

# Grill'd HEALTHY BURGERS

ALL OUR BURGERS  
**LOW SUGAR**

## CHOOSE YOUR BUN...

**Low Carb SuperBun + \$1.5**  
Make any burger low carb (LC) on a Low Carb SuperBun. It'll have less carbs than a single sushi roll!\* (excluding Veggie range)  
Gluten, Grain & Dairy Free. Contains nuts & eggs.

**Panini or Traditional**  
Our artisan buns are delivered fresh daily.  
**Sugar Free & Preservative Free.**

**\*Gluten Free Bun + \$1.5**  
**Refined Sugar Free & Preservative Free.**  
\*Gfr menu items are Gluten-friendly on a \*Gluten Free Bun.

## BEEF

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 / \$10.5**  
w/ Salad, relish & herbed mayo LC \*Gfr DF  
add tasty cheese + \$1.5

**Crispy Bacon & Cheese / 3090kJ / \$13.0**  
w/ Crispy bacon, tasty cheese, salad, relish & herbed mayo LC \*Gfr  
add avocado + \$1.5

**Almighty / 3450kJ / \$14.5**  
w/ Tasty cheese, crispy bacon, free range egg, a couple of slices of beetroot with salad, relish & herbed mayo LC \*Gfr  
add avocado + \$1.5

**Nourish & Flourish / 2760kJ / \$14.5**  
w/ Avocado, Dijon mustard, pickle, shredded carrot, cos lettuce, tomato & egg mayo on a Low Carb SuperBun LC \*Gfr DF

**Summer Sunset / 3120kJ / \$13.5**  
w/ Avocado, crispy bacon, charred pineapple, salad, relish & herbed mayo LC \*Gfr DF

**Mustard & Pickled! / 2400kJ / \$12.5**  
w/ Dijon mustard, pickle, tasty cheese, salad & relish LC \*Gfr  
add crispy bacon + \$2.0

**Chilli Addict / 2750kJ / \$14.5**  
w/ Jalapeños, roasted peppers, sour cream, tasty cheese, cos lettuce, Spanish onion & chilli relish LC \*Gfr

## LAMB

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.

**NEW Nick The Greek / 2650kJ / \$14.5**  
w/ Red pepper pesto, beetroot, salad & feta LC

**'Baa Baa' Burger / 3010kJ / \$14.5**  
w/ Avocado, tasty cheese, salad, relish & herbed mayo LC \*Gfr

## SALADS

**NEW Spicy Salsa Salad / 1120kJ / \$12.5**  
Shredded cabbage & cos lettuce with avocado, cherry tomatoes, Spanish onion, topped with a spicy lime & herb salsa, feta, lime, coriander & mint LC \*Gfr  
add chicken breast + \$3.0

**Superpower Salad / 2170kJ / \$14.5**  
Grilled chicken breast, avocado, beetroot, roasted nut mix, cherry tomatoes, cos lettuce, Spanish onion, carrot, fresh basil & extra virgin olive oil dressing LC \*Gfr DF

**Chicken Caesar Salad / 2550kJ / \$13.5**  
Grilled chicken breast, crispy bacon, free range egg, shaved parmesan, cos lettuce, Caesar dressing & croutons LC

## SUPER SLIDERS

3 for \$15.0 / 2 for \$12.0

**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

## CHICKEN

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



**Sweet Chilli Chicken / 2300kJ / \$12.0**  
w/ Beetroot, shredded carrot, salad, relish & sweet chilli mayo LC \*Gfr DF

**Zen Hen / 2290kJ / \$12.5**  
w/ Satay sauce, coriander, shredded carrot, salad & herbed mayo LC \*Gfr DF

**'Simon Says' / 2540kJ / \$13.5**  
w/ Avocado, crispy bacon, salad, relish & herbed mayo LC \*Gfr DF  
add aged cheddar + \$2.5

**HotBird / 2260kJ / \$14.5**  
w/ Jalapeños, roasted peppers, sour cream, tasty cheese, cos lettuce, Spanish onion & chilli relish LC \*Gfr

**Bird & Brie / 2540kJ / \$13.5**  
w/ Brie cheese, cranberry sauce, salad & herbed mayo LC \*Gfr

**Caesar's Palace / 2860kJ / \$13.5**  
w/ Crispy bacon, free range egg, shaved parmesan, cos lettuce & Caesar dressing LC \*Gfr

## Personalise your burger

Add any protein or produce that takes your fancy. Some suggestions are:

Extra beef pattie, vegan "beef" pattie / \$5.0

Aged cheddar, brie cheese, vegan cheese / \$2.5

Crispy bacon, free range egg, jalapeños / \$2.0

Charred pineapple, avocado, tasty cheese, vegan mayo / \$1.5

Beetroot, pickle / \$1.0

## SPECIALTY

All our Specialty meat is Australian & free from preservatives, antibiotics & all added hormones.

