

# Blu Bistro

## BREADS & ENTREE

	M	NM
<b>Garlic Bread</b> - Add Cheese 1.50 - Add Vegan Cheese 3.00 - Add Cheese & Bacon 3.00 (GF Available 1.00)	5.30	6.30
<b>Lemon Pepper Calamari</b> Tartare sauce, lemon	14.50	16.50
<b>Beef Sliders</b> Mini cheese burgers, pickles, American cheese, tomato sauce, mustard	15.50	17.50
<b>Cajun Buffalo Chicken Wings</b> Twice cooked chicken wings, served with ranch dressing dipping sauce and celery sticks	15.50	17.50
<b>Garlic Prawns</b> Parsley, garlic cream sauce, fragrant rice	19.00	21.00

## SALAD

	M	NM
<b>Caesar Salad</b> Cos lettuce, rustic garlic croutons, shaved parmesan, crispy bacon, soft boiled egg, house dressing - Add Chicken 5.50 - Add Prawns 7.00	16.70	18.70

## BURGERS

	M	NM
<b>Pulled Pork Burger</b> Bbq pulled pork, southern slaw, American cheese, potato bun, chips	17.50	19.50
<b>Battered Fish Burger</b> Crispy battered hoki, fennel slaw, American cheese, tartare sauce, potato bun, chips	17.20	19.20
<b>Steak Sandwich</b> 150g scotch fillet, green oak lettuce, tomato, caramelised onion, tasty cheese, BBQ sauce, aioli, chips	18.50	20.50

## PASTA

	M	NM
<b>Rigatoni Bolognese</b> A classic meat and tomato sauce tossed through tubes of pasta with shaved parmesan	18.00	20.00
<b>Potato, Pumpkin Gnocchi</b> Pumpkin purée, roast pumpkin, spinach, toasted almonds, Persian feta, candied pumpkin seeds	20.00	22.00
<b>Chicken &amp; Mushroom Rigatoni</b> Sautéed mixed mushrooms, chicken breast, creamy white wine sauce, truffle oil, baby spinach	19.30	21.30
<b>Beef Tortellini</b> Sautéed cherry tomatoes, sliced chilli, kalamata olives, napoli sauce, tiny pillows of braised beef, shaved parmesan	20.50	22.50

## FROM THE GRILL

	M	NM
<b>300g Rump</b>	26.50	28.50
<b>300g Sirloin</b>	32.00	34.00
<b>200g Eye Fillet</b>	34.00	36.00
<b>300g Scotch Fillet</b>	39.20	41.20
<b>Grilled Chicken Breast Supreme</b> All grill meals served with crunchy fries & crisp salad with choice of sauce	25.50	27.50

## TOPPERS

<b>Garlic Bread Topper</b>	3.30
<b>Crisp Onion Rings</b>	3.50
<b>Fried Calamari</b>	5.50
<b>Garlic Prawns</b>	8.00

## SAUCES

<b>All Sauces 2.50</b> Garlic, Mushroom, Pepper, Dianne, Hollandaise, Béarnaise	
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# Blu Bistro

## MAINS & CLASSICS

M NM

<b>Beer Battered Hoki</b> <i>Freshly beer battered hoki, crunchy fries &amp; salad, tartare sauce, lemon wedge</i>	<b>17.90</b>	<b>19.90</b>
<b>Chicken Schnitzel</b> <i>Panko crumbed chicken breast, crunchy fries &amp; salad</i>	<b>19.30</b>	<b>21.30</b>
<b>Chicken Parmigiana</b> <i>Panko crumbed chicken breast, napoli sauce, smoked ham &amp; mozzarella, crunchy fries &amp; salad</i>	<b>21.50</b>	<b>23.50</b>
<b>Chickpea &amp; Pumpkin Curry</b> <i>Roasted pumpkin, baby spinach, ginger &amp; turmeric, fragrant rice, poppadom, naan bread</i>	<b>20.50</b>	<b>22.50</b>
<b>Seafood Basket</b> <i>A mix of crumbed &amp; battered seafood, hoki, prawns, scallops &amp; calamari with chips, side salad, tartare sauce, lemon cheek</i>	<b>27.50</b>	<b>29.50</b>
<b>Pan Fried Salmon Fillet</b> <i>Cauliflower puree, roast cauliflower florets, fried kale, baby caper &amp; raisin dressing</i>	<b>28.50</b>	<b>30.50</b>
<b>House Smoked Pork Spare Ribs</b> <i>Smokey BBQ bourbon sauce, crunchy fries &amp; salad</i>	<b>36.50</b>	<b>38.50</b>

## SIDES

<b>Crunchy Fries</b>	<b>5.20</b>
<b>Garden Salad</b>	<b>5.20</b>
<b>Paris Mash</b>	<b>5.50</b>
<b>Seasonal Vegetables</b>	<b>6.20</b>
<b>Charred Broccolini</b> <i>Toasted almonds, Persian feta</i>	<b>12.00</b>

## SENIORS MENU

13.50

<b>Bangers &amp; Mash</b> <i>Pork and herb sausage, mash, onion gravy</i>
<b>Chicken Schnitzel</b> <i>Panko crumbed chicken breast, crunchy fries &amp; salad</i>
<b>Battered Hoki, Chips and Salad</b> <i>Freshly beer battered hoki, crunchy fries &amp; salad, tartare sauce, lemon wedge</i>

## KIDS MENU

9.50

<b>Chicken Nuggets</b> <i>Battered chicken breast nuggets, crunchy fries and tomato sauce</i> <b>Gluten free available</b>
<b>Hawaiian Pizza</b> <i>Topped with napoli sauce, ham pineapple &amp; mozzarella</i>
<b>Battered Fish</b> <i>Crispy fish, crunchy fries, salad and aioli</i>
<b>Rigatoni Bolognese</b> <i>A classic meat and tomato sauce tossed through tubes of pasta with shaved parmesan</i>

# Blu Bistro

## \$15 LUNCH MENU

*Available 11:30am – 2:00pm everyday*

**Crumbed Lambs Brains,  
Mash Potato, Crispy Bacon, Gravy**

**Crumbed Calamari, Chips & Salad**

**Crumbed Hoki, Chips & Salad**

**Cottage Pie & Chips**

**Creamy Orecchiette Pesto Pasta**



**ClubHelensvale**