

Menu

Breads

- Garlic and Herb Bread** V 7
Ciabatta bread smothered in creamy garlic and herb butter and lightly toasted
- Cheesy Garlic Bread** V 8
Ciabatta bread smothered in creamy garlic and herb butter, sprinkled with our famous three cheese mix and lightly toasted
- Heirloom Tomato and Queensland Burrata** V 13
Toasted sourdough, diced tomato, fresh basil and torn burrata with an aged balsamic and olive oil drizzle

Light Meals and Salads

- Banana Blossom Salad** GF / L 22
Coconut chicken and chilli salad with local mint, coriander and rocket
- Classic Caesar Salad** 18
Baby cos, crispy bacon, damper croutons, parmesan cheese, coddled egg, Caesar dressing with optional anchovies
- Grilled Green Vegetable Salad** VE / GF / L 18
Grilled broccolini, green beans, grilled zucchini, local salad leaves tossed in a mango vinaigrette
- Banana Waldorf** VE / GF 18
Crisp celery, red apple, fresh banana, black grapes and toasted walnuts bound in a light mayonnaise

Salad Toppers

- Grilled chicken 9
Mooloolaba prawns 14
Lemon myrtle calamari 9

- Roasted Vegetable Stack** VE / GF 18
Roast capsicum, Portobello mushroom, eggplant, grilled zucchini, sweet potato mash and caramelised red onion
- Pan seared Kangaroo fillet** GF / L 34
With Queensland scallops and roasted red peppers, Palmview oak salad and Kakadu plum dressing

Chicken

- Chicken Schnitzel** 20
House crumbed chicken breast with your choice of sauce, served with chips and house salad
- Chicken Parmigiana** 24
House crumbed chicken breast, tomato sugo, triple smoked ham, famous three cheese mix, served with chips and house salad
- Chicken Queenslander** 26
House crumbed chicken breast, fresh avocado, triple smoked ham, caramelised pineapple, three cheese mix, hollandaise drizzle served with chips and house salad

- Chicken Kilpatrick** 26
House crumbed chicken breast, diced bacon, Worcestershire sauce, barbeque sauce, three cheese mix, served with chips and house salad
- Chicken and Banana Curry** 28
Fresh local chicken thigh and seasonal vegetables slow cooked in-house curry served with sticky coconut rice and warm roti bread
- Roasted Duck Breast And Confit Duck Leg** GF 32
Served with butternut pumpkin, banana pudding topped with a banana foam
- Lemon & Thyme Butterfly Chicken Breast 250g** GF 26
Served with your choice of chips and house salad or vegetables

From the Grill

- GF / R
- 350g Local T-bone** 33
- 300g Rib Fillet** 30
- 350g Cape Grim Sirloin (Grass Fed)** 43
Served with chips and house salad or seasonal vegetables

Choice of Sauce

Creamy peppercorn, red wine, béarnaise, mushroom, banana chutney

Sides

- Chunky chips 6
House side salad 6
Beer battered onion rings 9
Seasonal vegetables 8
Creamy mash potato 8

Toppers

- Salt and pepper squid 9
Grilled Mooloolaba prawns 14
Grilled chicken 9
Mango & banana salsa 8
Extra sauce 3

Pasta

- Plantain Lasagne** GF / L 20
Plantain banana, con carne beef served with Palmview oak salad.
- Carbonara** 20
Handmade pasta with cream reduction, smokey bacon, shallots, fresh grated parmesan cheese and finished with free range egg.
- Ravioli** V 20
Handmade local pasta with vegetarian filling, served with rich tomato sugo and basil drizzle
(Please ask our friendly staff for today's selection)

Banana Bender
PUB

Menu

Seafood

- Lemon Myrtle Calamari** 16
Tender calamari strips dusted in lemon myrtle flour with roasted garlic aioli, chunky chips and garden salad
- Homemade Mooloolaba Prawn Spring Roll** L 16
Local prawns, Asian greens and local spices served with crisp salad garnish and chilli aioli
- Fish of the Day** GF / L Market price
Served on roasted vegetables with cardamom butter and balsamic reduction.
(Please ask our friendly staff for todays catch)
- Banana Leaf Baked Barramundi** GF / R 35
Accompanied with sticky coconut rice and a mango and banana salsa
- Hand Crumbed Flathead** 21
Served with chips, house salad and tartare sauce
- Grilled Tasmanian Salmon** GF / R 35
Native dukkha crusted grilled Tasmanian salmon with grilled asparagus, roasted artichoke, roasted vine tomato and preserved lemon vinaigrette

Pizza

- Margherita** V 16
Hand thrown dough, rich tomato sugo, torn Basil, cherry tomatoes, finished with local fetta and olive oil
- Meat Lovers** 25
Hand thrown dough, rich tomato sugo, tripled smoked ham, Spanish chorizo, mild salami, smoked bacon and house pizza cheese
- Vegetarian** V 22
Hand thrown dough, rich tomato sugo, baby spinach, house grilled zucchini, roast mushroom, grilled eggplant and house pizza cheese
- Smoked Salmon and King Prawn** 24
Hand thrown dough, rich tomato sugo, baby spinach, smoked salmon, local banana prawns, baby capers and red onion topped with house pizza cheese and lemon aioli
- Tropical** 18
Hand thrown dough, rich tomato sugo, triple smoked ham, caramelised local pineapple and house pizza cheese
- Chicken BBQ** 22
Hand thrown dough, rich BBQ sauce, fresh grilled chicken breast, smoked bacon, grilled pineapple, red onion and house pizza cheese

Kids Menu

12.95

- Chicken nuggets**
Tempura chicken nuggets with chips and salad or seasonal vegetables
- Cheeseburger**
Grilled Angus beef patty, cheese, lettuce, tomato sauce on damper roll with chips
- Spaghetti Napoli**
Fresh cooked pasta and Napoli sauce finished with parmesan cheese
- Fish and Chips**
Deep fried fish fillet with chips and salad or seasonal vegetables
- Tropical Pizza**
Hand rolled dough with sugo sauce, house cheese, ham and pineapple

Desserts

12

- Banana Waffles** R
Served with bananas in salted caramel sauce and vanilla bean ice-cream
- Pineapple and Coconut Trifle** L
House made fresh with layers of yoghurt, coconut and Australian flavours
- Wattle Seed Crème Brule** GF / L
Local wattle seed infused cream and egg custard with a burnt toffee crust
- Banana Tart Tatin** R
Caramelised banana in pastry with lashings of local double cream
- Ultimate Banana Split** GF / R
Vanilla bean ice cream, salted caramel, banana and toasted macadamia
- Trio of the Tropics**
Trio of tropical gelati served in a brandy snap basket with passion fruit coulis
- Mango Mousse** GF / R
A creamy mango mousse infused with passion fruit and topped with double cream and fresh mango pieces

V - Vegetarian / VE - Vegan friendly / GF - Gluten free
L - Local Produce / R - Regional Produce

With a twist on modern Australian cuisine we are proud to source majority of our products from within a 50km radius. We are committed to supporting local businesses wherever possible. Our seafood is delivered fresh from Mooloolaba, salad leaves and herbs from Palmview, meat from Mooloolah and fruits and vegetables from a variety of artisan local farms.

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.