

MENU

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**BENDED  
ELBOW**

SINCE 2004  
NUMBER 1 IN ALBURY/WODONGA

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CALAMARI  
**FISH AND CHIPS**  
PARMIGIANAS  
**BURGERS**  
**SCOTCH FILLET**  
POPCORN CHICKEN

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# SHARE

Available  
all day

**GARLIC COB LOAF** Garlic buttered cob loaf from Milawa Bakery. 11

**SALT N PEPPER CALAMARI** Dusted in semolina, fried until golden & served with aioli & lemon. 16

## SEASONED BATTERED WEDGES

Served in a bowl with a side of sweet chilli & sour cream. 12

**THREE CHEESE ARANCINI (4)** (V) Creamy risotto with parmesan, tasty & mozzarella cheese, rolled in breadcrumbs & fried till golden, served on a napoli sauce & aioli. 16

## POPCORN CHICKEN



Szechuan seasoned, bite sized battered chicken pieces, fried until golden & served with a side of sweet chilli mayo. 17

**STEAKHOUSE CHIPS** Seasoned & served with a side of gravy or aioli. 11

## MEXICAN BEEF NACHOS (GF available)

Topped with salsa, sour cream, guacamole & lots of cheese. Served in a tortilla shell. 18 Add jalapenos 1

**NACHOS (V)** (GF available) Corn chips, salsa, cheese, guacamole, sour cream & jalapenos. Served in a tortilla shell. 15

**SPRING ROLLS (4)** (V) Served with an Asian dipping sauce. 12

**TOMATO & BASIL BRUSCHETTA (V)** Toasted ciabatta with fresh tomato, basil, rocket, parmesan, balsamic glaze & olive oil. 10

**ADD BEER BATTERED CHIPS** to any starter. 5

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## LUNCH MENU ★★★★★ 16

Available every day for lunch 11:30 - 3PM

**CHICKEN STRIPS** (GF Available) Moroccan chicken strips drizzled with aioli & served with chips & salad.

**CALAMARI** Dusted in semolina flour & fried until golden. Served with chips & salad, lemon & aioli.

**MINI PARM** Mini chicken parmigiana, served with chips & salad.

**FISH N CHIPS** Beer battered Flathead & chips, served with fresh crisp garden salad & house made tartare mayo.

**THAI BEEF WRAP** Marinated Thai beef with lettuce, tomato, red onion & crunchy noodles served with a side of chips.

**ENCHILADAS (V)** 2 mini enchiladas filled with sweet potato, black beans, spinach & rich Napoli sauce topped with cheese and guacamole served with chips.

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## KIDS ★★★★★ all meals 10

Battered Fish > Chicken Nuggets > Party Pies

Chicken Schnitzel > Mini Sausage Rolls (All with either chips, veg or salad)

Nachos with tomato, cheese & sour cream (V) (GF)

(GF) Gluten Free options available. Vegan meals contain nuts.

**PLEASE PLACE YOUR ORDER AT THE BAR**

10% Surcharge applies on public holidays.

# MAINS

AVAILABLE LUNCH & DINNER

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## BEER BATTERED FLATHEAD

Served with chips, salad & our own house made tartare mayo. 24.5

## PORK CHOP ★★★★★

Chargrilled 250g pork chop in an Asian style marinade. Served with chips & Asian Coleslaw, topped with housemade BBQ sauce. 26

## BARRAMUNDI FILLET (GF available)

Grilled Barramundi fillet with a side of garlic butter, served with chips & salad. 25

## ASIAN PRAWN SALAD (GF available)

Pan Fried prawns on a bed of shredded wombok, carrot, snow peas & fresh coriander, dressed with a lime & chilli dressing & topped with crunchy noodles & cashews. 26

## CHICKEN BREAST

Juicy chicken breast stuffed with cream cheese, sundried tomatoes & jalapenos, wrapped in crispy prosciutto served with your choice of sides. 28

## SALMON (GF available)

Crispy skin salmon served with a rocket, green bean, walnut & parmesan salad with a side of chips & lemon & caper butter. 28

## CHICKEN CAESAR SALAD (GF available)

Oven baked chicken, cos lettuce, bacon, croutons, parmesan, egg & Caesar dressing. 20  
ADD anchovies 2.

