

MENU

**BENDED
ELBOW**

SINCE 2004

NUMBER 1 IN ALBURY/WODONGA

CALAMARI

FISH AND CHIPS

PARMIGIANAS

BURGERS

PORTERHOUSE

POPCORN CHICKEN

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SHARE

Available
all day

GARLIC COB LOAF Garlic buttered cob loaf from Milawa Bakery. 15

SALT N PEPPER CALAMARI fried until golden, served with aioli, lemon & rocket salad. 17

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

TOMATO & BASIL BRUSCHETTA (V) tomato, red onion, basil & parmesan cheese on toasted Turkish bread, drizzled with balsamic glaze. 15

POPCORN CHICKEN ★★★★★

Szechuan seasoned, bite sized battered chicken pieces, fried until golden & served with a side of sweet chilli mayo. 18

BOWL OF CHIPS Seasoned & served with a side of gravy or aioli. 13

CHICKEN RIBS (8) coated in a southern fried crumb with a side of honey sriracha dipping sauce. 15

MEXICAN BEEF NACHOS (GF) Topped with salsa, sour cream, guacamole & lots of cheese. 25 Add jalapenos 1

PORK TACOS Slow cooked pork pieces with bbq & cheese on two 6" tortillas with slaw, pickled onion, jalapeños & aioli. 18

NACHOS (V) (GF) Corn chips, salsa, cheese, guacamole, sour cream & jalapenos. 20

ADD BOWL OF CHIPS to any starter. 7

LUNCH MENU ★★★★★★ 20

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.

KIDS ★★★★★★ all meals 12

BATTERED FISH > CHICKEN NUGGETS > KID'S MINI BURGER
CHICKEN SCHNITZEL > (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 Sundays & public holidays.

MAINS

AVAILABLE LUNCH & DINNER

BEER BATTERED FLATHEAD

Served with chips, salad & our own house made tartare mayo. 26

CHICKEN STRIPS (GF Available)

Moroccan chicken strips drizzled with aioli & served with chips & salad. 24

PORK BELLY (GF) ★★★★★

3 pieces of slow cooked pork belly topped with crispy pork crackle.
Served with salad, roasted chat potatoes, apple sauce & jus. 32

BARRAMUNDI (GF)

Grilled barramundi topped with a lemon & chive hollandaise, served with chat potatoes & garden salad. 28

CHICKEN CAESAR SALAD (GF available)

Chicken pieces with crispy bacon, parmesan cheese, croutons & egg on a bed of cos lettuce, finished with Caesar dressing. 26 ADD anchovies 2

MOROCCAN CAULIFLOWER (GF) (V) (Vegan available)

Served with a rocket, red onion & fetta salad with a balsamic glaze. 23

THAI BEEF SALAD ★★★★★

Marinated beef strips with mesclun, cucumber, red onion, cherry tomatoes, fresh chili, slaw, egg noodles, capsicum & cashews with kewpie mayo. 27

LAMB RUMP (GF)

Lamb rump cooked to medium, served with chat potatoes & a Greek salad topped with beetroot tzatziki. 33

SMOKED SALMON SALAD (GF)

Tossed through mesclun leaves with baby beets, fetta, cherry tomatoes & pickled onions dressed with an orange vinaigrette. 25

PASTA OF THE DAY refer to daily specials on the bar

STEAK

(GF) (All Our Sauces are Gluten Free)

300G PORTERHOUSE (GF) 40

300G SURF N TURF (GF) 50

Porterhouse 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

SMASH BURGER

160g beef patty with lettuce, tomato, house made pickles, American cheese & Bended burger mayo served in a burger bun. 28

VEGGIE BURGER (V)

Plant based meat pattie with lettuce, tomato, red onion & house made Bended mayo in a burger bun with a side of chips. 25

B.F.C BURGER

Crispy southern fried chicken with slaw, tomato, cheese, pineapple & chipotle mayo in a burger bun. 27

