

# HARRUP PARK

# THE BISTRO

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## DINING HOURS

LUNCH & DINNER - 7 DAYS

Monday	12:00PM - 2:00PM//5:00PM - 8:30PM
Tuesday	12:00PM - 2:00PM//5:00PM - 8:30PM
Wednesday	12:00PM - 2:00PM//5:00PM - 8:30PM
Thursday	12:00PM - 2:00PM//5:00PM - 8:30PM
Friday	12:00PM - 2:00PM//5:00PM - 8:30PM
Saturday	12:00PM - 2:00PM//5:00PM - 8:30PM
Sunday	12:00PM - 2:00PM//5:00PM - 8:30PM

## FOOD ALLERGIES & DIETARY REQUESTS

Please be aware that all care is taken when catering for special dietary requirements. It must be noted that within the premises we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi, and dairy products. Customer requests will be catered to the best of our ability, but the decision to consume a meal is the responsibility of the diner.

## STARTERS

	M	NM
<b>GARLIC BREAD</b> (V)	6.5	7
Add cheese & bacon	4	4.5
Add cheese (V)	2	2.5
Add bacon	2	2.5
<b>A BOWL OF SWEET POTATO WEDGES</b> (V) (GF)	13	14
<b>A BOWL OF CHIPS</b> (V) (GF) (DF)	8	9.5

## ENTRÉES

	M	NM
<b>KOREAN FRIED CHICKEN</b> (GF) (DF)	17.9	19.9
coated in sticky chilli w/ tomato salad		
<b>COCONUT CHICKEN SATAY SKEWERS</b> (GF) (DF)	16.9	18.9
w/ jasmine rice & peanut sauce		
<b>DUCK SPRING ROLLS</b> (DF)	18.9	20.9
w/ sweet chilli dipping sauce		
<b>BBQ PORK BELLY</b> (DF)	19.9	21.9
w/ black garlic slaw, fried shallots, & hickory smoked BBQ sauce		
<b>CAESAR SALAD</b>	17.9	19.9
w/ crispy squid	7.9	8.9
w/ poached chicken	6.9	7.9
w/ tempura prawns	9.9	10.9
<b>CRISPY SQUID SALAD</b> (DF)	19.9	21.9
w/ green papaya salad & Nam Jim dressing		
<b>GARLIC PRAWN RISOTTO</b> (GF)	19.9	21.9
w/ local prawns in a roast garlic & cream risotto		

## VEGETARIAN

	M	NM
<b>ASIAN STIR-FRY</b> (V) (DF)	17.9	20.9
w/ hokkien noodles, stir fry vegetables, sweet soy sauce & shallots		
<b>THAI GREEN PUMPKIN &amp; BEAN CURD CURRY</b> (GF) (DF) (V)	19.9	22.9
w/ steamed vegetables, crisp rice paper & rice		
<b>VEGETABLE FRIED RICE</b> (GF) (DF) (V)	17.9	20.9
w/ stir fried Asian vegetables, egg & honey soy sauce		

## SEAFOOD

	M	NM
<b>GRILLED ATLANTIC SALMON</b> (DF)	34.9	37.9
w/ prawn & bacon stir fry & Japanese sauce		
<b>GRILLED SALTWATER BARRAMUNDI FILLET</b> (GF) (DF)	29.9	32.9
w/ wilted greens, jasmine rice & ginger & chilli sauce		
<b>GRILLED CORAL TROUT</b> (GF) (DF)	36.9	39.9
w/ roast corn, cherry tomato salad & macadamia mojo		
<b>SEAFOOD BASKET</b> (DF)	33.9	36.9
w/ beer-battered coral trout, chips, tempura prawns & crispy squid		
<b>WOK TOSSED PRAWN STIR-FRY</b> (DF)	27.9	30.9
w/ snow peas & sweet garlic & soy sauce		

## VALUE

	M	NM
<b>FISH &amp; CHIPS - BATTERED BARRAMUNDI</b>	19.9	22.9
w/ salad or vegetables		
<b>CRUMBED STEAK</b> (DF)	19.9	22.9
w/ chips, salad or vegetables		
<b>CHICKEN SCHNITZEL</b> (DF)	19.9	22.9
w/ chips, salad or vegetables		
<b>WOK TOSSED CHICKEN STIR-FRY</b> (DF)	19.9	22.9
w/ egg noodles, sweet soy & shallots		

