

Well ... Bread!

MANGO'S OWN DAMPER SCF/V 7
Freshly baked in house with mountain pepperberry spice and served with a trio of butters...Lemon myrtle, herbed garlic and saltbush.

GARLIC AND HERB CIABATTA V 7
Slathered in a secret whipped garlic and herb butter then oven-toasted.

SAY "CHEESY" GARLIC! V 8
Our signature ciabatta slab is smothered in garlic and herb butter and our yummy three cheese blend... Fresh from the oven.

Start Small *(or share 'em all!)*

BEACH SHACK BRUSCHETTA SCF/V 13
A tropical spin on the classic with local heirloom tomatoes, diced mango, crumbled feta, basil and balsamic olive oil!

ROASTED VEGETABLE STACK SCF/VE/GF 21
Vegetable jenga! Stacked tall with roast capsicum cheeks, portobello mushroom, eggplant, grilled zucchini on a sweet potato mash, crowned with caramelised red onion and a roast capsicum sauce.

LEMON MYRTLE CALAMARI GF 15
Dusted in a special lemon myrtle crust, flash fried and served with a zingy garlic aioli.

HOMEMADE MOOLOOLABA KING PRAWN SPRING ROLLS GF 17
Stuffed with sweet Mooloolaba King Prawns, greens and spices, crunchy and delicious with a chilli aioli drizzle.

GRILLED HALOUMI 13
"Sunny" style! Hot from the pan with coastal honey, cracked pepper and lemon.

Light 'n' Lively

THE BBC 18
Banana Bender's very own Caesar salad! All the usual suspects here. We surprise with damper croutons, crispy bacon, coddled egg and our homemade creamy Caesar dressing. We can add Mr Anchovy if you like. It's up to you!

GRILLED GREEN ENVY SCF/VE/GF 18
Vegan beauty, fresh and healthy combo complete with grilled broccolini and zucchini, charred snow peas, local farm salad leaves and our delicious mango vinaigrette.

MANGO'S BOUNTY SCF/VE 20
Fresh cut, juicy mango and smooth avocado with coriander and lime oil dressing, tossed through crisp rocket and toasted coconut chilli flakes topped with crumbled, dried banana.

From The Burger Bar

All burgers are served with a side of chunky chips.

Available
11:30am - 4pm

AUSSIE BEEF AND CHEESE - OI OI OI! 19
Our grilled damper roll, with char-grilled Angus beef patty, tomato, pickles, monterey jack cheese, green salad, smoked relish and mustard aioli., served on a delicious milk bun.

THE HAPPY VEGO 22
With roasted capsicum, baby spinach, caramelised portobello mushroom, seared haloumi with roasted garlic aioli.

BBQ BOURBON CHICKEN 18
Tempura chicken breast, tomato, aioli, cheese, green salad leaves and BBQ bourbon sauce served on a delicious milk bun.

KILCOY STEAK SANDWICH 23
Tender Kilcoy beef fillet, smokey cheddar, caramelised onion, thick cut vine tomato, aioli and relish.

THE BRANDED BENDER 26
A double hander here! Char-grilled Angus beef patty, herbed infused-grilled chicken breast, streaky bacon, halloumi, lettuce mix, thick cut vine tomato, banana relish and aioli on a garlic-buttered damper roll.



KIDS MEALS 12⁹⁵ EA.

All served with an ice-cream dessert and a FREE kids pack!

GRILLED CHICKEN TENDERS

Served with chips and salad or steamed vegetables.

TROPICAL PIZZA

Hand rolled dough with tomato sauce, cheese, ham and pineapple.

CHICKEN CHUNKETTES

Crispy battered chicken nuggets served with chips and salad or steamed vegetables.

BENDER'S CHEESE BURGER

Grilled Angus beef patty, cheese and crisp lettuce, tomato sauce on a damper roll and served with chips.

SPAGHETTI NAPOLI

Fresh cooked pasta and Napoli sauce finished with parmesan cheese.

FISH'N'CHIPS

Battered fish fillets with chips and salad or steamed vegetables.



Welcome to Mango's Bar & Grill

With a twist on modern Australian cuisine, we are proud to source the majority of our products from within a 50km radius. We are committed to supporting local businesses wherever possible.

Seafood is delivered fresh from Mooloolaba, salad leaves and herbs from Palmview, meat from Mooloolah and fruits and vegetables from a variety of local artisan farms. From our signature drinks and cocktails to our mouth-watering local foods and tropical tastes... you're sure to find something that suits everyone.

Sit back, relax and enjoy!

Chicken Coup

All schnitzels are served with chunky chips and house salad OR creamy mash and seasonal vegetables.

First the schnitzels ...

SCHNITZEL CLASSIC with your choice of sauce. 21

PARMIGIANA'O'RAMA 26
Our classic parmigiana with rich Napoli sauce, triple smoked ham and Mango's famous three cheese melt.

 **THE QUEENSLANDER** SCF 28
Now this one is a show stopper! With avocado, smokey ham, caramelised pineapple, Mango's famous three cheese melt and finished with béarnaise drizzle!

 **CHICKEN CURRY BANANA-FIED** SCF 22
Gently spiced local chicken thighs simmered with vegetables in our signature curry sauce, served with grilled banana slabs, sticky coconut rice and our warm roti bread.

HERB AND LEMON MYRTLE CHARGRILLED CHICKEN BREAST SCF/GF 22
Grilled, moist and lean, our butterflied premium breast is served with your choice of chunky chips and house salad or sweet potato mash and steamed local vegetables.

CHICKEN "CASTAWAYS" SCF 30
Regional farmed chicken breast stuffed with local prawns and halloumi, wrapped in bacon and oven roasted. Served with soft sweet potato mash, grilled greens and draped in a capsicum coulis.