## PIE FLOATER ★★★★★

Angus Beef, slow cooked with Guinness & vegetables. Encased in golden pastry, served on creamy mash, mushy peas & gravy. 22

## THAI BEEF SALAD (GF available)

Marinated beef strips with lettuce, tomato, cucumber, red onion & a Thai dressing topped with crunchy noodles & fresh chilli. 22

## VEGETABLE CURRY (V) (Vegan)

Mild vegetable curry served with rice, poppadums & a side of garlic yoghurt. 22

## ROASTED VEGETABLE SALAD (V) (Vegan)

Warm roasted vegetables served on a bed of spinach & cous cous topped with a pesto dressing. 18

**PASTA OF THE DAY** refer to daily specials on the bar

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# BURGERS

(GF buns available Add 3)

All served with steakhouse chips

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## ANGUS BEEF BURGER

Lettuce, tomato, beetroot, burger cheese, Spanish onion & burger mayo in a toasted sesame seed bun. 21

## STEAK SANDWICH

Juicy steak with lettuce, tomato, beetroot, caramelised onion, cheese & tomato relish in Turkish bread. 24

## THE BENDED BURGER

Beef patty & Moroccan chicken with lettuce, tomato, chilli jam, aioli & American style cheese on a sesame seed bun. 25

## SPICED FALAFEL BURGER (V)

Spiced falafel with red cabbage, tomato, humus & garlic yogurt on a sesame seed bun. 19

ADD Cheese 1 Egg 2 Bacon 3

(GF) Gluten Free options available. Vegan meals contain nuts.

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# STEAK

(GF) Gluten Free options available

**300G RED GUM SCOTCH FILLET** 36

**300G ANGUS PORTERHOUSE** 30

**300G SURF N TURF** 40

Scotch fillet served with prawns, calamari & scallops in a creamy garlic sauce

Steaks served with your choice of gravy, seeded mustard (gf), garlic butter (gf), mushroom, pepper or Diane sauce.

Your steak will be cooked to your liking served with mashed potato & vegetables or beer battered chips & salad.

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# PARMI

ALL SERVED WITH CHIPS & SALAD ★★★★★

## ORIGINAL PARMIGIANA

Chicken Schnitzel, tomato concasse & cheese. 25

## BUSHMAN'S

Chicken Schnitzel, BBQ sauce, bacon, mushroom, onion & cheese. 27

**HAWAIIAN** Tomato concasse, ham, pineapple & cheese. 27

**MEXICAN** Mexican sauce, cheese, sour cream & corn chips. 27

## TRADITIONAL CHICKEN SCHNITZEL

Crumbed & served with your choice of sauces. 22

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# SIDES

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**CREAMY MASH** (V, GF) 5 8.5

**ROCKET SALAD** (V, GF) 5 8.5

**GARDEN SALAD** (V, GF) 5 8.5

**SEASONAL VEGETABLES** (V, GF) 5 8

**SAUCES & GRAVYS** gravy, seeded mustard (gf), garlic butter (gf), mushroom, pepper, Diane sauce, aioli, sweet chilli mayo or sour cream. 3

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# SWEETS

**ETON MESS** (Vegan) 10

Chocolate swirl meringue layers, berry coulis & chocolate gnache.

**CINNAMON SUGAR CHURROS** 10

With chocolate dipping sauce.

**VANILLA & PASSIONFRUIT CHEESE CAKE** 10

House made cheesecake with a decent dollop of redskin cream.

**VANILLA ICE CREAM** (GF)

With berry coulis, butterscotch or chocolate topping. 7

**ADD** ice cream. 3

(GF) Gluten Free options available

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# COCKTAILS ★★☆☆☆

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**Please make your selection from  
our ever changing cocktail menu  
when at the bar.**

# BEER

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## BOTTLED CIDERS

**REKORDERLIG** (500ml) - Vimmerby, Sweden  
Strawberry & Lime, Wild Berries or Mango & Raspberry. **12.5**

**SOMERSBY ORIGINAL OR PEAR CIDER** - Copenhagen, Denmark  
Fresh crisp and delicious. **8**

**ALPINE CIDER PINK LADY DRY OR SWEET** - Wondilgong, Victoria  
Apples are grown in the Snow Country. You taste it in every sip! **8.9**

## BOTTLED BEERS

**TOOHEYS OLD** - Sydney, NSW.  
Tooheys Old is a robustly flavoured Ale and gets its darker colour from black malt. **7.8**

**JAMES SQUIRE 150 LASHES** - Sydney, NSW.  
One Fifty Lashes Pale Ale is a crisp finishing, Australian style cloudy Pale Ale. **8.5**

**KILKENNY ALE** (440ml) - Ireland  
From the makers of Guinness, which originated in Kilkenny, Ireland. **9.5**

**BRIDGE ROAD BREWERS BLING IPA** - Beechworth, VIC.  
Ale armed to the teeth with hops and studded with 24 carat modified malts. **9.5**

