

MENU

**BENDED
ELBOW**

SINCE 2004

NUMBER 1 IN ALBURY/WODONGA

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. 12

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 until 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)

Topped with salsa, sour cream, guacamole & lots of cheese. 19

Add jalapenos 1

NACHOS (V) (GF) Corn chips, salsa, cheese, guacamole, sour cream & jalapenos. 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

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 PARMIGIANA 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.

VEGETABLE LASAGNE (V) (Vegan available) Layers of seasonal vegetables topped with a rich Napoli sauce & cheese. Served with your choice of sides.

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

BEER BATTERED FLATHEAD

Served with chips, salad & our own house made tartare mayo. 24

PORK CHOP ★★★★★

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

BARRAMUNDI FILLET (GF available)

Grilled Barramundi fillet with a side of garlic butter, served with chips & salad. 26

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 ROULADE

Chicken breast Filled with caramelised onion, Provolone cheese & sundried tomatoes topped with hollandaise sauce. Served with your choice of sides. 28

SALMON (GF)

Crispy skin salmon served served with creamy mash, asparagus, broccolini, caper butter & lemon. 28

LAMB SHANK (GF)

Slow cooked lamb shank in onion, red wine & rosemary. Served on a bed of mashed potato with broccolini. 26

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. 23

VEGETABLE LAKSA

Seasonal vegetables in a creamy Laksa sauce with vermicelli noodles. 22
add Chicken 6

VEGETABLE LASAGNE (V) (Vegan available)

Layers of seasonal vegetables topped with a rich Napoli sauce & cheese. Served with your choice of sides. 21

PASTA & SOUP OF THE WEEK refer to daily specials on the bar

STEAK

(GF) (All Our Sauces are Gluten Free)

300G RED GUM SCOTCH FILLET 38

300G ANGUS PORTERHOUSE 32

300G SURF N TURF 42

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

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

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

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

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BURGERS

(GF buns available Add 3)
All served with steakhouse chips

ANGUS BEEF BURGER

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

PHILLY CHEESE STEAK

Marinated beef strips with roast capsicum, red onion & jalapenos on a toasted Turkish bread with Provolone cheese. 24

THE BENDED BURGER

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

BEETROOT & WALNUT BURGER (V)

Beetroot & walnut patty with spinach, red onion, tomato & aioli on a toasted sesame bun. 19

B.F.C BURGER

House made Southern Fried Chicken, served in a sesame seed bun with lettuce, tomato, red onion, cheese & sriracha mayo. 22

ADD Cheese 1 Egg 2 Bacon 3

PARMI

ALL SERVED WITH CHIPS & SALAD ★★★★★

ORIGINAL PARMIGIANA

Chicken Schnitzel, tomato concasse & cheese. 26

BUSHMAN'S

Chicken Schnitzel, BBQ sauce, bacon, mushroom, onion & cheese. 28

HAWAIIAN Tomato concasse, ham, pineapple & cheese. 28

MEXICAN Mexican sauce, cheese, sour cream & corn chips. 28

TRADITIONAL CHICKEN SCHNITZEL

Crumbed & served with your choice of sauces. 23

SIDES

	S	L
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 (ALL GF) gravy, seeded mustard, garlic butter, mushroom, pepper, Diane sauce, aioli, sweet chilli mayo or sour cream. 3

SWEETS

CINNAMON SUGAR CHURROS 10

With chocolate dipping sauce.

STICKY DATE PUDDING 10

Sticky Date Pudding with butterscotch sauce & a scoop of ice 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 ★★☆☆☆

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

BEER ★★☆☆☆

BOTTLED CIDERS

REKORDERLIG (500ml) - Vimmerby, Sweden
Strawberry & Lime, Wild Berries or Mango & Raspberry. **13**

SOMERSBY ORIGINAL OR PEAR CIDER - Copenhagen, Denmark
Fresh crisp and delicious. **8.5**

ALPINE CIDER PINK LADY DRY OR SWEET - Wondilgong, Victoria
Apples are grown in the Snow Country. You taste it in every sip! **9.5**

BOTTLED BEERS

TOOHEYS OLD - Sydney, NSW.
Tooheys Old is a robustly flavoured Ale and gets its darker colour from black malt. **8**

JAMES SQUIRE 150 LASHES - Sydney, NSW.
One Fifty Lashes Pale Ale is a crisp finishing, Australian style cloudy Pale Ale. **9**

