

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. 12

**SALT N PEPPER CALAMARI** fried until golden, served with aioli, lemon & rocket salad. 16

## SEASONED BATTERED WEDGES

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

**PUMPKIN & SPINACH ARANCINI** Creamy risotto with pumpkin, spinach & parmesan cheese rolled in breadcrumbs & fried till golden. Served on Napoli sauce & topped with aioli. 17

## 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

**CHICKEN TACOS** Thai style marinated chicken with lettuce, salsa & chimmi churri on your choice of 2 soft or hard shell tacos. 13

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

**ADD STEAKHOUSE CHIPS** to any starter. 5

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## LUNCH MENU ★★★★★ 18

Available every day for lunch **11:30 - 3PM**

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

**CALAMARI** 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.

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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 may 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

## PORK BELLY ★★★★★

3 pieces of slow cooked pork belly topped with crispy pork crackle.  
Served with salad, roasted chat potatoes, apple sauce & jus. 27

## 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 SALTIMBOCCA (GF)

Marinated chicken pieces in garlic & sage, stacked with prosciutto. Served with roasted chat potatoes and & salad, topped with a Parmesan crisp. 29

## CRISPY SKIN SALMON (GF)

Served with a rocket, charred asparagus & pickled radish salad with a side of chips. 29

## CHICKEN CAESAR SALAD

Grilled chicken, crispy bacon, boiled egg & anchovies on a bed of cos lettuce topped with Parmesan cheese, croutons & Caesar dressing. 25

## PIE FLOATER ★★★★★

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

## THAI BEEF SALAD

Marinated beef strips with lettuce, tomato, cucumber, red onion & a Thai dressing topped with crunchy noodles & fresh chilli. 23

## PUMPKIN PASTA (V) (Vegan)

Creamy pumpkin with spinach, sun-dried tomatoes & red onion combined with vegan pasta, topped with vegan cheese & baked. 22

## VEGETABLE LASAGNE (V) (Vegan available)

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

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

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# 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 may contain nuts.

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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

Char grilled scotch fillet with caramelised onion, cheese, lettuce, beetroot, tomato & tomato relish on a Turkish roll. 28

## THE BENDED BURGER

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

## CHEESY CAULIFLOWER BURGER (V)

Cheesy cauliflower pattie with spinach, tomato, red onion & tomato relish on a sesame seed bun. 20

## 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

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# 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

## CHICKEN SCHNITZEL

Crumbed & served with your choice of sauces. 23

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# SIDES

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<b>CREAMY MASH</b> (V, GF)	5	8.5
<b>ROCKET SALAD</b> (V, GF)	5	8.5
<b>GARDEN SALAD</b> (V, GF)	5	8.5
<b>SEASONAL VEGETABLES</b> (V, GF)	5	8.5

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

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# SWEETS

## CINNAMON SUGAR CHURROS 10

With chocolate dipping sauce.

## CHOCOLATE BROWNIE (Vegan) 10

Warm chocolate brownie severed with a scoop of icecream. 10

## 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. **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 ★★★★★

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## 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**

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

## 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 WATER. 5.2

TONIC WATER. 5

MT FRANKLIN. 4

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