\$8	\$12	\$32*
	\$9.5	\$16	\$40
	\$9.5	\$16	\$38
	\$9.5	\$16	\$40
	\$11	\$18	\$45
	\$9.5	\$16	\$40
	\$12	\$19	\$48
			\$65

**Rose**

- Wirra Wirra Mrs Wigley Rose
- Mrs Q Rose Barossa Valley
- Dowie Doole 'R' Rose McLaren Vale

	150ml	250ml	Bottle
	\$8.5	\$12.5	\$33.5*
	\$9	\$14	\$35
	\$9.5	\$16	\$40

**Red**

- Golding 'Purveyor' Pinot Noir Adelaide Hills
- Mrs Q Sangiovese Adelaide Hills
- Whistler 'Shock Value' Shiraz Grenache Barossa Valley
- SC Pannell 'Field Street' Shiraz McLaren Vale
- Wirra Wirra Catapult Shiraz McLaren Vale
- Zema Estate Cabernet Sauvignon Coonawarra

	150ml	250ml	Bottle
	\$9.5	\$16	\$40
	\$9	\$14	\$35
	\$9.5	\$16	\$40
	\$12	\$19	\$48
	\$14	\$20	\$50
	\$12	\$19	\$58

**Fortified**

- Penfolds Grandfather 20yr Tawny 500ml Multi-Region
- Rockford "PS Marion" Tawny NV 750ml Barossa Valley
- Heggies Botrytis Riesling 375ml Eden Valley
- Seppeltsfield Para Grand Tawny 750ml Barossa Valley

	60ml	Bottle
	\$22	\$148
	\$11	\$85
	\$13	\$65
	\$11	\$90

**FULL BEVERAGE LIST AVAILABLE ON REQUEST**

# STARTERS

- GRILLED GARLIC FLAT BREAD** \$8  
Kangaroo Island garlic, green olive, gazpacho olive oil
- PORT LINCOLN SARDINES -GFO-** \$14  
Crispy fried, pickled fennel, shiso cress, kewpie
- WHISKEY GLAZED CHICKEN WINGS -GFO-** \$14  
23rd street distillery whiskey buffalo glaze, blue cheese aioli
- HIRAMASA KINGFISH CEVICHE -GFO-** \$16  
Eyre Peninsula Cleanseas Kingfish, avocado, chili, finger lime, prawn crackers
- SAN JOSÉ SMALLGOODS for 2 -GFO-** \$20  
prosciutto, salami, chorizo, sour dough, pickle, coriolo olives
- ZUCCHINI, PEA & MINT FRITTERS -GF- -V-** \$14  
Onkapinga creamery goats' curd, watercress, avocado, vincotto
- FLEURIEU PENINSULA SQUID -GFO-** \$16  
five spiced salt and pepper, garlic, chili, basil lime aioli
- TARAMASALATA -GFO-** \$16  
Eyre Peninsula Olsson's sea salt smoked salmon roe, grilled flat bread

# SALADS

- POKE BOWL -GFO- -V-** \$16  
brown rice, cabbage, pickled veg, nori, soft egg, radish, edamame, sesame, soy, pickled ginger, avocado
- HARISSA SPICED PUMPKIN SALAD -GF- -V-** \$16  
Dirty inc. kabuli chickpeas, hemp seed hummus, quinoa, baby carrots, parsnip, walnut, kale, tahini yoghurt
- ADD ONS**
- sashimi salmon \$5
  - chicken \$3
  - tofu \$3
  - haloumi \$3
  - feta \$3

# MAINS

- MAYURA STATION BEEF SCHNITZEL** \$24  
fries, leaf salad, choice of sauce
- CHICKEN BREAST SCHNITZEL** \$22  
fries, leaf salad, choice of sauce
- **THE GUARDSMAN PARMY - ADD \$4**  
burrata, San José prosciutto, tomato sauce
- WAGYU BEEF BRISKET LASAGNE** \$26  
leaf salad, crusty bread
- COOPERS PALE ALE BATTERED FISH & CHIPS -GFO-** \$29  
South Australian flathead fillets, hand cut chips, tartare, lemon, leaf salad
- SPENCER GULF PRAWN SPAGHETTI** \$29  
garlic, chilli, lemon, tomato, capers, parsley, bottarga
- MOUNT PLEASANT BUTCHER'S PORK & SAGE SAUSAGES -GF-** \$24  
mash potato, pickled cabbage, grilled onion stout gravy
- THOMAS FARMS LAMB CURRY -GFO-** \$25  
chopped salad, traditional sides
- COORONG MULLET -GFO-** \$26  
fennel, apple, young coconut salad, miso glaze, roasted shallot dressing



THE PAST, PRESENT  
AND FUTURE WALK  
INTO A BAR.

IT WAS TENSE.

