



SPECIALS

ENTREE

16.5 **PAN ROASTED PROSCUTO WRAPPED FIGS** with goats cheese and rosemary stuffing, served with chilli infused honey, roasted capsicum and rocket salad.

SYDNEY ROCK OYSTERS w- mango, mint & lime ricotta.

^{1/2}
16.50 ^{DOZ} 26.50

MAIN

32.50 **PEPPERED PORK CUTLET** with roast vegetable couscous and mint yoghurt .

31.50 **CAJUN SPICED BLUE EYE COD** on pesto kipflers w- an orange, fetta & spinach salad & seeded mustard, honey & coconut dressing.

33.50 **OVEN ROASTED LAMB RUMP** on garlic roasted pumpkin with asparagus and mint jus.

34.50 **PAN SEARED SIRLOIN STEAK** with tiger king prawns in hazelnut, chilli butter on garlic mash & asparagus.

42.50 **LongBENCH SEAFOOD PLATE** - selection of hot & cold seafood.

DESSERTS

11.5 blueberry Brulee

10.5 avocado & vanilla pannacotta w- mango coulis

11.5 chocolate & kahlua fudge tart w- sage infused berry compote



BREADS

- 8 *Garlic & cheese bread*
- 8 *Chilli corn bread with coriander butter*
- 9.50 *Sun dried tomato, feta, onion jam & spinach toasted turkish*
- 12.50 *Sourdough bruschetta w/ tomato, pesto & parmesan*

ENTREE

- 18.90 **THAI MARMALADE CHILLI PRAWNS** with creamed coconut jasmine rice.
- 18.50 **FIVE SPICED SQUID** w/ a watermelon, pine nut, rocket & feta saladw/ wasabi aioli.
- 28.90 **MIXED TAPAS PLATE FOR TWO** herbed sourdough croutes, marinated feta, kalamata olives, roast capsicum, basil pesto, grilled eggplant, seared chorizo & caramelised onion jam **[v]**
- 18.90 **CHICKEN, MUSHROOM & ASPARAGUS RISOTTO** with a parmesan chilli wafer. **[v]**

SALADS

- 19.50 **THAI BEEF SALAD** with fried shallots, cashews and soy chilli dressing.
- 21.90 **CRISP SKINNED DUCK & RICE NOODLE SALAD** with lychee & blackbean vinaigrette.
- 15.50 **LongBENCH CAESAR SALAD** double smoked bacon, poached egg & sourdough croutons.
- 20.50 Add chicken or smoked salmon.

DINNER MENU

‡ MAINS

- 28.50 **CORNBREAD & MINT CRUSTED CHICKEN SUPREME**
on a caramelised onion risotto w/ chilled prawn, coriander & truffle oil salsa.
- 18.90 **PAN SEARED CHORIZO SPAGHETTI** w/ roast capsicum, mushrooms, zucchini, roast tomato & rocket topped w/ a balsamic orange reduction.
- 17.50 **VEGETARIAN SPAGHETTI** w/ roast tomatoes, feta, olives, pesto & spinach. **[v]**
- 27.50 **KING PRAWN & SCALLOP PENNE** w/ roast garlic, chilli & parsley, finished w/ olive oil & lemon.
- 18.50 **CHICKEN PENNE** w/ sun dried tomatoes, pesto & baby spinach.
- 29.50 **NOLAN'S GRAIN FED SIRLOIN** w/ pesto mash, herb buttered beans, topped w/ caramelised garlic & mushroom jus.

SIDES

- 8.00 *Beer battered chips w/ garlic aioli & tomato relish*
- 8.00 *Steamed vegetables w/ herb butter*
- 8.50 *Basil pesto mash*
- 9.00 *Rocket, watermelon, feta & pine nut salad*