

the body

BISTRO MENU














The Goodwood Park Hotel has been an integral part of the Goodwood community since the mid-1800s. We have been told that as Adelaide settled, guests would stand on the hotel's balcony to see the boats arriving along the coast. A horse and cart would be sent to collect supplies as well as visitors.


Today our hotel is more commonly known as The Goody and is owned and managed by the Rogers family.

We hope you enjoy your Goody visit. We trust you will direct any compliments or concerns regarding your experience to our manager on duty and sincerely hope to see you again soon.

Cheers,
Matt, Fran, Pete & Fiona


STARTERS

| | | | |
|--|----|---|-------|
| GARLIC BREAD (5)  | 8 | GOODY NACHOS   | 15/20 |
| toasted french bread, garlic & parsley butter | | tortilla chips, tomato salsa, sour cream, guacamole, jalapeno, mozzarella | |
| 12" WARM PIZZA BREAD  | 14 | SEA SALTED CHIPS   | 10 |
| garlic, mozzarella, parmesan, whipped fetta, cracked black pepper | | tomato sauce, aioli | |
| DIPS, CRUDITÉS & PITA   | 15 | MUSHROOM ARANCINI (3)  | 16 |
| roast red capsicum, french onion, hummus | | aioli, shaved parmesan | |
| SA WARM MARINATED OLIVES | 6 | SALT & PEPPER SQUID | 15 |
| | | sweet chilli sauce, asian slaw | |
| POTATO WEDGES  | 10 | INDIAN SPICED VEGETABLE SAMOSAS (5)  | 15 |
| sweet chilli, sour cream | | chickpea masala | |
| SWEET POTATO WEDGES   | 10 | SOUTHERN-FRIED CHICKEN STRIPS (5) | 16 |
| aioli, chipotle mayo | | chipotle mayo | |
| SUPREME POTATO WEDGES | 15 | PRAWN SPRING ROLLS (3) | 15 |
| bacon, mozzarella, sweet chilli, sour cream, spring onions | | chilli dipping sauce | |

 gluten-free

 gluten-free option

 vegetarian

 vegan

 vegan option




HOME-MADE PIZZAS

all pizzas are spread with our napolitana sauce
and topped with mozzarella

| | |
|---|------|
| GLUTEN-FREE BASE | +4.5 |
| MARGHERITA  | 18 |
| heirloom cherry tomato, garlic, olive oil, fresh basil | |
| JUST PEPPERONI | 20 |
| pepperoni, napolitana sauce, mozzarella | |
| VEGETARIAN   | 22 |
| pumpkin, caramelised onion, fetta, capsicum, spinach, pinenuts, honey | |
| HOUSE SPECIAL | 24 |
| chorizo, ham, salami, bacon, spanish onion, capsicum, mushroom, pineapple, olives | |
| CLASSIC HAWAIIAN | 20 |
| smoked ham, pineapple | |
| TANDOORI CHICKEN | 22 |
| spiced chicken, roasted capsicum, red onion, mango chutney, yoghurt, coriander | |
| MEAT LOVERS | 22 |
| beef, pork, lamb, onion, bacon, barbecue sauce | |



BURGERS

served on sesame seed brioche buns

| | |
|--|----|
| PRIME BEEF BURGER | 22 |
| beef patty, american cheddar, bacon, pickles, caramelised onion, mustard mayonnaise, chips | |
| MAKE IT A DOUBLE | +6 |
| extra beef patty, extra bacon, extra cheese | |
| CRISPY SOUTHERN-STYLE CHICKEN BURGER | 22 |
| onion, tomato, lettuce, chipotle mayonnaise, chips | |
| SWEET POTATO BURGER   | 22 |
| sweet potato & cannellini bean patty, avocado, cos lettuce, tomato relish, mint & fennel yoghurt, chips | |
| AVOCADO +4 FRIED EGG +3 BACON +3 GLUTEN-FREE BUNS  +4 | |

10% surcharge applies
on public holidays

not all ingredients are listed please
alert us to any dietary requirements


 TheGoodyHotel
 the_goody

MAIN MEALS

| | |
|---|-------|
| ROAST OF THE DAY  | 21/25 |
| seasonal vegetables, roast potato, gravy | |
| PASTA OF THE DAY | 20/24 |
| see our specials selection | |
| SALT & PEPPER SQUID | 26 |
| asian slaw, sweet chilli sauce, chips, lemon | |
| FISH & CHIPS | 22 |
| crumbed cod fish, chips, salad, lemon, tartare | |
| ROAST SALMON  | 32 |
| peas, baby spinach, kale, broccolini, creamy green goddess sauce | |
| KING GEORGE WHITING | 32/38 |
| grilled with butter new potatoes, broccolini, lemon hollandaise or battered with chips, salad, lemon, tartare | |
| OUTHERN FRIED CHICKEN STRIPS | 26 |
| slaw, chips, chipotle mayo, lime | |
| THAI GREEN CHICKEN CURRY  | 24 |
| asian greens, coriander, beansprouts, rice | |
| BANGERS & MASH  | 20/22 |
| pork sausages, mash, peas, gravy | |


