



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
	\$8.5		\$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 Kangaroo Island garlic, green olive, gazpacho olive oil	\$8
PORT LINCOLN SARDINES -GFO- crispy fried, pickled fennel, shiso cress, kewpie	\$14
WHISKEY GLAZED CHICKEN WINGS -GFO- 23rd street distillery whiskey buffalo glaze, blue cheese aioli	\$14
KINGFISH SASHIMI SALAD -GFO- Eyre Peninsula Cleanseas Kingfish sashimi salad, ginger, nori salt, avocado, mustard cress	\$17
SAN JOSÉ SMALLGOODS for 2 -GFO- prosciutto, salami, chorizo, sour dough, pickle, coriolo olives	\$20
ZUCCHINI, PEA & MINT FRITTERS -GF- -V- Onkaparinga creamery goats' curd, watercress, avocado, vincotto	\$14
FLEURIEU PENINSULA SQUID -GFO- five spiced salt and pepper, garlic, chili, basil lime aioli	\$16 <small>Entree</small>
TARAMASALATA -GFO- Eyre Peninsula Olsson's sea salt smoked salmon roe, grilled flat bread	\$26 <small>Main</small>

SALADS

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

MAINS

MAYURA STATION BEEF SCHNITZEL fries, leaf salad, choice of sauce	\$24
CHICKEN BREAST SCHNITZEL fries, leaf salad, choice of sauce	\$22
THE GUARDSMAN PARMY - ADD \$4 burrata, San José prosciutto, tomato sauce	
WAGYU BEEF BRISKET LASAGNE leaf salad, crusty bread	\$26
COOPERS PALE ALE BATTERED FISH & CHIPS -GFO- South Australian flathead fillets, hand cut chips, tartare, lemon, leaf salad	\$29
SPENCER GULF PRAWN SPAGHETTI garlic, chilli, lemon, tomato, capers, parsley, bottarga	\$29
BAROSSA FINE FOODS PORK & FENNEL SAUSAGES mash potato, pickled cabbage, grilled onion stout gravy	\$24
THOMAS FARMS LAMB CURRY -GFO- chopped salad, traditional sides	\$25
COORONG MULLET -GFO- pearl barley, kipfler, fennel, herbs, lemon, ras el hanout, tahini yoghurt	\$27



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

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



BURGERS & SANDWICH

all served with fries, tomato sauce

MAYURA STATION WAGYU BURGER -GFO- bacon, cheddar, baby cos, tomato, pickles, crispy bits, GM sauce	\$22
LA VERA HALOUMI BURGER -GFO- -V- fried haloumi, roast capsicum, zucchini, hummus, labne, cos, pumpkin seed bun	\$20
CRISPY CHICKEN FILLET BURGER -GFO- Barossa smoked bacon, guacamole, cheese, slaw, hot sauce	\$20
36° SOUTH STEAK SANDWICH -GFO- Swiss cheese, beer onions, fried egg, tomato, mustard, relish	\$20

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-

gravy	green peppercorn	mushroom
bbq	grain mustard	dijon mustard

SIDES

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

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

THE UNDERGROUND

chocolate brownie, financier, walnut meringue, mascarpone, honeycomb

\$14

LEMON MERINGUE PIE -V-

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

\$14

LENSWOOD PINK LADY APPLE CRUMBLE

served warm with salted caramel ice cream

\$12

THE GUARDSMAN FRUCHOC -V-

chocolate mousse, pineapple cream, passionfruit gel, shortbread

\$14

THE GUARDSMAN SWEET PLATTER

ideal for sharing between 3-4 people

\$35

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.



LUKE BRABIN
Head Chef

THE GUARDSMAN

