

MENU

**BENDED
ELBOW**

SINCE 2004

NUMBER 1 IN ALBURY/WODONGA

CALAMARI

FISH AND CHIPS

PARMIGIANAS

BURGERS

PORTERHOUSE

POPCORN CHICKEN

WWW.THEBENDEDELBOW.COM.AU

STARTERS

Available
all day
11:30 - 9pm

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

SALT N PEPPER CALAMARI Fried until golden, served with a crispy shallot, rocket & pickled chilli salad, sided with Aioli & lemon. 18

PUMPKIN & SPINACH ARANCINI Pumpkin, spinach and 3 cheese risotto balls. Served on Napolitana sauce & finished with parmigiana Reggiano. 17

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 your choice of sauce. 13

WEDGES Pub style thick cut potato wedges with sweet chilli and sour cream. 15
Add bacon 4 Add cheese 3

MEXICAN BEEF NACHOS (GF) Mexican beef bolognese, topped with cheese, guacamole plus a corn & tomato salsa. 25 Add jalapenos 1

PORK BELLY TACOS Manchego cheese, black bean slaw, jalapenos & a cherry tomato & corn salsa. 18

ADD SIDE OF CHIPS to any starter. 7

LUNCH MENU ★★★★★ 20

Available every day for lunch 11:30 - 3:00 PM

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 PARM Mini chicken parmigiana, served with chips & salad.

FISH N CHIPS Beer battered flathead & chips, served with a 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.

B.L.A.T Crispy bacon, lettuce, tomato, avocado smash & tomato relish in a Turkish sub served with chips.

KIDS ★★★★★ all meals 12

FISH & CHIPS > CHICKEN NUGGETS & CHIPS > SAUSAGE & VEG (GF)
PASTA with Napoli & cheese

BEEF CHEESEBURGER SLIDER with tomato sauce & chips

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

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MAINS

AVAILABLE LUNCH 11:30 - 3pm
& DINNER 5:30 - 9pm

BEER BATTERED FLATHEAD

Crispy flathead tails, with chips, salad & house made tartare. 27

MORROCAN CHICKEN STRIPS (GF Available)

Grilled & served with chips, salad & house made aioli. 26

PORK BELLY (GF) ★★★★★

Crispy braised master stock pork belly with a hoison & plum sauce, served with a black bean, egg noodle & cashew slaw with roasted chats 33

GRILLED BARRAMUNDI (GF)

Served with lemon & mustard aioli, salad & roasted chats. 28

LEMON CHICKEN

Lemon, basil & garlic chicken thigh cutlet wrapped in prosciutto with a mustard jus. Served with chips & salad. 27

BANGERS & MASH

Two thick pork sausages served atop creamy mash potato with peas & onion gravy. 27

BEEF & GUINNESS PIE ★★★★★

Slow braised chunky Beef & Guinness pie served atop creamy mash potato with peas & gravy. 29

VEGETARIAN CURRY

Pineapple, chickpea & cauliflower coconut curry served with basmati rice. 26

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) 51

Grass Fed Porterhouse served with prawns, calamari & scallops in a creamy garlic sauce

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

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

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BURGERS

(GF buns available Add 3)
All served with thick cut chips

SMASH BURGER

160g beef smash patty, baby cos, tomato, caramelised onion, American cheddar, tomato relish, aioli & house pickles. 28

VEGGIE BURGER (V)

Lentil & chickpea burger with baby cos, tomato, caramelised onion, relish & aioli. 25

BFC BURGER

Southern fried chicken with a black bean slaw, tomato, pineapple, American cheddar, smokey bbq chipotle sauce, aioli & housemade pickles. 27

STEAK SANDWICH

180g scotch fillet, lettuce, tomato, caramelised onion, cheese & fried egg in a Turkish sub with tomato relish & aioli. 29

ADD Cheese 1 Egg 2 Bacon 3

PARMI

300gm Chicken Schnitzel
All served with chips & salad

ORIGINAL PARMIGIANA

Napolitana sauce & cheese. 29

HAWAIIAN

Napolitana sauce, ham, pineapple & cheese. 31

MEXICAN

Beef bolognese, cheese, sour cream & corn chips. 31

CHICKEN SCHNITZEL

Crumbed & served with your choice of sauces. 26

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)



(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.

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.

FREE TIME PALE ALE ALCOHOL FREE - Beechworth, Vic
With a vibrant, juicy hop aroma, low bitterness and a clean finish, you'll be glad you found Free Time.

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.

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WINE ★★★★★

SPARKLING & CHAMPAGNE

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

BROWN BROTHER PROSECCO - Milawa, VIC. Glass **10.5** Bottle **40**

ROTHBURY ESTATE SPARKLING – South Eastern Australia. Glass **9.5** Bottle **37**

WHITE

SECRET STONE SAUVIGNON BLANC - Marlborough, NZ. Glass **11** Bottle **42**

ROTHBURY ESTATE SEMI SAUVIGNON BLANC – South Eastern Australia. Glass **9.5** Bottle **37**

BROWN BROTHER MOONSTRUCK MOSCATO – Milawa Vic. Glass **10** Bottle **39**

BULLER PINOT GRIGIO – King Valley, VIC. Glass **10.5** Bottle **40**

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

ROTHBURY ESTATE CHARDONNAY – South Eastern Australia. Glass **9.5** Bottle **37**

ROSE

BULLER ROSE – King Valley, VIC. Glass **10.5** Bottle **40**

RED

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

DEVIL'S CORNER PINOT NOIR – TAS. Glass **10** Bottle **40**

BULLER SHIRAZ – Heathcote, VIC. Glass **11** Bottle **42**

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

ROTHBURY ESTATE CABERNET MERLOT – South East Aust. Glass **9.5** Bottle **37**

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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