KILKENNY ALE (440ml) - Ireland
From the makers of Guinness, which originated in Kilkenny, Ireland. **10**

BRIDGE ROAD BREWERS BLING IPA - Beechworth, VIC.
Ale armed to the teeth with hops and studded with 24 carat modified malts. **10**

MILLER CHILL LIME - U.S.A.
Lo Carb, fresh & vibrant with a dash of lime for a refreshingly crisp taste. **8.5**

HEINEKEN - Holland.
World's highest selling beer. Fruity lager with hints of hops & citrus. **8.5**

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. **10**

WHITE RABBIT WHITE ALE - Healesville, VIC.
Delightfully delicious ale with a light edge. **10**

PURE BLONDE - Melbourne, VIC.
A classic low-carb beer for when you're feeling a little bloated. **8.5**

JAMES BOAG PREMIUM - Launceston, TAS.
European style lager, brewed with pilsener hops. Smooth and subtle. **8.5**

ASAHI - Japan.
おいしい生ビールの飲めるお店. **9**

COOPERS PALE ALE - Regency, SA
Is fruity and floral, balanced with a crisp bitterness, perfect for every occasion. **9**

CROWN LAGER - Melbourne, VIC.
Australia's celebration beer... Break out the Crownies! **8.5**

TOOHEYS EXTRA DRY - Sydney, NSW.
TEDs your mate, he's not pretty but he gets the job done. **8**

VICTORIA BITTER - Melbourne, VIC.
Victoria's Lager. Best enjoyed after a day on the mower. **7.8**

CORONA - Mexico
You know it, question is... Lemon or Lime? **9**

STELLA ARTOIS - Belgium
One of the worlds most popular beers. Light golden in colour, Stella is a premium lager. **8.5**

XXXX GOLD - Queensland
Full flavoured, famous & with half the kick. **6.8**

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. **9.5**

STONE & WOOD PACIFIC ALE - Byron Bay, NSW
Pacific Ale is cloudy and golden with a big fruity aroma and a refreshing finish. **10**

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WINE

SPARKLING & CHAMPAGNE

GRANT BURGE PINOT NOIR CHARDONNAY – Barossa , SA. Glass *NA* Bottle **58**

BROWN BROTHER PROSECCO - Milawa, VIC. Glass **8.8** Bottle **36**

ROTHBURY ESTATE SPARKLING – South Eastern Australia. Glass **8** Bottle **32**

WHITE

SECRET STONE SAUVIGNON BLANC - Marlborough, NZ. Glass **8.8** Bottle **36**

ROTHBURY ESTATE SEMI SAUVIGNON BLANC – South Eastern Australia. Glass **8** Bottle **32**

BROWN BROTHER MOONSTRUCK MOSCATO – Milawa Vic. Glass **8.5** Bottle **34**

BULLER PINOT GRIGIO – King Valley, VIC. Glass **8.8** Bottle **36**

PEPPERJACK CHARDONNAY – King Valley, VIC. Glass **8.8** Bottle **36**

ROTHBURY ESTATE CHARDONNAY – South Eastern Australia. Glass **8** Bottle **32**

ROSE

BULLER ROSE – King Valley, VIC. Glass **8.8** Bottle **36**

RED

PEPPERJACK SHIRAZ – Barossa Valley, SA. Glass **10.5** Bottle **47**

DEVIL'S CORNER PINOT NOIR – TAS. Glass **8.5** Bottle **34**

BULLER SHIRAZ – Heathcote, VIC. Glass **9.5** Bottle **38**

BULLER DURIF – Rutherglen, VIC. Glass **N/A** Bottle **38**

BULLER WINES BEVERFORD MERLOT – King Valley, Vic. Glass **8.5** Bottle **34**

ROTHBURY ESTATE CABERNET MERLOT – South East Aust. Glass **8** Bottle **32**

FORTIFIED

PENFOLDS CLUB PORT 60ml pour – Barossa Valley, SA. **6.5**

BOTTLED BEVERAGES

MOTHER ENERGY DRINK. **6.5**

COKE. **5.2**

DIET COKE. **5.2**

COKE NO SUGAR. **5.2**

BUNDABERG GINGER BEER. **5.2**

SPARKLING MINERAL WATER. **5.2**

TONIC WATER. **5**

MT FRANKLIN. **4**

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