ADD Cheese 1 Egg 2 Bacon 3

PARMI

All served with chips & salad

ORIGINAL PARMIGIANA

Chicken Schnitzel, Napolitana sauce & cheese. 28

BUSHMAN'S

Chicken Schnitzel, BBQ sauce, bacon, mushroom, onion & cheese. 30

HAWAIIAN Napolitana sauce, ham, pineapple & cheese. 30

MEXICAN Mexican sauce, cheese, sour cream & corn chips. 30

CHICKEN SCHNITZEL

Crumbed & served with your choice of sauces. 25

SIDES

	S	L
CREAMY MASH (V, GF)	6	9
ROCKET SALAD (V, GF)	6	9
GARDEN SALAD (V, GF)	6	9
SEASONAL VEGETABLES (V, GF)	6	9

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

SWEETS

TOPOLINO ICE CREAMS & SORBETS 6.5

Strawberry Sorbet (DF)

Pistachio

Chocolate

Lemon Sorbet (DF)

Ask our friendly staff for the flavor of the month.



(GF) Gluten Free options available

PLEASE PLACE YOUR ORDER AT THE BAR

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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.

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

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

BOTTLED BEERS

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

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

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

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

MILLER CHILL LIME - U.S.A.
Low carb, fresh & vibrant with a dash of lime for a refreshingly crisp taste.

BRIDGE ROAD BREWERS TROPICAL SOUR - Beechworth, VIC.
This juicy sour ale glows all golden with a soft, tropical twang.

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

BENTSPOKE CRANKSHAFT IPA - Canberra, ACT.
Crankshaft is a US-inspired "Orange" IPA. It's dangerously moreish. In a good way.

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

HEINEKEN ZERO ALCOHOL FREE - Holland
Is a non-alcoholic lager with a fruity flavour and slight malty notes.

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

PERONI LEGGERA MID STRENGTH - Italy
A classic low carb beer for when you're feeling a little bloated.

ASAHI - Japan.
おいしい生ビールの飲めるお店.

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

HAHN ULTRA CRISP GLUTEN FREE - Sydney, NSW.
Hahn Ultra Crisp is an easy-drinking lower carb lager, that won't weigh you down.

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

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

STELLA ARTOIS - Belgium
One of the World's most popular beers. Light golden in colour, Stella is a premium lager.

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

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

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

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

WINE ★★★★★

SPARKLING & CHAMPAGNE

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

BROWN BROTHER PROSECCO - Milawa, VIC. Glass **9.8** Bottle **40**

ROTHBURY ESTATE SPARKLING – South Eastern Australia. Glass **9** Bottle **36**

WHITE

SECRET STONE SAUVIGNON BLANC - Marlborough, NZ. Glass **10** Bottle **41**

ROTHBURY ESTATE SEMI SAUVIGNON BLANC – South Eastern Australia. Glass **9** Bottle **36**

BROWN BROTHER MOONSTRUCK MOSCATO – Milawa Vic. Glass **9.5** Bottle **38**

BULLER PINOT GRIGIO – King Valley, VIC. Glass **9.8** Bottle **39**

PEPPERJACK CHARDONNAY – King Valley, VIC. Glass **12** Bottle **48**

ROTHBURY ESTATE CHARDONNAY – South Eastern Australia. Glass **9** Bottle **36**

ROSE

BULLER ROSE – King Valley, VIC. Glass **9.8** Bottle **39**

RED

PEPPERJACK SHIRAZ – Barossa Valley, SA. Glass **13** Bottle **50**

DEVIL'S CORNER PINOT NOIR – TAS. Glass **9.8** Bottle **40**

BULLER SHIRAZ – Heathcote, VIC. Glass **10.5** Bottle **42**

WYNNS COONAWARRA ESTATE BLACK LABEL CABERNET SAUVIGNON Coonawarra, SA. Bottle **65**

ROTHBURY ESTATE CABERNET MERLOT – South East Aust. Glass **9** Bottle **36**

BOTTLED BEVERAGES

MOTHER ENERGY DRINK. **8**

COKE. **6**

DIET COKE. **6**

COKE NO SUGAR. **6**

BUNDABERG GINGER BEER. **6**

SPARKLING WATER. **6**

TONIC WATER. **6**

MT FRANKLIN. **5**

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