**MILLER CHILL LIME** - U.S.A.  
Lo Carb, fresh & vibrant with a dash of lime for a refreshingly crisp taste. **8**

**HEINEKEN** - Holland.  
World's highest selling beer. Fruity lager with hints of hops & citrus. **8**

**LITTLE CREATURES PALE ALE** - Fremantle, WA.  
Delicious pale ale to die for. Citrus and grapefruit aromas and a hint of passionfruit. **9.5**

**WHITE RABBIT DARK ALE** - Healesville, VIC.  
Delightfully scrumptious ale with a dark edge. **9.5**

**WHITE RABBIT WHITE ALE** - Healesville, VIC.  
Delightfully delicious ale with a light edge. **9.5**

**PURE BLONDE** - Melbourne, VIC.  
A classic low-carb beer for when you're feeling a little bloated. **7.8**

**JAMES BOAG PREMIUM** - Launceston, TAS.  
European style lager, brewed with pilsener hops. Smooth and subtle. **8**

**ASAHI** - Japan.  
おいしい生ビールの飲めるお店. **8.5**

**COOPERS PALE ALE** - Regency, SA  
Is fruity and floral, balanced with a crisp bitterness, perfect for every occasion. **8.5**

**CROWN LAGER** - Melbourne, VIC.  
Australia's celebration beer... Break out the Crownies! **8**

**TOOHEYS EXTRA DRY** - Sydney, NSW.  
TEDs your mate, he's not pretty but he gets the job done. **7.5**

**VICTORIA BITTER** - Melbourne, VIC.  
Victoria's Lager. Best enjoyed after a day on the mower. **7.5**

**CORONA** - Mexico  
You know it, question is... Lemon or Lime? **8.5**

**STELLA ARTOIS** - Belgium  
One of the worlds most popular beers. Light golden in colour, Stella is a premium lager. **8**

**XXXX GOLD** - Queensland  
Full flavoured, famous & with half the kick. **6.5**

**HAHN LIGHT** - Melbourne, VIC  
Australia's favourite full flavoured light beer. **5.5**

**PERONI** - Rome, Italy  
When in Rome do as the Romans do... but do it at the Elbow. **9**

**STONE & WOOD PACIFIC ALE** - Byron Bay, NSW  
Pacific Ale is cloudy and golden with a big fruity aroma and a refreshing finish. **9.5**

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# WINE ★★★★★

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## **SPARKLING & CHAMPAGNE**

GRANT BURGE PINOT NOIR CHARDONNAY – Barossa , SA. Glass *NA* Bottle **55**

BROWN BROTHER PROSECCO - Milawa, VIC. Glass **8.5** Bottle **34**

ROTHBURY ESTATE SPARKLING – South Eastern Australia. Glass **7.5** Bottle **30**

## **WHITE**

SECRET STONE SAUVIGNON BLANC - Marlborough, NZ. Glass **8.5** Bottle **34**

ROTHBURY ESTATE SEMI SAUVIGNON BLANC – South Eastern Australia. Glass **7.5** Bottle **30**

BROWN BROTHER MOONSTRUCK MOSCATO – Milawa Vic. Glass **8** Bottle **32**

BULLER PINOT GRIGIO – King Valley, VIC. Glass **8.5** Bottle **34**

GRACEBROOK CHARDONNAY – King Valley, VIC. Glass **9** Bottle **36**

ROTHBURY ESTATE CHARDONNAY – South Eastern Australia. Glass **7.5** Bottle **30**

## **ROSE**

BULLER ROSE – King Valley, VIC. Glass **8.5** Bottle **34**

## **RED**

PEPPERJACK SHIRAZ – Barossa Valley, SA. Glass **10** Bottle **45**

DEVIL'S CORNER PINOT NOIR – TAS. Glass **8** Bottle **32**

BULLER SHIRAZ – Heathcote, VIC. Glass **9** Bottle **36**

BULLER DURIF – Rutherglen, VIC. Glass **N/A** Bottle **36**

BULLER WINES BEVERFORD MERLOT – King Valley, Vic. Glass **8** Bottle **32**

ROTHBURY ESTATE CABERNET MERLOT – South East Aust. Glass **7.5** Bottle **30**

## **FORTIFIED**

PENFOLDS CLUB PORT 60ml pour – Barossa Valley, SA. **6**

## **BOTTLED BEVERAGES**

MOTHER ENERGY DRINK. **6.5**

COKE. **5**

DIET COKE. **5**

COKE NO SUGAR. **5**

BUNDABERG GINGER BEER. **5**

SPARKLING MINERAL WATER. **5**

TONIC WATER. **5**

MT FRANKLIN. **4**

TOMATO JUICE. **4**

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