

# ENTREES

Signature

**TAMARIND GLAZED SALMON** \$19 (GFO)

Tasmanian Salmon, tamarind glaze, fried shallots and a minty cilantro sauce.

**SCALLOPS CEVICHE** \$19 (GF/DF)

Scallops (3p) ceviche style marinated with vinegar, cucumber, beetroot, water chestnut, red chili and a coconut lime dressing.

**GARLIC & HERB BREAD** \$9 (V)

Oven baked with garlic and herb butter.

**CHEESY GARLIC BREAD** \$12 (V)

Oven baked with cheese, garlic, and herb butter.

**GRILLED HALLOUMI** \$17 (V)

Grilled Australian Halloumi with hummus, fried chickpeas, pickled onion, herb oil and honey.

**PUMPKIN ARANCINI** \$17 (LG/VE)

Pumpkin Arancini balls (4p) with roasted pumpkin puree, seeds, and herb oil.

**CRUMBED SCALLOPS** \$19 (DF)

Panko breaded Scallops (3p) with wasabi aioli, diced mango, pickled onion and togarashi.

**PORK SPRINGROLLS** \$17 (DF)

Deep fried pork spring rolls (3p) with pickled onion and sweet chili sauce.

**SALT & PEPPER CALAMARI** \$19 (DF)

Fried calamari with cilantro crema, herb oil, and lemon.

**CRUMBED DORY** \$20 (DF)

Crumbed Dory, cilantro crema, herb oil, mixed herbs, and lemon.

**DUTCH CARROTS** \$15 (V/DF)

Charred baby carrots, carrots puree, puffed rice and parsley dust.



# PUB CLASSICS

**FISH & CHIPS** \$25

A crumbed Dory fillet served with chips, house salad, lemon and tartare sauce.

**PARMIGIANA** \$27

A crumbed chicken breast, topped with house made napolita sauce, shaved ham, and cheese, with chips and house salad.

**SCHNITZEL** \$25

A crumbed chicken breast with chips, house salad, lemon and gravy.

# SENIOR'S LUNCH

ONLY AVAILABLE FOR SENIOR CARD HOLDERS.  
AVAILABLE LUNCH TIME ONLY.

**SENIOR GARLIC BREAD** \$2

Oven baked with garlic and herb butter.

**HEIRLOOM TOMATO** \$9

Marinated baby heirloom tomatoes, rustic basil pesto, pine nuts and chervil with a balsamic glaze.

**CHICKEN BURGER** \$15

Chicken schnitzel with cheese, greens and aioli on a brioche bun served with chips.

**SCHNITZEL** \$15

A crumbed chicken breast with chips, house salad, lemon and gravy.

**FISH & CHIPS** \$15

A crumbed Dory fillet served with chips, house salad, lemon and tartare.

**LAMB SAUSAGE** \$15

With mashed potato, pickled onion, edamame and gravy.

**PAVLOVA** \$5

With cream and mixed berries.

(V) vegetarian | (VE) vegan friendly | (GF) gluten free | (LG) low gluten  
(GFO) gluten free option | (VO) vegan option | (DF) dairy free

**SURCHARGE** | A surcharge of 12.5% will apply to all food and beverage items on QLD Public Holidays

**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.

# PIZZA

ALL PIZZAS SERVED ON A 12" BASE  
ADDITIONAL \$5 FOR GLUTEN FREE BASE

**SPINACH & 4 CHEESE** \$29 (GFO)

Cheddar, gorgonzola, fior di latte, pecorino, spinach, and honey on a creamy base.

**BBQ CHICKEN** \$29 (GFO)

Chicken breast, fior de latte, pickled onion, confit mushrooms, pine nuts and coriander on a hickory barbeque base.

**MEAT LOVERS** \$29 (GFO)

Lamb sausage, chicken breast, ham, pepperoni, fior de latte, and pickled onion on a tomato sugo base.

**MARGHERITA** \$25 (GFO)

Heirloom tomatoes, fior de latte, and basil on a tomato sugo base.

# KIDZ

\$15 EACH

MENU

12 YEARS & YOUNGER. ALL SERVED WITH ICE-BLOCK AND FREE KIDS PACK!

**FISH 'N' CHIPS**

Crumbed fish fillets with chunky chips and tomato sauce.

**CHICKEN NUGGETS**

Golden crumbed nuggets served with chunky chips and tomato sauce.

**SCHNITZEL**

A crispy, crumbed chicken breast schnitzel served with chunky chips and Napolitana sauce.

**SPAGHETTI** (GFO/VO)

Freshly cooked spaghetti finished with Napolitana sauce and parmesan cheese.

**MAC AND CHEESE** (GFO)

Macaroni pasta, cheese sauce and bacon bits on top.

**CHEESE STICKS**

Cheese sticks with Napolitana sauce.

# BURGERS

ALL SERVED WITH CHIPS

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**STEAK AND PRAWN** \$29

Grilled rump steak, medium, topped with Mooloolaba Prawns, truffled dijon mayo and greens on a brioche bun.