SIDES

| | |
|---|------|
| CHIPS ve  | 5/10 |
| ROASTED VEGETABLES   | 6/12 |
| GREEK SALAD   | 6/12 |
| ASIAN SLAW    | 5/10 |
| ROASTED POTATOES   | 5/10 |
| STEAMED BROCCOLI & LEMON   | 6/12 |
| SWEET POTATO WEDGES   | 5/10 |

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 gluten-free option

 vegetarian


 vegan

 vegan option


GRILLS

unavailable between
2.30pm—5.30pm






all steaks are grain fed cooked to
your liking with red wine jus.
your choice of buttery potato mash
& broccolini or chips & salad
allow up to 30 mins for well-done

| | |
|--|----|
| 250g EYE FILLET  | 42 |
| 350g SCOTCH FILLET  | 40 |
| 300g PORTERHOUSE  | 39 |

SCHNITZELS

| | |
|--|------|
| 300g CHICKEN BREAST | 24 |
| house salad, chips | |
| 300g PORTERHOUSE BEEF | 24 |
| house salad, chips | |
| SAUCES gravy  , pepper, mushroom, diane | +2.5 |
| TOPPINGS parmigiana, kilpatrick, hawaiian | +4 |


SALADS

| | |
|--|----|
| WARM CONFIT DUCK BREAST  | 22 |
| salad greens, orange, pistachio nuts, pomegranate dressing | |
| THAI BEEF (MEDIUM RARE)  | 22 |
| asian slaw, garden greens, chilli lime dressing, pickled ginger, sesame seeds, peanuts | |
| CAESAR  | 20 |
| baby cos lettuce, bacon, croutons, parmesan, anchovies, poached egg | |
| GREEK   | 20 |
| salad leaves, tomato, roast red capsicum, fetta, olives, cucumber, onion | |



AVOCADO +4 HALOUMI +4 CHICKEN +4
SALT & PEPPER SQUID +4

KIDS MEALS

all kids meals include an ice block or dixie cup ice cream (vanilla) as well as an activity bag

| | |
|---|----|
| BEEF SCHNITZEL | 14 |
| chips, tomato sauce | |
| CHICKEN SCHNITZEL | 14 |
| chips, tomato sauce | |
| FISH & CHIPS | 14 |
| crumbed fish, chips, tartare | |
| GRILLED CHICKEN SALAD | 14 |
| chicken tenderloins, garden salad | |
| CHEESE & HAM PIZZA | 14 |
| tomato, mozzarella | |
| PENNE NAPOLITANA | 14 |
| grated parmesan | |
| PENNE PLAIN | 14 |
| mozzarella | |
| COLD PLATE  | 14 |
| leg ham, veggie sticks, cheddar cheese, hommus dip, bread | |
| PORK SAUSAGE | 14 |
| chips, sauce or gravy | |

SENIORS MEALS

| | |
|---|----|
| ROAST OF THE DAY  | 21 |
| seasonal vegetables, roast potato, gravy | |
| FISH & CHIPS | 22 |
| crumbed cod fish, chips, salad, lemon, tartare | |
| PASTA OF THE DAY | 20 |
| see our specials selection | |
| BANGERS & MASH  | 20 |
| pork sausage, mash, peas, gravy | |
| CAESAR  | 20 |
| baby cos lettuce, bacon, croutons, parmesan, anchovies, poached egg | |

DESSERTS



| | |
|---|----|
| CHOCOLATE-COATED PROFITEROLES | 14 |
| cream-filled, chocolate sauce, vanilla ice cream | |
| WARM STICKY DATE PUDDING | 14 |
| butterscotch sauce, vanilla ice cream | |
| ETON MESS  | 10 |
| mixed berries, broken meringue, chantilly cream | |
| ICE CREAM NUT SUNDAE  | 10 |
| ice cream, nuts, choice of chocolate, strawberry, banana or caramel topping | |
| PASSIONFRUIT CHEESECAKE | 12 |
| coulis, vanilla ice cream | |
| CARAMEL SLICE  | 10 |
| butterscotch sauce, vanilla ice cream | |

COFFEE & TEA

| | |
|-----------------------------------|-----|
| AFFOGATO | 8 |
| short black, vanilla ice cream | |
| ADD A SHOT OF LIQUEUR | +6 |
| SHORT BLACK | 4.5 |
| LONG BLACK | 4.5 |
| COFFEE WITH MILK | 5 |
| cappuccino, latte, flat white | |
| CHAI LATTE / HOT CHOCOLATE | 5.5 |
| MUGACCINO | 5.5 |
| SELECTION OF TEAS | 5 |
| SOY MILK / ALMOND MILK | +2 |
| EXTRA SHOT | +2 |

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