

MANLY EATS

LOCA-VORE; LOCAL EATER

To make an amazing dish, you need to find amazing ingredients which is why 100% of our produce is sourced locally from within NSW. We're committed to keeping our food miles low, doing our part for the wonder that is Mother Nature and setting a more sustainable table every day.

RAW

SYDNEY ROCK OYSTER <i>Each or half doz</i> <i>Subject to change daily, NSW</i> Freshly shucked & served w hot sauce, lemon, mignonette (DF) (NF) (GF)	4.5/25
SASHIMI OF YELLOW FIN TUNA <i>Raw Yellow fin tuna MSC from Coffs Harbour, NSW</i> Pickled apple, daikon, bean shoots, crisp eschalot, nah jhiim (GFO) (DF)	20
CEVICHE OF BONITO <i>Ulladulla, NSW</i> Heirloom tomato, jalapeno, avocado, crisp tortilla (NF) (GFO) (DF)	18
BURRITO BOWL <i>Raw Yellow fin tuna MSC from Coffs Harbour, NSW</i> Yellow fin tuna, steamed brown rice, charred corn, chipotle, black bean, avocado, mojo verde, crisp tortillas (DF) (NF) (GFO)	16

SHARE PLATES

CHICKEN AND PISTACHIO TERRINE <i>Marsden Park Farm, Sydney</i> Fig & thyme chutney, pickles, crostini (GFO)	18
PORK & VEAL SAUSAGE ROLL Cured & minced pork, tomato chipotle chutney	18
FRIED CHICKEN WINGS <i>Marsden Park Farm, Sydney</i> Smokey chipotle BBQ sauce, crispy onion, ranch dressing (NFO) (GFO)	18
SALT & PEPPER FRIED BABY SQUID Holy basil, shallots, chilli, lime (DF) (NF) (GFO)	19/26
PLOUGHMAN'S BOARD Sliced leg ham, fennel salami, nduja & chicken & pistachio terrine w cheddar from Berry's Creek Riverine, vegetable pickle & crusty bread (GFO)	35
THE BIG CHEESE Artisan cheeses (3), quince paste, Shepherd's bread (GFO)	25

SALADS

ROAST CHICKEN COBB SALAD <i>Marsden Park Farm, Sydney</i> Avocado, tomato, crisp pancetta, boiled egg, cos lettuce & ranch (DFO) (GFO) (NFO)	27
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SIDES

RUSTIC FRIES (GFO)	9.5
ZUCCHINI AND FETA FATTOUSH SALAD (GFO) (DGO)	10
ANCIENT GRAIN SALAD (GFO) (DFO)	10
POTATO WEDGES (DFO)	10
MIXED LEAVES	08

SANDWICHES & BURGERS

LOBSTER & PRAWN ROLL <i>Tweed Heads, NSW</i> Peas, dill, chopped chilli, mayo, served w rustic fries (GFO)	28
MANLY CLASSIC WAGYU BURGER <i>Riverina Wagyu beef, Southern NSW</i> Maple glazed bacon, Jack cheese, pickles, club sauce, tomato, lettuce, rustic fries (GFO)	24
SPICY SOUTHERN FRIED CHICKEN BURGER <i>Marsden Park Farm, Sydney</i> Jack cheese, red cabbage slaw, pickles, lime mayo, rustic fries	21
CRUMBED FISH SANDWICH Cos lettuce, pickles, house tartare, rustic fries	17

PLANT BASED

GARLIC, HERB AND PARMESAN BREAD Parmesan, sage, burnt butter (GFO)	09
SWEET & SOUR EGGPLANT DIP Feta, pomegranate, almond, grilled bread (GFO)	15
GRILLED HALOUMI SALAD Grape, tarragon, grains, kale, sumac vinegerette (NF) (GFO)	17
MUSHROOM POPPERS Jalapeno crème cheese & black garlic sauce (NF)	15
GRILLED FLATBREAD Organic olives, balsamic & olive oil (VE)	11
CRISP FRIED TOFU BOWL Steamed brown rice, charred corn, chipotle, black bean, avocado, mojo verde (VE)	10
VEGAN FETTUCCINE Zucchini, pumpkin, fennel, kale and macadamia pesto (GFO) (DF) (VE)	26

SCALES & SHELLS

TODAY'S BEER BATTERED FISH Rustic fries, tartare, lemon (DF) (NF)	25
SPLIT & BARBECUED PRAWNS <i>Ballina, NSW</i> Mango chilli and coriander salsa, lime (NF) (GF)	36
CATCH OF THE DAY <i>Roasted whole baby Snapper, Coffs Harbor NSW</i> Heirloom beetroot, goats curd, dukkah, endive, vincotto (GF)	36
WHOLE BABY RAINBOW TROUT <i>Snowy Mountains, NSW</i> (Roasted or Steamed) Rustic fries, house tartare, lemon (DF) (NF) (GF)	29
STEAMED EDEN BLUE MUSSELS <i>NSW</i> Pearl barley risotto, blistered cherry tomatoes, pancetta, chili, lemon, saffron (NF)	29
PORT STEPHENS (NSW) VONGOLE Xo sauce, shao xing, bok choy, peanuts (DF)	36
CHILLED PRAWNS <i>Clarence River, NSW</i> W 'comeback' sauce, lime	29

FROM THE LAND

CARIBBEAN JERK SPATCHCOCK <i>Marsden park Farm, Sydney</i> Honey pumpkin, feta, pinenut, salsa verde (GF)	28
LAMB RUMP (250 GRAMS) <i>Grass fed Pinnacle, Southern NSW</i> Smoked eggplant, sumac, grains, pomegranate (DF) (NF)	36
GRASS FED PINNACLE SIRLOIN 250 GRAM <i>Southern NSW</i> Rustic fries, confit garlic, chimichurri, red wine jus (DF) (NF) (GF)	35
GRAIN FED RIVERINA BLACK ANGUS SCOTCH FILLET 300 GRAM <i>Southern NSW</i> Rustic fries, confit garlic, chimichurri, red wine (DF) (NF) (GF)	48