

HOW TO ORDER

PLACE YOUR ORDER AT THE BAR and inform us of any food allergies.

PLEASE NOTE when paying individually your food WILL come out separately.

AVAILABLE SUNDAY TO THURSDAY 11AM TO 9PM
FRIDAY & SATURDAY 11AM TO 10PM

VEGETARIAN V VEGETARIAN OPTION VO
VEGAN VN VEGAN OPTION VNO
GLUTEN FREE GF GLUTEN FREE OPTION GFO
NUT FREE NF

We use a vegan based mayonnaise in sauces

TO SHARE

LEMON PEPPERED CALAMARI House chutney	15
SWEET POTATO FRIES Aioli GF, V	11
CHIPS House seasoning, aioli V	10
SMOKED BABA GANOUSH GF, VN Zucchini salad, coconut dressing, baharat, flatbread	14

KIDS MEALS

KIDS PIZZA	13
CHEESEBURGER, TOMATO KETCHUP & CHIPS	13
KIDS FISH & CHIPS	13

We cannot guarantee that any of our products are 100% allergen free.

MAINS

FROM THE FARM	
PORTUGUESE STYLE GRILLED CHICKEN GF Boneless chicken, roasted sweet potato, perinase, artichoke, olives, tomato, basil	30
300 GRAM SIRLOIN GFO Chips & salad with a choice of pepper or mushroom sauce	39
WHARFIE'S BURGER GFO 100% Beef patty, American red cheddar, whiskey braised onions, salad, mustard BBQ sauce, dill pickle relish, aioli, chips	25
TWO BRIDGES - DOUBLE WITH CHEESE	+6
+ADD BACON & EGG	+6
CHICKEN PARMIGIANA Shaved leg ham, Napolitana sauce, mozzarella, chips, salad	26
LEFT BANK STEAK SANDWICH & CHIPS GFO American red cheddar, bacon, whiskey braised onions, mustard BBQ sauce, seed mustard aioli, salad	28
FROM THE OCEAN	
GRILLED BARRAMUNDI GF Potato hash, smoked eggplant, basil, tomato	33
LEMON PEPPERED CALAMARI Chips, garden salad, house chutney	25
BEER BATTERED FISH & CHIPS GFO Salad, grilled fish option available	27

SHARE YOUR EXPERIENCE

 TAG US ON INSTAGRAM

@THE_LEFT_BANK #THELEFTBANKFREQ

MAINS

FROM THE GARDEN	
MUSHROOM BURGER V Lettuce, tomato, whiskey braised onions, hot smokey BBQ sauce, sweet potato fries, aioli	26
+ADD VEGAN CHEESE	+2
+GLUTEN FREE & VEGAN OPTION	+3
ROASTED SWEET POTATO, MACADAMIA & TURMERIC CRUMBLE SALAD GF, VN Shaved carrot, fresh herbs, macerated currants, coconut yoghurt dressing	24
+ADD CHICKEN TENDERLOINS GF	+6

PIZZA

GF OPTION AVAILABLE \$4	VN MOZZARELLA CHEESE FREE - ASK TO SWAP
PRAWN & SPICY NOUJA Cherry tomato & basil	28
MARGHERITA V Fresh tomato, Fior di latte, fresh basil	18
SMOKEY CHICKEN & BACON Fior di latte, BBQ sauce	25
ZUCCHINI, CHERRY TOMATO & ARTICHOKE VN Vegan mozzarella	24
CONTINENTAL MEAT Salami, brisket bacon, Italian pork fennel sausage	25

DESSERTS

STICKY DATE PUDDING V Caramel sauce, vanilla ice cream	12
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This is a reduced version of our menu due to the current restrictions and supply issues.

It ensures we can continue to offer consistency with the same quality and good value.

We appreciate your support and understanding.