### Sauces

	M	NM
DIANE SAUCE (GF)	2.5	3
GARLIC AIOLI (GF)	2.5	3
GARLIC CREAMY SAUCE (GF)	2.5	3
GRAVY (GF) (DF)	2.5	3
HOLLANDAISE (GF)	2.5	3
MUSHROOM SAUCE (GF) (DF)	2.5	3
PEPPER SAUCE (GF)	2.5	3
SRIRACHA CHILLI SAUCE	2.5	3

### Toppers with main meals only

	M	NM
ONION RINGS	7.9	8.9
SMOKEY BACON (GF) (DF)	6.9	7.9
GARLIC PRAWN SKEWERS X 2 (GF)	11.9	12.9
REEF - GARLIC PRAWN SKEWER & CRISPY SQUID	11.9	12.9

### Sides

	M	NM
MIXED LEAF GARDEN SALAD (GF) (DF) (V)	5.5	6
GARLIC POTATOES (GF) (DF) (V)	5	6
SCENTED JASMINE RICE	4	5
SWEET POTATO WEDGES (V) (GF)	7.5	8
CHIPS (V) (GF) (DF)	6	7
STEAMED SEASONAL VEGETABLES (V) (GF) (DF)	6.5	7.5

## GRILL

all steaks served w/ chips and garden salad or garlic potatoes and buttered vegetables and your choice of sauce

	M	NM
<b>BLACK ANGUS RUMP STEAK</b> (GF)	29.9	32.9
• 200g	40.9	43.9
• 400g		
<b>300G GRAIN FED RIB FILLET</b> (GF)	46.9	49.9
<b>BLACK ANGUS EYE FILLET MEDALLIONS</b> (GF)	36.9	39.9
• 200g	49.9	53.9
• 400g		
<b>REEF &amp; ANGUS BEEF</b>		
w/ garlic prawn skewer & crispy squid		
• 200g rump	39.9	43.9
• 400g rump	49.9	53.9
<b>ANGUS STEAK &amp; RIB COMBO</b> (GF)		
rump & half rack of ribs		
• 200g	42.9	46.9
• 400g	54.9	58.9
<b>ANGUS STEAK &amp; HALF LOBSTER</b> (GF)		
w/ roast potatoes & corn on the cob		
• 200g	59.9	63.9
• 400g	69.9	73.9
<b>WHOLE GRILLED AUSTRALIAN ROCK LOBSTER</b> (GF)	59.9	63.9
whole split lobster with roast potatoes & sauce		
<b>MIXED GRILL</b>		
chargrilled angus rump steak, grilled lamb cutlets, a bratwurst sausage & your choice of sauce		
• 200g rump mixed grill	45.9	49.9
• 400g rump mixed grill	56.9	60.9
<b>SMOKEY BBQ PORK RIBS</b> (GF)		
w/ roast potatoes & corn on the cob		
• 325g half rack	30.9	34.9
• 650g whole rack	42.9	46.9
<b>CHARGRILLED LAMB CUTLETS</b> (GF)	43.9	47.9
w/ chips & garden salad or garlic potatoes & buttered vegetables & your choice of sauce		

## MAINS

	M	NM
<b>THAI GREEN CHICKEN CURRY</b> (GF) (DF)	23.9	26.9
w/ steamed vegetables, crisp rice paper & rice		
<b>CHAR SUI PORK FRIED RICE</b> (GF) (DF)	24.9	27.9
w/ stir fried greens & spring onion		
<b>CLASSIC PARMY</b>	26.9	29.9
w/ tomato, ham, melted cheese & choice of sides		
<b>KING AVO CHICKEN SCHNITZEL</b>	28.9	31.9
w/ avocado, bacon, hollandaise sauce & choice of sides		
<b>HONEY GLAZED CHICKEN</b> (GF)	26.9	29.9
w/ garlic herb & vegetable fried rice		

## PIZZAS

	M	NM
<b>CHICKEN, BACON RANCH</b>	21.5	24.5
w/ tomato & herb base & ranch sauce		
<b>CLASSIC CHEESE PIZZA</b>	16.9	19.9
w/ 3 cheeses, tomato & herb base		
<b>MEDITERRANEAN</b> (V)	21.5	24.5
w/ marinated fetta, olives, artichoke, capsicum, cherry tomatoes & onion		

## KIDS MEALS

	M	NM	M	NM	
POPCORN CHICKEN (GF)	11.5	12.5	GRILLED BARRAMUNDI (GF)	11.5	12.5
100G ANGUS STEAK (GF)	11.5	12.5	LAMB CUTLET (GF)	11.5	12.5
CRUMBED STEAK	11.5	12.5	HAM AND PINEAPPLE PIZZA	11.5	12.5
CHICKEN SCHNITZEL	11.5	12.5	CHICKEN RISOTTO	11.5	12.5