### NEW BEEF BRISKET

Grass fed, free range Australian beef, slow cooked to perfection in Stone & Wood Ale.



**BBQ Brisket / 3560kJ / \$15.9**  
Premium beef brisket pattie with a punchy horseradish mayo slaw, aged cheddar, pickle & native Davidson plum barbeque sauce

**Risky Brisket / 3110kJ / \$15.9**  
Premium beef brisket pattie with a spicy lime & herb salsa, salad, Dijon mustard & egg mayo DF

## WAGYU

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

**Wagyu Wunder / 3060kJ / \$15.9**  
Premium wagyu pattie with Dijon mustard, pickle, aged cheddar, Spanish onion, tomato sauce & egg mayo LC \*Gfr  
add crispy bacon + \$2.0

**Sir Truffle / 3160kJ / \$15.9**  
Premium wagyu pattie with truffle mayo, aged cheddar, cos lettuce & fresh basil LC \*Gfr

**Bonfire BBQ / 3690kJ / \$15.9**  
Premium wagyu pattie with native Davidson plum barbeque sauce, crispy bacon, Dijon mustard, pickle, aged cheddar, Spanish onion & egg mayo LC \*Gfr

## VEGGIE

Plant Based, Vegan & Preservative Free patties.

**Garden Goodness / 2740kJ / \$13.0**

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

**NEW Mushroom Parma / 2250kJ / \$14.0**

Crunchy crumbed mushroom pattie with feta, red pepper pesto and fresh basil

**Vegan Cheeseburger 2.0 / 2820kJ / \$14.0**

Premium quality vegan "beef" pattie with Dijon mustard, pickle, vegan cheese, Spanish onion, tomato sauce & vegan mayo DF VEGAN

## BEYOND BURGERS

The Beyond Burger is a plant based burger free from soy, gluten & GMO's.

**Beyond Simply Grill'd / 2980kJ / \$13.5 @**  
w/ Salad, relish & herbed mayo LC DF  
add tasty cheese + \$1.5

**Beyond Garden Goodness / 3670kJ / \$16.0 @**  
w/ Beetroot, tasty cheese, avocado, salad, relish & herbed mayo LC \*Gfr

**Beyond Chipotle / 3620kJ / \$15.5**  
w/ Jalapeños, chipotle mayo & salad LC DF

**Beyond Crispy Bacon & Cheese / 3550kJ / \$16.0**  
w/ Crispy bacon, tasty cheese, salad, relish & herbed mayo LC \*Gfr

Make any burger Beyond and swap your pattie + \$3.0  
@ Make it vegan upon request.



## HOT CHIPS

All our chips are Vegan, Dairy Free & Gluten Free.

### Famous Grill'd Chips

Thick-cut & sprinkled with our signature herb mix.

**Regular / 2580kJ / \$5.5** **Snack / 1590kJ / \$4.5**

### Sweet Potato Chips

Lightly seasoned with sea salt.

**To Share / 2390kJ / \$8.9** **For One / 930kJ / \$4.9**

### Zucchini Chips

Lightly seasoned with sea salt.

**To Share / 2670kJ / \$8.9** **For One / 1420kJ / \$4.9**

### Chip Dips / \$1.0

Herbed Mayo / 910kJ, Sweet Chilli Mayo / 890kJ, Chipotle Mayo / 890kJ, Tomato Relish / 150kJ DF

### Chips Share Plate / 3960kJ / \$14.0

Famous Grill'd Chips + Sweet Potato Chips + Zucchini Chips. Served with a trio of chip dips; Herbed Mayo, Sweet Chilli Mayo & Chipotle Mayo

## FOR LIL' KIDS

Suggested for kids 7 & under.

### Beef Mini Me Pack / 1830kJ / \$8.5

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

### Chicken Mini Me Pack / 1660kJ / \$8.5

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



## FOR BIG KIDS

Suggested for kids 8 to 11.

### Beef Dynamic Duo / 4550kJ / \$12.5

**Beef burger** with cheese, carrot, cos lettuce, mayo & tomato sauce **& Snack Chips**

### Chicken Dynamic Duo / 4190kJ / \$12.5

**Chicken burger** with cheese, carrot, cos lettuce, mayo & tomato sauce **& Snack Chips**

**Relish**  
BECOME A RELISH MEMBER



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Download the Grill'd App or visit [grilld.com.au/relish](http://grilld.com.au/relish)



The average adult daily energy intake is 8700kJ