

WINE ★★★★★

SPARKLING & CHAMPAGNE	GL	LG	BT
MR MASON SPARKLING CUVÉE BRUT NV Multi Regional, AUS	X		X
MOUNT PARADISO PROSECCO NV Murray Darling, SA	X		X
VIVO MOSCATO Riverina, NSW	X	X	X
MOET & CHANDON IMPERIAL BRUT Epernay, France			120

WHITE	GL	LG	BT
DOTTIE LANE SAUVIGNON BLANC Multi Regional, AUS	9.5	16	46
MILL FLAT SAUVIGNON BLANC Marlborough, NZ	X	X	X
GABBIANO PINOT GRIGIO Delle Venezie, Italy	X	X	X
HARE & TORTOISE PINOT GRIS King Valley, VIC	11	17	52
PALOMA RIESLING Clare Valley, SA	X	X	X
LOST WOODS CHARDONNAY Limestone Coast, SA	X	X	X
MOUNTADAM 'FIVE-FIFTY' CHARDONNAY Eden Valley, SA			x

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
STORM & SAINT PINOT NOIR Yarra Valley & Bendigo, VIC	x	x	x
RYMILL ‘THE YEARLING’ CABERNET SAVIGNON Coonawarra, SA			52
MARQUES DE TEZONA TEMPRANILLO Castilla-La Mancha, Spain	x	x	x
WINE GRINGO GRENACHE 'NOUVEAU' Multi Regional, SA	x	x	x
WILLOW CHASE SHIRAZ Barossa Valley, SA			x

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



MENU

BENDED ELBOW

SINCE 2004
NUMBER 1 IN ALBURY/WODONGA

CALAMARI
FISH AND CHIPS
PARMIGIANAS
BURGERS
PORTERHOUSE
POPCORN CHICKEN

WWW.THEBENDELEBOW.COM.AU

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.

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STARTERS

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	18
PUMPKIN ARANCINI Pumpkin and three cheese risotto balls, served on Napolitana sauce & finished with shaved Parmesan	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 & sour cream	15
<i>add bacon +4 add cheese +3</i>	
MEXICAN BEEF NACHOS (LG) Mexican Bolognese, topped with cheese, guacamole plus a corn & tomato salsa	25
<i>add jalapeños +1 vegetarian option available</i>	
PORK BELLY TACOS Manchego cheese, black bean slaw, jalapenos & a cherry tomato & corn salsa	18
CHICKEN WINGS Coated in BFC crumb & fried until golden brown. Served with your choice of Buffalo or Southwest chipotle sauce.	20
BRUSCHETTA Tomato, onion & basil with a balsamic reduction on garlic toasted Turkish bread	18
ADD SIDE OF CHIPS to any starter	7

LUNCH MENU

CHICKEN STRIPS (LGO) Moroccan chicken strips drizzled with aioli & served with chips & salad	22
CALAMARI Fried until golden, served with chips & salad, lemon & aioli	EA
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

FISH & CHIPS	12
CHICKEN NUGGETS & CHIPS	EA
SAUSAGE & VEG (LG)	

(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

BEER BATTERED FLATHEAD Crispy flathead tails, with chips, salad & house made tartare	27
MOROCCAN CHICKEN STRIPS (LGO) Grilled & served with chips, salad & house made aioli	26
PORK BELLY (LG) Tender pork belly with twice cooked crispy crackle served with roasted garlic chat potatoes, salad & gravy	33
GRILLED BARRAMUNDI (LG) Served with chips, salad with a lime & chive hollandaise sauce	28
LEMON CHICKEN Lemon, basil & garlic chicken thigh cutlet wrapped in prosciutto with a mustard jus, served with chips & salad	27
PASTA OF THE DAY Refer to daily specials on the bar	26
GNOCCHI (VO) Sauteed potato gnocchi, Spanish chorizo & cherry tomatoes in a pine nut pesto cream sauce topped with shaved Parmesan	27
ZAATAR PUMPKIN SALAD Zaatar spiced pumpkin, rocket, baby spinach, cherry tomato, chickpeas & pepitas in a vegan mustard mayo	26
THAI BEEF SALAD Marinated beef strips, mesclun, carrot, onion, cucumber, cherry tomatoes, fried egg noodles & grilled lime in a soy & ginger dressing	32

STEAK

300G PORTERHOUSE (LG)	42
300G SURF N TURF (LG) 150 day Grain Fed Porterhouse served with prawns, calamari & scallops in a creamy garlic sauce	52

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BURGERS

SMASH BURGER 150g beef smash patty, baby cos, tomato, caramelised onion, American cheddar, tomato relish, aioli & house pickles	28
VEGGIE BURGER (V) Broadbean, pea and spinach patty, baby cos, tomato, caramelised onion, tomato relish and aioli.	26
BFC BURGER Southern fried chicken with a black bean slaw, pineapple, American cheddar, smokey bbq chipotle sauce & housemade pickles	27
STEAK SANDWICH 180g scotch fillet, lettuce, tomato, beetroot, American cheddar, fried egg in a Turkish sub with tomato relish & aioli	30
<i>add cheese +1 add egg +2 add bacon +3</i>	

PARMI

ORIGINAL PARMIGIANA Napolitana sauce & cheese	29
HAWAIIAN Napolitana sauce, ham, pineapple & cheese	33
MEXICAN Beef bolognese, cheese, sour cream & corn chips	33
CHICKEN SCHNITZEL Crumbed & served with your choice of sauces	26

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) gravy, seeded mustard, garlic butter, mushroom, pepper, Diane sauce, aioli, sweet chilli mayo or sour cream		3

SWEETS

ICE CREAMS Vanillia ice cream served with your choice of topping either Chocolate or Strawberry topping	11
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