

THE BORED

MONKEY

winter dinner menu

AT NARRABEEN

STARTERS/ ENTREE/ TAPAS

Starters

- MIXED MARINATED OLIVES** **\$6.50**
Sicilian and Jumbo Kalamata Olives marinated in orange peel & herbs
- GARLIC HERB BREAD (V)** **\$8.00**
Toasted Turkish style Ciabatta bread, topped with garlic, parsley & butter
- CHICKEN LIVER PATE** **\$14.00**
with onions, pickles, gherkins & grilled sourdough
- SYDNEY ROCK OYSTERS** **\$4.00**
each
- Natural
 - Ponzu sauce, white sesame oil, wakame & flying fish roe (Japanese style)
 - Lime, soya, ginger & eshallots

Entrée/Tapas

- CYPRUS GRILLED HALLOUMI (3 pieces - V)** **\$9.50**
with fried capers, micro herbs & lemon oil
- CHEESY WILD MUSHROOM ARANCINI** **\$11.50**
with roasted tomato jam, grated parmesan cheese & basil oil
- TEQUILA POPPERS (3 pieces - V)** **\$11.50**
Crumbled Jalapenos filled with three cheese & tequila served with Chipotle aioli
- ZUCCHINI FLOWERS (3 pieces - V)** **\$12.00**
filled with Ricotta and Goats cheese, fried & served on fresh Caponata
- MONKEY'S CHICKEN WINGS (any choice of - GF)** **\$12.50**
American hot sauce | mild BBQ bourbon sauce | dusted garlic paprika
- BANGALOW CRISPY PORK BELLY (3 pieces - GF)** **\$13.50**
with Chorizo jam & Apple puree
- GRILLED BABY OCTOPUS (GF)** **\$13.50**
with harissa rouille
- SALT AND PEPPER SQUID** **\$14.50**
Lightly dusted & served with a zesty lime aioli

CUMIN LAMB (GF) Marinated with cumin, yogurt, lime zest, chargrilled & Szechuan Achar	\$15.00
KARAAGE CHICKEN (GF) Deep fried Japanese Chicken with a Sesame Sauce	\$15.00
SEAFOOD HOT POT Selection of fresh Seafood cooked in chilli, garlic, & shallots E.V.O served with sourdough	\$19.90

————— MAINS —————

AUBERGINE LASAGNE (V) Roasted eggplant, zucchini, parmesan cheese, capsicum, mushroom & béchamel sauce	\$24.50
BRAISED LAMB SHANK on soft cheese polenta with gremolata	\$28.50
KINKAWOOKA BLACK MUSSELS (GF) Steamed NZ Black mussels served with chilli, garlic & homemade tomato sauce or creamy white wine sauce	\$29.50
LINGUINE MARINARA Linguine cooked with selection of fresh seafood, chilli, garlic, white wine & homemade cherry tomato sauce	\$29.50
PAN FRIED ALPINE KING TROUT (GF) Spiced tomato, aloo tikki, dill, yoghurt, pickled cucumber & water cress	\$29.50
BLUE SWIMMER CRAB SPAGHETTI Blue swimmer crab with spicy prawn oil, Italian parsley, blistered cherry tomato, sea salt & grated parmesan cheese	\$31.50
CRISPY SKIN BARRAMUNDI (GF) Humpty doo roasted barramundi fillet served with roasted funnel, capers, olives & burnt butter sauce	\$32.50
GRILLED DEBONED PORTUGUESE SPATCHCOCK (GF) on parsley crushed potato & tomato fondue	\$32.50
SCOTCH FILLET (300 g - GF) 300 g Black Angus marbled scotch fillet cooked to perfection. Served with any side & sauce	\$33.50
KOBE WAGYU SIRLOIN (250 g - GF) Wagyu Sirloin, MB 7+, served with your choice of any side & sauce	\$39.50
SMOKED PORK RIBS (GF) Rack of smoked pork ribs glazed with honey, sherry and French BBQ sauce, grilled sweet corn served with steak fries	\$39.50
SURF AND TURF (GF) Grain fed premium scotch fillet, half Moreton bay bug, asparagus, steak fries & port wine jus	\$41.50
SEAFOOD TASTING PLATE FOR TWO Grilled market fish, Yamba prawns, Sydney rock oysters, grilled octopus, Moreton Bay bug, salt and pepper squid and sake scallops, with steak chips, aioli & lemon cheeks	\$85.00

SIDES

Small \$5.00 & Large \$8.00

Broccolini, chilli, garlic & E.V.O

Potato mash (GF)

Rocket parmesan & pear salad with white balsamic dressing

Steak chips/French fries

Grilled corn

HOMEMADE SAUCE

Mushroom/ Red Wine Jus/ Chimichurri/ Szechuan roasted tomato sauce

\$3.00

———— 6 COURSE TAPAS BANQUET ————

As our selections are changed each week, please ask your waitress for information about this week's availability. (minimum 3 people)

\$35.00

Per
person

———— PIZZA ————

MARGARITA

tomato, fresh parmesan & basil

\$19.00

HALLOUMI AND EGGPLANT

grilled Cyprus halloumi, marinated eggplant, red pepper, Spanish onion, truffle oil & wild rocket

\$19.50

HAWAIIAN

ham, pineapple, mozzarella cheese & shaved parmesan cheese

\$19.50

CHORIZO

spicy sausage, semi-sundried tomato, olives, red onion, chilli & aioli

\$24.50

GARLIC PRAWN

marinated prawn, roasted capsicum, fetta, sundried tomato, shallots & basil

\$26.50

PERI PERI CHICKEN

marinated chicken breast in Peri Peri sauce, roasted capsicum, Spanish onion, shallots & Peri Peri yogurt

\$26.50

———— SALADS ————

SALT & PEPPER SQUID SALAD

Tender pieces of squid served with bean shoots, mint, coriander, cucumber and roasted peanuts with chilli lime dressing

\$26.50

THAI BEEF SALAD (GF)

Grass fed marbled beef fillet served medium rare sliced on top of an Asian mixed leaf and Julienne salad with mint, coriander, cashew nuts and Nam Jim dressing

\$28.50

———— KIDS MEAL ————

*FISH and CHIPS

\$8.00

*SPAGHETTI with tomato & cheese sauce

\$8.00

*CHICKEN NUGGETS and CHIPS

\$8.00

PIZZA (Hawaiian, Cheese)

\$9.00

KIDS STEAK and CHIPS or SALAD

\$10.00

CHICKEN SCHNITZEL and CHIPS or SALAD

\$10.00

CHICKEN PARMIGIANA and CHIPS or SALAD

\$10.00

*KIDS UNDER 12 EAT FREE

———— DESSERT ————

CHURROS

served with chocolate ganache, strawberry, vanilla bean gelato & whipped cream

\$9.50**BERRIES and APPLE CRUMBLE, CINNAMON ICE CREAM****\$10.50****STICKY BANANA PUDDING**

served with butterscotch sauce & vanilla bean gelato

\$10.50**AFFOGATO**

served with vanilla bean gelato, espresso & a liquor of your choice

\$12.50

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www.theboredmonkey.com.au