

HARRUP PARK

THE BISTRO

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

ENTRÉES

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

VEGETARIAN

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

SEAFOOD

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

VALUE

	M	NM
FISH & CHIPS - BATTERED BARRAMUNDI	19.9	22.9
w/ salad or vegetables		
CRUMBED STEAK (DF)	19.9	22.9
w/ chips, salad or vegetables		
CHICKEN SCHNITZEL (DF)	19.9	22.9
w/ chips, salad or vegetables		
WOK TOSSED CHICKEN STIR-FRY (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
BLACK ANGUS RUMP STEAK (GF)		
• 200g	29.9	32.9
• 400g	40.9	43.9
300G GRAIN FED RIB FILLET (GF)	46.9	49.9
BLACK ANGUS EYE FILLET MEDALLIONS (GF)		
• 200g	36.9	39.9
• 400g	49.9	53.9
REEF & ANGUS BEEF		
w/ garlic prawn skewer & crispy squid		
• 200g rump	39.9	43.9
• 400g rump	49.9	53.9
ANGUS STEAK & RIB COMBO (GF)		
rump & half rack of ribs		
• 200g	42.9	46.9
• 400g	54.9	58.9
ANGUS STEAK & HALF LOBSTER (GF)		
w/ roast potatoes & corn on the cob		
• 200g	59.9	63.9
• 400g	69.9	73.9
WHOLE GRILLED AUSTRALIAN ROCK LOBSTER (GF)	59.9	63.9
whole split lobster with roast potatoes & sauce		
MIXED GRILL		
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
SMOKEY BBQ PORK RIBS (GF)		
w/ roast potatoes & corn on the cob		
• 325g half rack	30.9	34.9
• 650g whole rack	42.9	46.9
CHARGRILLED LAMB CUTLETS (GF)	43.9	47.9
w/ chips & garden salad or garlic potatoes & buttered vegetables & your choice of sauce		

MAINS

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

PIZZAS

	M	NM
BBQ MEAT LOVERS	17.50	21.50
w/ bacon, ham, pepperoni, chicken, salami, cheese & BBQ Sauce		
CHICKEN, BACON AND RANCH	16.50	20.50
w/ chicken, bacon, cheese, ranch dressing and tomato sauce		
MEDITERRANEAN (V)	16.50	20.50
w/ marinated fetta, olives, artichoke, capsicum, cherry tomatoes, onion and cheese		
HAWAIIAN	16.50	20.50
w/ ham, pineapple, cheese and napoli sauce		

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