

## Well ... Bread!

**MANGO'S FAMOUS DAMPER** SCF/V 8  
Freshly baked with mountain pepperberry spice and served with a trio of butters...Lemon myrtle, herbed garlic and saltbush.

**GARLIC AND HERB CIABATTA** V 8  
Slathered in a secret whipped garlic and herb butter then oven-toasted.

**SAY "CHEESY" GARLIC!** V 9  
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 baby tomatoes, diced mango, whipped feta, basil and balsamic reduction and extra virgin olive oil served on sourdough!

**ROASTED VEGETABLE STACK** SCF/VE/GF/VO 21  
Vegetable jenga! Stacked tall with roast capsicum cheeks, garlic roasted field mushroom, eggplant, grilled zucchini, haloumi, roast pumpkin crowned with caramelised red onion and a roast capsicum coulis.

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

**MOOLOOLABA GARLIC PRAWN ZA'ATAR** 17  
Mooloolaba prawns, coconut rice in a special garlic za'atar and herb sauce.

**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!

**GREEN ENVY** SCF/VE/GF 18  
Vegan beauty, fresh and healthy combo complete with steamed broccolini and zucchini, snow peas, green beans and served with our very own delicious mango and vincotto 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 - 2:30pm

**AUSSIE BEEF AND CHEESE - OI OI OI!** 19  
Char-grilled Angus beef pattie, tomato, pickles, monterey jack cheese, green salad, smoked relish and garlic aioli, served on a delicious milk bun.

**THE HAPPY VEGO** 22  
With roasted capsicum, baby spinach, monterey jack cheese, caramelised field mushrooms, seared haloumi with roasted garlic aioli, served on a delicious milk bun.

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

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

**THE BRANDED BENDER** 28  
A double hander here! Char-grilled Angus beef patty, monterey jack cheese, herbed infused-grilled chicken breast, streaky bacon, halloumi, lettuce mix, thick cut vine tomato, banana relish and aioli on a milk bun.



## KIDS MEALS

12<sup>95</sup> EA.

For kids 12 & under

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

### GRILLED CHICKEN TENDERS

Served with chips or steamed vegetables.

### TROPICAL PIZZA

Crispy crust with tomato sauce, cheese, ham and pineapple with chips.

### FISH'N'CHIPS

Battered fish fillets with chips or steamed vegetables.

### CHICKEN CHUNKETTES

Crispy battered chicken nuggets served with chips or steamed vegetables.

### BENDER'S CHEESE BURGER

Grilled 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.



## 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, 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 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, local greens and draped in a capsicum coulis.

# Pasta at the Pub

**THE PUB'S CARBONARA** SCF/GFO 26  
Delicate ribbons of al dente pappardelle tossed with smokey bacon, chives, 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 28  
Luscious layers of fresh chunky fish, scallop, local prawns, 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/GFO/VO 25  
Our voluptuous penne is tossed with grilled zucchini peas, pumpkin chunks, our own basil tomato sauce and sprinkled with parmesan.

... and now the rest!

# 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 38

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** 39

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 28

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, mussels, scallops and smoked salmon in a garlic, lemon and herb butter melt. It's famous for a reason!



# Scrumptious Sides

**BEER BATTERED ONION RINGS** 5

**CHUNKY CHIPS** 6

**HOUSE SIDE SALAD** 6

**SEASONAL VEGETABLES** 8

**CREAMY MASHED POTATO** 8

**BANANA RELISH** 6

# Tasty Toppers

**CHAR-GRILLED LEMON MYRTLE CHICKEN** 9

**GRILLED MOOLOOLABA PRAWNS** 14

**GRILLED HALOUMI** 7

**LEMON MYRTLE CALAMARI** 9

**GRILLED BUTTERFLIED BANANA W/ DUKKAH SPICE** 10

# Get Saucy

Gravy / Mushroom / Béarnaise  
Creamy Peppercorn / Mango Salsa

**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 goldband snapper has a crisp finish served with chunky chips, house salad, lemon and tartare.

**LEMON MYRTLE CALAMARI** GF 22

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

**FISH OF THE DAY** GF MP

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

# From the Pizzeria

**MARGHERITA** SCF/V 16

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

**MEAT LOVERS** 22

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, tangy capers, red onion topped with our pizza cheese blend and zingy lemon aioli, served on garlic cream bed.

**TROPICAL** SCF 18

Triple smoked ham meets tangy caramelised 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 stew with house pizza cheese.

**WANT A GLUTEN FREE BASE?** ADD 3.5

**LEGEND** | V Vegetarian | VE Vegan Friendly | GF Gluten Free | GFO Gluten Free Option | VO Vegan Option | MP Market Price | SCF Sunshine Coast Flavours |  Mango's Specialty

**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.