

**San Remo Fisherman's  
Co-Operative Society Ltd.**

The San Remo Fisherman's Co-Operative was formed in 1948 and is vital in ensuring that our local fisherman can continue to operate in the vibrant fishing fields of Bass Strait.

We provide fish and chips, salads, fresh seafood, crayfish and coffee.

**Open 7 days per week**

# Pelican View



The San Remo  
Fisherman's  
Co-operative  
EST. 1948

**Marine Parade, San Remo Next  
to Pier. Ph 5678 5206**

## Pelican Feeding

Our loyal Pelicans return at 12:00noon every day for a fresh feed of fish.

These amazing birds can grow up to 1.8 metres in length, with a wingspan of 3.4 metres and can weigh over 8 kilograms, which for a bird is quite substantial.

Why not grab a quick snack or coffee while watching the Pelicans.

Why should you miss out on all the treats?



**12noon daily**

**The health benefits of eating fish have been well documented.**

The Australian Dietary Guidelines advise eating one or two fish based meals every week. Trials have shown that this may assist in reducing the risk of heart disease.

Fish is high in protein, vitamins A, B, D & E, low in saturated fats and cholesterol, and is one of the best sources of iodine.

Many great recipes can be found to cook fish. The following website can help you find inspiration

[www.fish.gov.au](http://www.fish.gov.au)



## Menu Selections

Fresh seafood and crayfish are also available. Come in and see what your local fisherman has caught today.

### Cooked Seafood

Flake	\$6.00
Barramundi	\$6.00
Flathead Fillets (4)	\$6.00
Blue Grenadier	\$5.50
Grilled .60 extra	

### BURGERS

All burgers served with lettuce, cheese onion mayonnaise and tomato sauce.

Fish burger	\$7.70
Chicken burger	\$7.70
Beef burger	\$6.70

### Kids Pack

3 Nuggets or 3 Fish bites \$5.95  
(With chips and GV Fruity or Mount Franklin Water)

## Chips & Extras

Hot Chips	min \$3.30	Max \$6.50
Calamari Ring	\$0.90	
Scallops	\$1.60	
Prawns Breaded	\$1.60	
Seafood Stick	\$1.50	
Potato Cake	\$0.90	
Dim Sims	\$0.90	
Spring Roll	\$2.70	
Fish Bites	\$0.90	
Chicken Nuggets	\$0.90	
Pickled Onions	\$0.70	

**Oyster Pack** (1/2 Dozen) \$9.00  
(with thousand island sauce & lemon)

**Tossed Salad** \$5.50  
(balsamic dressing)

**Seafood** (with Chips and salad)

Salt and pepper calamari	\$15.50
Garlic Prawns (6pcs.)	\$17.00
Grilled Seafood	\$16.50
(3 prawns, 2 scallops, 2 calamari)	



## Coffee

Cappuccino	reg \$3.50	lge \$4.00
Latte	reg \$3.50	lge \$4.00
Hot Chocolate	reg \$3.50	lge \$4.00
Tea	\$2.50	

## Cold Drinks

Soft Drinks 375ml	\$2.50
600ml	\$3.30
1.25lt	\$4.00
Powerade / Vitamin Water	\$3.50
Pump Water	\$3.30
Pump Water Flavoured	\$3.50
Mineral Water	\$2.70
Ice Tea	\$3.50
Fruit Juice	\$2.60
Kids GV Fruity	\$2.20
Milk Flav 600ml	\$3.30
Bottled Water MF 600ml	\$3.30
Bottled Water MF 1.5ltr	\$4.00

