

The team at the Jetty Seafood Shack would like you to know that this is not a fast food establishment. We prepare all food to order using the freshest and best quality ingredients available. At busy times the wait for your meal may be up to 30 minutes or more. We would like our customers to know that we are always working as efficiently and hard as possible to keep the waiting time to a minimum and we will advise you of the estimated waiting time when you place your order. You may like to place a phone order, or preorder your meal to be ready at an approximate time.

We have a BYO license; you are welcome to relax outside at our tables and chairs to wait for or enjoy your meal where you will enjoy the view of the marina and river. While you wait, a short walk will allow you to appreciate the natural beauty of our part of Kalbarri.

Guarantee: Our fish is caught and processed in Australia, mainly WA. Fish is never substituted – our customers get exactly what they order and pay for. Portions are about 140 grams per serve. Variations in size will occur depending on the species of fish.

Gluten free options:

Fish grilled with gluten free flour – plain, Cajun or Lemon Pepper
Garlic Prawns
Steamed Scallops
Salads without dressing except Orange Mayo
Chips without chicken salt or vinegar

Your suggestions and feedback are very welcome. If there is anything we can do to improve please let us know, and if we have met your expectations then we thank you for telling others.

We appreciate your business.

Healthy Eating

For most people Fish & Chips is food that should be enjoyed as a treat rather than a regular meal. This is because of the high carbohydrate and fat content of the meal (batter, oil and chips), rather than the fish, which is of course rich in essential nutrients (protein, and good omega oils). We agree with this, and have put together a menu that gives our customers choice. Here is a list of the things that we do that can influence the choices you make when eating at the Jetty Seafood Shack:

- ✓ Our fish is from the pristine ocean waters of Western Australia;
- ✓ Our chips are grown & produced in Manjimup WA, precooked in vegetable oil, with no added sugars, salt or animal fats;
- ✓ We cook our food in rice bran oil that is cholesterol free, works to reduce bad cholesterol, halal and kosher certified, and is cleaned and changed frequently;
- ✓ Deep fried food is cooked in hot oil and given time to drain before being served – this of course doesn't mean that more oil will not drain onto the wrapping paper;
- ✓ We buy prepared food products that are of the best quality and retain the minimum amount of oil;
- ✓ Fish can be served grilled or crumbed instead of battered. Grilled fish can also be seasoned with lemon pepper or cajun spices, and is cooked with the minimum amount of oil, served on a tray with lemon and parsley. Crumbed fish is dipped in egg & milk, crumbed, deep fried and well drained. Crumbed fish appears to retain less oil than battered fish;
- ✓ Fresh salads are made at the Jetty Seafood Shack and are available to accompany your meal, perhaps reducing the amount of chips you need to order;
- ✓ Chips do not automatically come with fish or burgers, giving our customers the choice about whether they want chips, and if so what quantity;
- ✓ Burgers are served in multi grain buns, filled with unprocessed quality ingredients such as chicken breast, sirloin steak etc, and fresh salad. Minimum oil is used in the cooking process, and the bun is not buttered.

We want you to feel confident about the quality of food that we prepare and serve. Any feedback and suggestions are gladly received.

Fish from Western Australia is in general, premium table fish, sold to the best restaurants or exported. This means the fish may be more expensive than fish from other regions in Australia, and is definitely more expensive than imported fish. We now know that fish is good for our health, but quality fish is not a cheap meal, with many species are considerably more expensive than fillet steak.

Martin Ellen & Team

opposite the Marina
in Kalbarri

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The **JETTY**
Seafood Shack

Menu & information

A quality meal under wraps...

*Come down to the Jetty Seafood Shack for
fresh food and friendly service –
you are very welcome.*

WE ARE OPEN

Monday to Sunday 4.30-8.30pm

We no longer supply plastic shopping bags. Please bring a bag especially if you are on a bike or walking.

EFTPOS facilities available for purchases over \$15-

Valid until March 2015 though prices may vary without notice.

