

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. 16

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 ★★★★★ 22

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.

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

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 & MORE

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

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** Large **17** Bottle **52**

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

WHITE

DOTTIE LANE SAUVIGNON BLANC - Multi Regional, AUS. Glass **9.5** Large **16** Bottle **46**

SPY VALLEY SAUVIGNON BLANC – Marlborough, NZ. Glass **10.5** Large **17** Bottle **49**

CA'DI ALTE PINOT GRIGIO IGT – Veneto, Italy. Glass **10.5** Large **17** Bottle **49**

HARE & TORTOISE PINOT GRIS – King Valley, VIC. Glass **11** Large **17** Bottle **52**

SCOTCHMANS HILL “THE HILL” CHARDONNAY – Multi Regional, AUS. Glass **12** Large **18** Bottle **56**

INNOCENT BYSTANDER CHARDONNAY – Yarra Valley, VIC. Glass **12.5** Large **19** Bottle **59**

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

ROSE

HEARTS WILL PLAY ROSE – Multi Regional, AUS. Glass **9.5** Large **16** Bottle **46**

RED

HENRY & HUNTER SHIRAZ CABERNET – Multi Regional, AUS. Glass **9.5** Large **16** Bottle **46**

CAPE SCHANCK PINOT NOIR – Mornington Peninsula, VIC. Glass **11** Large **17** Bottle **52**

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

SEPPELT “THE DRIVES” SHIRAZ – Heathcote, VIC. Glass **11** Large **17** Bottle **52**

CAMPBELLS WINES BOBBIE BURNS SHIRAZ – Rutherglen, VIC. Glass **12** Large **19** Bottle **55**

WICKHAMS ROAD YV PINOT NOIR – Yarra Valley, VIC. Glass **13** Large **18** Bottle **59**

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

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