



Food

AVAILABLE Monday - Thursday 3pm til late Friday - Saturday - Sunday 12pm til late

ROLLS *Gluten free bun available +\$2

- Bug roll** - brioche bun, tempura moreton bay bug meat, baby gem, pickled onion, fresh chilli & sriracha mayo (1) 14 (2) 25
- Prawn roll** - brioche bun, tempura prawns, baby gem, pickled onion, fresh chilli & sriracha mayo (1) 14 (2) 25

WINGS (GF)

- JD BBQ sauce 24
- Mano's hot buffalo with blue cheese sauce 24
- Honey & soy 24

ASIAN

- Duck Pancakes** - shredded duck, steamed pancakes, cucumber, coriander & hoisin sauce (4) 25
- Dynamite Prawns** - cos lettuce, lemon, sesame, spring onion, coriander & chilli 29
- Sticky Pork Bao** - slaw & sriracha mayo (1) 14 (2) 25
- Dynamite Prawn Bao** - slaw, chilli & sesame (1) 14 (2) 25
- Sticky Fried Cauliflower Bao** - slaw, chilli & sesame (VG) (1) 12 (2) 22

- Miso Corn Ribs** - butter roast corn ribs, parmesan, chilli & coriander (V) 14

Spring Rolls

- Prawn & chilli (4) 22
- Duck & coriander (4) 20
- Vegetable & chilli (V) (4) 18

MANO'S FAVOURITES

- Chilli squid, spring onion, lemon & aioli (GF) 24
- Fish & chips with tartare sauce (GF) 32
- Mano's KFC - Korean fried chicken, spicy OR sweet & salty (GF) 29
- Spiced cauliflower wings with tomato relish (V) 23

SLIDERS *Gluten free bun available +\$2

- Wagyu Beef** - cheese, lettuce, tomato, onion & ketchup 9
- Mush-Shroom** - panko crumbed mushroom, fried onion, rocket, blue cheese sauce & aioli (V) 9
- Chicken** - Korean spiced chicken, apple slaw & aioli 9
- Trio of Sliders** 25

BURGERS All served with fries. *Gluten free bun available +\$3

- Bacon cheese** - beef patty, lettuce, tomato, onion & ketchup 29
- Mush-Shroom** - panko crumbed mushroom, fried onion, rocket, blue cheese sauce & aioli (V) 28
- Chicken** - Korean spiced chicken, apple slaw & aioli 29
- Mano's the lot** - beef patty, bacon, lettuce, tomato, onion, fried egg, beetroot, cheese & ketchup 29

+ Beef or chicken patty \$8

TACOS - SOFT SHELL (NAKED ALSO AVAILABLE)

- Beef brisket** - baby gem & pico salsa (1) 10 (2) 18
- Fried fish** - baby gem, chilli, pickled onion & coriander (1) 11 (2) 20
- Chicken** - corn salsa, baby gem, sour cream, pickled chilli & spring onion (1) 10 (2) 18
- Mixed 3 x tacos** 25
- Vego tacos available on request*

SALADS

- Mexican bowl** - pico di gallo, corn salsa, pickled onion, chilli, chipotle, coriander & tortilla. (V) 21
- House salad** - fresh seasonal leaves, cherry tomatoes, olives, red onion with honey, lemon & olive oil dressing (GF) (V) 19

SALAD ADDON'S

- Slow cooked chicken (GF) 8
- Mushroom (V) 8
- Grilled prawns (GF) 10
- Squid (GF) 10
- Beef brisket (GF) 10
- Fried fish (GF) 10

SIDES

- Rustic fries & aioli (GF) 15
- Sweet potato fries & chipotle (GF) 16

PIZZA *Gluten free base available +\$5

- Margarita** tomato, mozzarella & basil (V) 25
- Garlic** parmesan, mozzarella & herbs (V) 25
- Prosciutto** blue cheese, pear, candied walnuts, mozzarella & rocket 31
- Vego** tomato, rocket, peppers, onion, cherry tomatoes, mozzarella, mushrooms & olives (V) 28
- Mano's supreme** tomato, sliced pepperoni, onion, peppers, mushrooms, olives, mozzarella & rocket 31
- Gamberi prawn** garlic, chilli, mozzarella & basil 33
- Pepperoni** tomato, mozzarella, pepperoni, bocconcini, rocket & basil 29
- BBQ chicken** mozzarella, peppers, cherry tomatoes & onion 29
- Duck** hoisin, pulled duck, chilli, spring onion, coriander, mozzarella & sesame seeds 33
- Hawaiian** tomato, mozzarella, ham & pineapple 27

KIDS MEALS

- Tempura fish & chips 19
- Chicken & chips 19
- Cheese burger & chips 19

(GF) Gluten Free (VG) Vegan (V) Vegetarian. We will do our best to accommodate your dietary requirements, please inform our bar staff.

P: (07) 5526 4022

Tedder Ave, Main Beach #manostedderave f i

Public holiday surcharge 15%

Everyone is a local at Mano's!