**VEGAN** \$26 (VE)

Plant based patty with vegan aioli, pickled onion and greens on a potato bun.

**CHICKEN** \$26

Crumbed chicken with Togarashi mayo, bacon, American cheese, pickled onion and greens on a brioche bun.

**STEAK** \$26

Char-grilled rump steak, medium with truffled dijon mayo, onion rings, greens on a brioche bun.

## FROM THE MANGO'S GRILL

**SALMON** \$35 (GF)

Seared Salmon with mashed potato, black garlic emulsion, pickled onion, edamame beans, herb oil and dashi beurre blanc.

**BARRAMUNDI** \$38 (GF)

Seared skin on Barramundi served with mashed potato, black garlic emulsion, pickled onion, edamame beans, herb oil and dashi beurre blanc.

ALL SERVED WITH MASHED POTATO, CHAR-GRILLED BABY CARROTS, ROASTED CARROT PUREE, PUFFED WILD RICE, HERB OIL AND A CHOICE OF SAUCE - GRAVY, RED WINE JUS, DASHI BEURRE BLANC, MUSHROOM SAUCE

**BEEF TENDERLOIN 200G** JOHN DEE, GRASS FED \$45

**SCOTCH FILLET 250G** JOHN DEE, GRASS FED \$46 (GF)

**RUMP 300G** JOHN DEE, GRASS FED \$39 (GF)

**SEARED CHICKEN BREAST** FREE-RANGE \$28 (GF)

**FRENCH CUT PORK CHOP 300G** \$35 (GF)

**CRUMBED PORK CHOP 300G** \$35

**BRAISED LAMB SHANK** WITH CALDERETA SAUCE \$34

**VEGAN STEAK** \$29 (VE)

Mango's Bar & Grill

## RAWGANIX FARM

### SUNSHINE COAST *on a plate*

We are committed to providing our diners with the finest, locally sourced ingredients. It is our great pleasure to partner with Rawganix Farm to serve you some of the most delicious meat dishes you'll taste on the Sunshine Coast.

Rawganix Farm is a boutique farm growing 100% certified organic beef, lamb, pork and free range eggs. All produce is free of artificial hormones and antibiotic, home grown in the small rural town of Tansey, located just 90 minutes north of the Banana Bender Pub.

Our chefs are excited to present two dishes each week featuring Rawganix Farm meats, one a wonderful western inspired delicacy and the other bursting with the aromatic Asian influences, each packed with flavour, tenderness and juices that will want you craving more.

LOOK OUT FOR OUR BLACKBOARD OR ASK OUR FRIENDLY STAFF ABOUT THIS WEEK'S RAWGANIX MENU SPECIAL!

*homegrown* ON THE SUNSHINE COAST



## SIDES & SAUCES

\*NO ALTERATION IN ANY OF THE SIDES UNLESS ALREADY MARKED AS A DIETARY OPTION.

TRUFFLE PARMESAN CHIPS	\$15	
CHIPS SIDE/BOWL	\$6/12	
MASHED POTATO	\$10	(GF)
SEARED PRAWNS ADD ON	\$14	(GF)
SEARED CHICKEN ADD ON	\$9	(GF)
SEARED HALLOUMI ADD ON	\$8	
GARDEN SALAD	\$8	(V)
GRAVY	\$3	(GF)
RED WINE JUS	\$3	(GF)
DASHI BEURRE BLANC	\$3	
MUSHROOM SAUCE	\$3	(GF)

# PASTA

GF PASTA ADDITIONAL \$2

**CARBONARA** \$28 (GF)

Pappardelle, cream, pancetta, sous-vide egg and parmesan cheese.

**PUMPKIN PARPADELLE** \$25 (VO)

Parpadelle with a roasted pumpkin puree, pine nuts, fried sage and parmesan.

**PRAWN SPAGHETTI** \$28 (GF)

Spaghetti with chilli Napoli sauce, Mooloolaba prawns, oven-dried cherry tomatoes and parmesan.

# SALAD

**BURRATA** \$22 (V)

Marinated baby heirloom tomatoes, burrata, rustic basil pesto, pine nuts and a balsamic glaze.

**PRAWN & POMELO** \$22 (DF)

Mooloolaba Prawns with pomelo, red onion, tomato, ground peanut, coriander, mint, fried shallot, chilli, and a lime fish sauce.

**GARDEN** \$12 (V)

Mixed leaves, heirloom tomato, beetroot, pickled sweet onion and cucumber with a lemon vinaigrette.

# DESSERT

**CRÈME CARAMEL** \$14 (GF)

Crème Caramel with mixed berries.

**APPLE CRUMBLE TART** \$14

Apple Crumble Tart with double cream and caramel sauce.

**BANANA BENDER BANANA SPLIT** \$15

Fresh QLD banana, vanilla ice cream, chocolate mousse, chocolate sauce, nuts, berries and chocolate wafer.