

MENU

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**BENDED  
ELBOW**

SINCE 2004

NUMBER 1 IN ALBURY/WODONGA

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CALAMARI

**FISH AND CHIPS**

PARMIGIANAS

**BURGERS**

**PORTERHOUSE**

POPCORN CHICKEN

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[WWW.THEBENDEDELBOW.COM.AU](http://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

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## 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.

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## 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.

Please note: all credit, debit card and me&u mobile order transactions incur a bank surcharge fee of 1% + GST.  
EFTPOS (must insert card & select cheque or savings) and The Pass transactions are surcharge free.  
10% Sunday surcharge and 15% public holiday surcharge applies.

# MAINS

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

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## 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

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# 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

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# 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

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# SIDES

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<b>CREAMY MASH</b> (V, GF)	6	9
<b>ROCKET SALAD</b> (V, GF)	6	9
<b>GARDEN SALAD</b> (V, GF)	6	9
<b>SEASONAL VEGETABLES</b> (V, GF)	6	9

**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

## TOPOLINO ICE CREAMS & SORBETS 6.5

Strawberry Sorbet (DF)

Pistachio

Chocolate

Lemon Sorbet (DF)



(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 & MORE

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## BOTTLED CIDERS

**SOMERSBY APPLE CIDER** - Copenhagen, Denmark  
Fresh crisp and delicious.

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

## BOTTLED BEERS

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

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

**PURE BLONDE** - Melbourne, VIC.  
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 LIGHT** - Melbourne, VIC  
Australia's favourite full flavoured light beer.

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

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

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

**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.

## RTDS

**JACK DANIEL'S & COLA**

**JIM BEAM & COLA**

**SUNTORY - 196**

**SMIRNOFF ICE DOUBLE BLACK**

**WHITE CLAW LIME**

**WHITE CLAW MANGO**

**REKORDERLIG WILD BERRIES**

**REKORDERLIG STRAWBERRY LIME**

**BILLSON'S FRUIT TINGLE**

**BILLSON'S CREAMING SODA**

**BILLSON'S BLACKCURRANT**

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# WINE ★★★★★

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## SPARKLING & CHAMPAGNE

MR MASON SPARKLING CUVÉE BRUT NV – Multi Regional, AUS. Glass **9.5** Bottle **46**

HARE & TORTOISE PROSECCO - King Valley, VIC. Glass **11** Bottle **52**

T'GALLANT JULIET MOSCATO - Mornington, VIC. Glass **11** Bottle **52**

MOET & CHANDON IMPERIAL BRUT - Epernay, France. Glass **N/A** Bottle **120**

## WHITE

DOTTIE LANE SAUVIGNON BLANC - Multi Regional, AUS. Glass **9.5** Bottle **46**

SPY VALLEY SAUVIGNON BLANC – Marlborough, NZ. Glass **10.5** Bottle **49**

CA'DI ALTE PINOT GRIGIO IGT – Veneto, Italy. Glass **10.5** Bottle **49**

HARE & TORTOISE PINOT GRIS – King Valley, VIC. Glass **11** Bottle **52**

SCOTCHMANS HILL "THE HILL" CHARDONNAY – Multi Regional, AUS. Glass **12** Bottle **56**

INNOCENT BYSTANDER CHARDONNAY – Yarra Valley, VIC. Glass **12.5** Bottle **59**

PALOMA RIESLING – Clare Valley, SA. Glass **N/A** Bottle **62**

## ROSE

HEARTS WILL PLAY ROSE – Multi Regional, AUS. Glass **9.5** Bottle **46**

## RED

HENRY & HUNTER SHIRAZ CABERNET – Multi Regional, AUS. Glass **9.5** Bottle **46**

CAPE SCHANCK PINOT NOIR – Mornington Peninsula, VIC. Glass **11** Bottle **52**

RYMILL "THE YEARLING" CABERNET SAVIGNON – Coonawarra, SA. Bottle **52**

SEPPELT "THE DRIVES" SHIRAZ – Heathcote, VIC. Glass **11** Bottle **52**

CAMPBELLS WINES BOBBIE BURNS SHIRAZ – Rutherglen, VIC. Glass **12** Bottle **55**

WICKHAMS ROAD YV PINOT NOIR – Yarra Valley, VIC. Glass **13** Bottle **59**

THE HIDDEN SEA GSM - Limestone Coast, SA. Bottle **55**

TAR & ROSES TEMPRANILLO – Central Victoria . Bottle **59**