# EYRE PENINSULA SEAFOOD

**COFFIN BAY OYSTERS -GF-**  
our South Australian oysters are freshly shucked by us for you

**NATURAL**  
\$3.5pc

lemon, mignonette

**KILPATRICK**  
\$3.5pc

smoked bacon

**KINKAWOOKA MUSSELS -GFO-**  
our South Australian mussels served with crusty bread

**WHITE WINE**  
\$18

garlic, herbs

**LAGER**  
\$18

bacon, smoked paprika, parsley

<b>WITH FRIENDS</b>	<b>TO SHARE FOR TWO</b>
<b>36° SOUTH BEEF SHORT RIB RENDANG -GF-</b> garlic fried greens, kaffir lime, tomato, beans, rice, chili	<b>\$52</b>
<b>LAMB SHOULDER</b> couscous, preserved lemon, mint, fattoush salad, hummus, flatbread	<b>\$56</b>



## BURGERS & SANDWICH

all served with fries, tomato sauce

<b>MAYURA STATION WAGYU BURGER -GFO-</b> bacon, cheddar, baby cos, tomato, pickles, crispy bits, GM sauce	<b>\$22</b>
<b>'MEET' PLANT BASED BURGER -GFO- -V-</b> baby cos, tomato, pickles,crispy bits	<b>\$20</b>
<b>CRISPY CHICKEN FILLET BURGER -GFO-</b> Barossa smoked bacon, guacamole, cheese, slaw, hot sauce	<b>\$20</b>
<b>36° SOUTH STEAK SANDWICH -GFO-</b> swiss cheese, beer onions, fried egg, tomato, mustard, relish	<b>\$20</b>

## GRILL

all served with hand cut chips, leaf salad, choice of sauce

**200g EYE FILLET -GF-**  
Murray Pure, pasture fed  
**\$36**

**300g SCOTCH FILLET -GF-**  
36° South, Naracoorte, grain fed  
**\$36**

**300g RUMP STEAK -GF-**  
S. Kidman & Co  
**\$28**

**250g LAMB CHOPS -GF-**  
Summit Prime lamb  
**\$28**

### SAUCE -GF-

<b>gravy</b>	<b>green peppercorn</b>	<b>mushroom</b>
<b>bbq</b>	<b>grain mustard</b>	<b>dijon mustard</b>

## SIDES

<b>HAND CUT CHIPS -GF- -V-</b> sea salt, aioli	<b>\$6</b>
<b>FRENCH FRIES -V-</b> aioli, sauce	<b>\$6</b>
<b>LEAF SALAD -GF- -V-</b> chardonnay vinaigrette	<b>\$5</b>

### *Cheese* -GFO- -V-

served with lavosh,  
Adelaide Hills plum paste

**\$6 EACH ALL 3 \$15**

**ONKAPARINGA  
RESERVE BLUE**  
Mt. Lofty Ranges, Adelaide Hills

**BAROSSA  
ARTISAN DOUBLE CREAM BRIE**  
Angaston, Barossa Valley

**SECTION 28  
MONT ROUGE WASHED RIND**  
Adelaide Hills

# KID'S MENU \$10

ALL KIDS  
MEALS INCLUDE  
*Golden North  
ice cream*

## JUNIOR SCHNIT

crumbed chicken breast schnitzel, fries, salad

## CHEESEBURGER -GFO-

grilled beef, melted cheddar cheese, tomato sauce, fries

## FISH & CHIPS -GFO-

crumbed, grilled or battered with tartare sauce, fries

## SPAGHETTI NAPOLI -GFO-

tomato sauce, parmesan cheese



# Dessert

## 'BERLINER' JAM DONUT -V- \$12

classic fried donut style buns, Daintree vanilla bean cream, raspberry fudge jam

## LEMON MERINGUE PIE -V- \$14

Fat Goose Fruits Riverland lemon curd, pistachio crumbs, burnt meringue, desert lime gelati

## LENSWOOD PINK LADY APPLE CRUMBLE \$12

served warm with salted caramel ice cream

## THE GUARDSMAN 'FRUCHOC' -V- \$14

dark chocolate custard cream, vanilla peaches, apricot, raspberry meringue

## *Golden North* ICE CREAM

ONE SCOOP  
\$3  
GOLDEN NORTH

TWO SCOOPS  
\$6  
GOLDEN NORTH

THREE SCOOPS  
\$8  
GOLDEN NORTH

CHOCOLATE MUD CAKE

COOKIES & CREAM

CLASSIC VANILLA

SALTED CARAMEL

STRAWBERRY

# THE GUARDSMAN

## OUR STORY

**THE GUARDSMAN IS A PLACE TO DISCOVER THE UNTOLD STORIES OF SOUTH AUSTRALIA. AND BOY, HAVE WE GOT A FEW.**

You are currently in Adelaide Railway Station's restored Grand Public Dining Hall, where history meets today over an ice cold beer.

Here at The Guardsman we're always searching for the finest local produce our proud state of South Australia has to offer, and you can be damn sure that each dish is cooked and served with love.

Sample food from our state's best loved regions, from Wagyu Beef from the Limestone Coast to South Australia's very own world famous Coffin Bay oysters. We've even put our very own spin on a South Australian icon, with the creation of The Guardsman Fruchoc.

It might take you a few trips to discover your favourites, but remember, you're always welcome at The Guardsman.

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**ALLIRRA CHAUNUT**  
Venue Manager



**LUKE BRABIN**  
Head Chef

**THE GUARDSMAN**

