



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
11.30am – 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 <i>add bacon +4 add cheese +3</i>	15
MEXICAN BEEF NACHOS (LG) Mexican beef bolognese, topped with cheese, guacamole plus a corn & tomato salsa <i>add jalapeños +1</i>	25
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^{EA}

Available every day for lunch **11:30am – 3pm**

CHICKEN STRIPS (LGO) 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^{EA}

FISH & CHIPS

CHICKEN NUGGETS & CHIPS

SAUSAGE & VEG (LG)

PASTA with napoli & cheese

BEEF CHEESEBURGER SLIDER with tomato sauce & chips

(V) Vegetarian | (VO) Vegetarian Option | (VG) Vegan | (VGO) Vegan Option
(LG) Low Gluten | (LGO) Low Gluten Option | (LD) Low Dairy | (LDO) Low Dairy Option

Please inform a team member if you have allergies or intolerances. We'll do our very best to accommodate them, but as our menu is prepared freshly in kitchen, there may be trace allergens. Due to this, please note that we are unable to ensure Gluten Free and/or Dairy Free, however we do offer Low Gluten and Low Dairy meals and options.



MAINS

Available Lunch 11.30am – 3pm
& Dinner 5.30pm – 9pm

BEER BATTERED FLATHEAD	27
Crispy flathead tails, with chips, salad & house made tartare	
MORROCAN CHICKEN STRIPS (LGO)	26
Grilled & served with chips, salad & house made aioli	
PORK BELLY (LG) ★★★★★	33
Crispy braised master stock pork belly with a hoison & plum sauce, served with a black bean, egg noodle & cashew slaw with roasted chats	
GRILLED BARRAMUNDI (LG)	28
Served with lemon & mustard aioli, salad & roasted chats	
LEMON CHICKEN	27
Lemon, basil & garlic chicken thigh cutlet wrapped in prosciutto with a mustard jus, served with chips & salad	
BANGERS & MASH	27
Two thick pork sausages served atop creamy mash potato with peas & onion gravy	
BEEF & GUINNESS PIE ★★★★★	29
Slow braised chunky Beef & Guinness pie served atop creamy mash potato with peas & gravy	
VEGETARIAN CURRY (V)	26
Pineapple, chickpea & cauliflower coconut curry served with basmati rice	
PASTA OF THE DAY refer to daily specials on the bar	

STEAK

Steaks served with your choice of sauce, seeded mustard, garlic butter, mushroom, pepper, Diane sauce or gravy (LG)
Your steak will be cooked to your liking served with mashed potato & vegetables or thick cut chips & salad

300G PORTERHOUSE (LG)	40
300G SURF N TURF (LG)	51
Grass Fed Porterhouse served with prawns, calamari & scallops in a creamy garlic sauce	

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BURGERS

Low gluten buns +3
All served with thick cut chips

SMASH BURGER	28
160g beef smash patty, baby cos, tomato, caramelised onion, American cheddar, tomato relish, aioli & house pickles	
VEGGIE BURGER (V)	25
Lentil & chickpea burger with baby cos, tomato, caramelised onion, relish & aioli	
BFC BURGER	27
Southern fried chicken with a black bean slaw, tomato, pineapple, American cheddar, smokey bbq chipotle sauce, aioli & housemade pickles	
STEAK SANDWICH	29
180g scotch fillet, lettuce, tomato, caramelised onion, cheese & fried egg in a Turkish sub with tomato relish & aioli	
<i>add cheese +1 add egg +2 add bacon +3</i>	

PARMI

300gm chicken schnitzel
All served with chips & salad

ORIGINAL PARMIGIANA	29
Napolitana sauce & cheese	
HAWAIIAN	31
Napolitana sauce, ham, pineapple & cheese	
MEXICAN	31
Beef bolognese, cheese, sour cream & corn chips	
CHICKEN SCHNITZEL	26
Crumbed & served with your choice of sauces	

SIDES

	S	L
CREAMY MASH (V, LG)	6	9
ROCKET SALAD (V, LG)	6	9
GARDEN SALAD (V, LG)	6	9
SEASONAL VEGETABLES (V, LG)	6	9
SAUCES (LG)		3
gravy, seeded mustard, garlic butter, mushroom, pepper, Diane sauce, aioli, sweet chilli mayo or sour cream		

SWEETS

TOPOLINO ICE CREAMS & SORBETS	6.5
Strawberry Sorbet (LD)	
Pistachio	
Chocolate	
Lemon Sorbet (LD)	

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WINE ★★★★★

SPARKLING & CHAMPAGNE	GL	LG	BT
MR MASON SPARKLING CUVÉE BRUT NV Multi Regional, AUS	9.5		46
HARE & TORTOISE PROSECCO King Valley, VIC	11.5		52
T'GALLANT JULIET MOSCATO Mornington, VIC	11	17	52
MOËT & CHANDON IMPERIAL BRUT Epernay, France			120
WHITE	GL	LG	BT
DOTTIE LANE SAUVIGNON BLANC Multi Regional, AUS	9.5	16	46
SPY VALLEY SAUVIGNON BLANC Marlborough, NZ	10.5	17	49
CA'DI ALTE PINOT GRIGIO IGT Veneto, Italy	10.5	17	49
HARE & TORTOISE PINOT GRIS King Valley, VIC	11	17	52
SCOTCHMANS HILL 'THE HILL' CHARDONNAY Multi Regional, AUS	12	18	56
INNOCENT BYSTANDER CHARDONNAY Yarra Valley, VIC	12.5	19	59
PALOMA RIESLING Clare Valley, SA			62
ROSÉ	GL	LG	BT
HEARTS WILL PLAY ROSÉ Multi Regional, AUS	9.5	16	46
RED	GL	LG	BT
HENRY & HUNTER SHIRAZ CABERNET Multi Regional, AUS	9.5	16	46
CAPE SCHANCK PINOT NOIR Mornington Peninsula, AUS	11	17	52
RYMILL 'THE YEARLING' CABERNET SAVIGNON Coonawarra, SA			52
SEPPELT 'THE DRIVES' SHIRAZ Heathcote, VIC	11	17	52
CAMPBELLS WINES BOBBIE BURNS SHIRAZ Rutherglen, VIC	12	19	55
WICKHAMS ROAD YV PINOT NOIR Yarra Valley, VIC	13	18	59
THE HIDDEN SEA GSM Limestone Coast, SA			55
TAR & ROSES TEMPRANILLO Central Victoria			59

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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 (LG) 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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