

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 *Each or half doz* 4.5/25

Subject to change daily, NSW

Freshly shucked & served w hot sauce, lemon, mignonette (DF) (NF) (GF)

SASHIMI OF YELLOW FIN TUNA 20

Raw Yellow fin tuna MSC from Coffs Harbour, NSW

Pickled apple, daikon, bean shoots, crisp eschalot, nah jhiim (GFO) (DF)

CEVICHE OF BONITO 18

Ulladulla, NSW

Heirloom tomato, jalapeno, avocado, crisp tortilla (NF) (GFO) (DF)

BURRITO BOWL 16

Raw Yellow fin tuna MSC from Coffs Harbour, NSW

Yellow fin tuna, steamed brown rice, charred corn, chipotle, black bean, avocado, mojo verde, crisp tortillas (DF) (NF) (GFO)

SHARE PLATES

CHICKEN AND PISTACHIO TERRINE 18

Marsden Park Farm, Sydney

Fig & thyme chutney, pickles, crostini (GFO)

PORK & VEAL SAUSAGE ROLL 18

Cured & minced pork, tomato chipotle chutney

FRIED CHICKEN WINGS 18

Marsden Park Farm, Sydney

Smokey chipotle BBQ sauce, crispy onion, ranch dressing (NFO) (GFO)

SALT & PEPPER FRIED BABY SQUID 19/26

Holy basil, shallots, chilli, lime (DF) (NF) (GFO)

PLOUGHMAN'S BOARD 35

Sliced leg ham, fennel salami, nduja & chicken & pistachio terrine w cheddar from Berry's Creek Riverine, vegetable pickle & crusty bread (GFO)

THE BIG CHEESE 25

Artisan cheeses (3), quince paste, Shepherd's bread (GFO)

SALADS

ROAST CHICKEN COBB SALAD 27

Marsden Park Farm, Sydney

Avocado, tomato, crisp pancetta, boiled egg, cos lettuce & ranch (DFO) (GFO) (NFO)

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

PLANT BASED

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

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 NSW 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