Combinations

These are special combinations we have put together for your convenience and interest. These must be ordered as described, variations mean that you revert to the standard menu.

FAMILY - \$54-

Enough for 2 adults and 2 kids and includes 3 serves of Spanish Mackerel
1 serve of squid rings, 2 crabsticks,
2 pineapple rings and chips.

COUPLES - \$50-

2 snapper, 6 squid rings, 2 battered prawns,
2 sea scallops and chips
plus a tub of our tartare sauce

JETTY SEAFOOD BOX - \$20-

A filling meal for one person or a snack for two
3 fish chunks, 2 battered prawns, 2 squid rings,
1 crabstick, and 1 sea scallop with chips

Kids Treat - \$6

3 chicken nuggets and 10 mashie cones

MUNCH BAG - \$12-

Small piece of fish with chips

The Jetty Seafood Seniors' Supper \$11-

A meal for people with a smaller appetite: one piece of **crumbed or battered Spanish mackerel** with a scoop of **chips** and a **pineapple fritter**.

Garlic Prawns \$25-

10 succulent prawns gently cooked with onions garlic butter a hint of chilli served with parsley & lemon.

Steamed Sea Scallops \$20-

Six large delicious sea scallops with roe on, served on the shell lightly cooked in lemon juice and seasoned with salt and pepper

FISH

Our fish is ocean line caught and availability will vary, please refer to the board in the shop or ask our friendly staff. The varieties and prices below are an indication of what may be available.

Spanish Mackerel	\$11.50
Whiting	\$13.20
Snapper or similar	\$ MP
Kids size Fish	\$ 7.00

The market price of fish is not stable, and prices are an indication only.

Grilled fish with plain flour, lemon pepper or cajun spices	extra \$1.20
Crumbed fish	extra \$0.60

CHIPS START at \$5.-

*the minimum of chips will feed one to two people, we have a 'ready reckoner' in the shop to help you order larger amounts of chips

CHIPS ONLY without fish or extras **\$5.00**

Garden Salad & dressing is always available, other choices change daily
Large \$7- Small \$4.50

We make our own
Tartare Sauce & Seafood Sauce \$2.00 per tub

Other sauces \$1.20 per tub
Pickled Onions \$2.50 per tub

Natural Oysters \$18 for 6 and \$35 for 12

Large oysters from Australia or New Zealand (frozen when harvested), rinsed and served with lemon wedges

GOURMET BURGERS

Our delicious gourmet burgers contain generous fillings including cheese, onion, sauce, carrot, tomato, beetroot and lettuce on a fresh toasted multi-grain bun.

BLT (bacon lettuce & tomato)	\$ 9.00
Bacon & Egg w 2 eggs	\$ 12.00
Beef (<i>beef mince</i>)	\$ 12.50
Chicken (<i>breast fillet</i>)	\$ 14.50
Fish (<i>grilled fish</i>)	\$ 14.00
Prawn (<i>grilled prawns</i>)	\$ 14.00
Steak (<i>sirloin fillet</i>)	\$ 14.00
Vegetarian (<i>made here</i>)	\$ 14.00
Extra Bacon	\$ 2.00
Extra Egg	\$ 1.30

*Choice of sauces:
bbq, tomato, sweet chilli, mayo, satay,
chargrilled vegetable relish, tartare or seafood*

EXTRAS

Banana Fritter	\$3.80
Chicken Nuggets (6)	\$5.60
Chiko Roll	\$3.80
Chilli Chicken Strip	\$2.20
Corn Jack	\$3.80
Crabstick	\$2.00
Chicken Dim Sim	\$3.30
Dim Sim	\$2.00
Mussel (2)	\$1.80
Oyster (battered) each	\$3.00
Pineapple Fritter	\$2.50
Prawn (battered) each	\$2.00
Potato Cake	\$1.50
Sea Scallop	\$2.00
Spring Roll vegetable or chicken	\$2.00
Squid Rings (6)	\$5.40
Vegetarian Patty (made here)	\$7.00
Wedges seasoned	\$5.50