

Bent on Food Lunch Menu from 11.30

Bent on Food legendary steak sandwich – 200g MSA grade Manning Valley Scotch fillet w Bent on Food onion jam , aioli, locally grown lettuce and roasted tomato, on Turkish bread, served with beer battered chips	25.00
Avocado, goats cheese and roasted pumpkin on sourdough served with roasted seeds, Rocket and Bent on Food Balsamic Essence	17.00
Add smoked salmon	21.00
Haloumi and pear salad – w crispy bacon, rocket and maple pecans dressed w white balsamic vinaigrette	17.00
Toasted spinach tortilla wrap –lightly toasted spinach tortilla w chicken breast, feta, semidried tomato, roast pumpkin and house made basil pesto served with a side salad	17.00
Vegetarian option with baby spinach – no chicken [v]	14.00
Spicy corn fritters served with green salad, avocado and Bent on Food chilli jam (vegan) (gf)	17.00
Add Rudi's bacon	21.00
Beef and bacon burger – housemade patty of local beef & diced speck on toasted milk bun w lettuce, tomato, Dijon mayonnaise and Bent on Food Beetroot Relish	19.00
Served with beer battered chips and aioli	
Smoked salmon Black Market bagel – smoked salmon, avocado, herbed cream cheese, fresh chives, rocket and Bent on Food citrus EVOO	16.00
Organic quinoa salad with mint, watermelon, feta, organic seeds and nuts, dressed with a tangy pomegranate dressing	16.00
Vegan option	14.00
Vietnamese style twice cooked local pork belly with a salad of cherry tomatoes, coriander, mint, cucumber, mango, and crispy noodles	22.00
Salad only (vegan) option available	16.00
Salad wraps with house made beetroot aioli (v)	10.00
with poached chicken breast locally smoked ham avocado	13.00
with Smoked salmon	15.00

Gluten free bread available

Please see our blackboard for our daily chef's selection

At Bent on Food we are proud to promote local produce, if you like some of the condiments we use, please ask our staff to show you some products for purchase from our shelves and deli cabinet.

Should you have any comments regarding our menu please talk to us or place a comment in our comments box – we value your input.

GF = Gluten Free V = Vegetarian

Bent on Food is licensed – Enjoy a glass of wine or a beer in our garden

15% surcharge applies on public holidays

NO SPLIT BILLS OR VARIATIONS IN PEAK SEASON