Pasta at the Pub

THE PUB'S CARBONARA SCF/GF 26
Starring handmade pasta with smokey bacon, shallots, fresh shaved parmesan cheese and finished with a local free range egg yolk and a swirl of cream! Bellissima!

MOOLOOLABA KING PRAWN AND LEMON FETTUCCINE SCF 28
Delicate ribbons of al dente fettuccine tossed with sautéed Mooloolaba prawns, blistered cherry tomatoes, roasted capsicum and baby spinach drizzled with a fine lemon cold pressed olive oil. Anchovies optional.

 **THE BBP FAMOUS SEAFOOD LASAGNE** SCF 30
Luscious layers of fresh chunky fish, scallop, local prawns, calamari, mussels and smoked salmon, all bound in a stunning champagne and basil leaf bechamel. Hot from the oven with crisp salad, blistered cherry tomatoes and lemon.

PENNE BASILICO SCF/V 26
Our voluptuous vegan penne is tossed with grilled zucchini peas, pumpkin chunks and our own basil tomato sauce.

From the famous BBP Grill

Quality Australian beef from the finest regions and selected especially for us. Our speciality cuts are matured to create a juicy, flavoursome and tender meat.

All are served with chunky chips and house salad or creamy mash and seasonal vegetables plus your choice of sauce.

400G RUMP SCF 36

Our locally sourced and branded rump will impress. From the rural Somerset region, this cut is world-class offering the classic rump flavour and tenderness.

300G RIB FILLET 30

Superior marbling of this cut will satisfy the most discerning palate and promises the highest-quality, premium flavour and eating experience.

250G PETITE SIRLOIN GRASS FED 25

King Charles II is said to have named this cut of meat. We don't pretend to know for sure but we do know it's famously delicious. The BBP Grill sources prime cut Kilcoy loin - the signature salt fat layer makes all the difference.

 **SURF'S UP!** 45

Enjoy the best the sunny coast offers in beef and seafood. Our 300g prime rib fillet is topped with sliced avocado and a stunning seafood medley - local prawns, calamari and smoked salmon in a garlic, lemon myrtle and herb butter melt. It's famous for a reason!



Scrumptious Sides

- BEER BATTERED ONION RINGS** 5
- SEASONAL VEGETABLES** 8
- CHUNKY CHIPS** 6
- CREAMY MASHED POTATO** 8
- HOUSE SIDE SALAD** 6
- ZESTY MANGO & BANANA SALSA** 6

Tasty Toppers

- CHAR-GRILLED CHICKEN W/ TOASTED WATTLE SEED CRUSTS** 9
- LEMON MYRTLE CALAMARI** 9
- SPICED SIZZLE STEAK STRIPS W/ PEPPERLEAF & SALT BUSH FLAVOUR** 9
- JUICY PORK RIBS** 15
- GRILLED MOOLOOLABA KING PRAWNS** 14
- GRILLED BUTTERFLIED BANANA W/ DUKKAH SPICE** 10
- GRILLED HALOUMI** 7

Get Saucy

Gravy / Mushroom / Béarnaise
Creamy Peppercorn / Zesty Mango Chutney

WANT EXTRA? ADD 3

Ocean's Away!

(Well it's very close... really!)

CRISPY BATTERED SNAPPER SCF 25

Hand coated in our lager infused batter, this sweet local snapper has a crisp finish served with chunky chips, house salad, lemon and tartare.

HOMEMADE MOOLOOLABA KING PRAWN SPRING ROLLS SCF 27

Sweet local Mooloolaba King Prawns with local greens and spices crisply fried and served with fresh salad and chilli aioli.

LEMON MYRTLE CALAMARI GF 22

Tender calamari strips dusted in Lemon Myrtle flour with roasted garlic aioli served with chunky chips and house salad.

LOCAL FISH OF THE DAY GF MP

Our fishmonger is consulted daily on the local catch, chat with your waiter.

From the Pizzeria

All our dough is made here, hand-thrown and topped with rich tomato or sweet BBQ topping.

MARGHERITA SCF/V 14

Italy on a plate. Fresh torn basil, sweet cherry tomatoes, finished with local fetta and olive oil.

MEAT LOVERS 20

Chow down! Triple smoked ham, spanish chorizo, mild salami, smoked bacon and our house cheese blend.

VEGETARIAN V 20

Feel'n good! Baby spinach, grilled zucchini, roast mushroom, red capsicum, grilled eggplant and house pizza cheese.

 **KING PRAWN AND SMOKED SALMON** SCF 26

The Boss's favourite! Smoked salmon, local banana prawns, baby spinach and tangy capers, red onion topped with our pizza cheese blend and zingy lemon aioli.

TROPICAL SCF 18

Triple smoked ham meets tangy caramelised local pineapple and house pizza cheese... to please!

CHICKEN BBQ FIESTA SCF 22

Onto rich BBQ sauce, we toss freshly grilled chicken breast, smoked bacon, grilled pineapple, red onion and strew with house pizza cheese.

WANT A GLUTEN FREE BASE? ADD 3

LEGEND | V Vegetarian | VE Vegan Friendly | GF Gluten Free | MP Market Price
SCF Sunshine Coast Flavours |  Mango's Speciality

FOOD ALLERGIES | Please be aware that all care is taken when catering for special requirements. It must be noted that within the premises we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi and dairy products. Customers' requests will be catered for to the best of our ability, but the decision to consume a meal is the responsibility of the diner. Please inform wait staff of any allergies each time you place an order.

SURCHARGE | A surcharge of 12.5% will apply to all food on Public Holidays.