



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 *Gluten free available

JD BBQ sauce 23

Mano's hot buffalo & blue cheese sauce 23

Honey & soy 23

ASIAN

Duck Pancakes - shredded duck, steamed pancakes, cucumber, coriander & hoisin sauce (4) 24

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 (4) 18

MANO'S FAVOURITES

Chilli squid, spring onions, lemom with aioli (GF) 24

Fish & chips with tartare sauce 32

Mano's KFC - Korean fried chicken, spicy OR sweet & salty 29

Spiced cauliflower wings with tomato relish 22

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 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 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 + change to sweet potato fries \$2

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) 20

House salad - fresh seasonal leaves, cherry tomatoes, olives, red onion with honey, lemon & olive oil dressing (GF) 19

SALAD ADDON'S

Slow cooked chicken 8

Mushroom 8

Grilled prawns 10

Squid 10

Beef brisket 10

Fried fish 10

SIDES

Rustic fries & aioli 15

Sweet potato fries & chipotle (GF) 16

PIZZA *Gluten free base available +\$5

Margarita tomato, mozzarella & basil (V) 25

Garlic pizza parmesan, mozzarella & herbs 25

Prosciutto blue cheese, pear, candied walnuts, mozzarella & rocket 30

Vego tomato, rocket, peppers, onion, cherry tomatoes, mozzarella, mushrooms & olives (V) 28

Mano's supreme tomato, sliced pepperoni, onion, peppers, mushrooms, olives, mozzarella & rocket 30

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

Quattro mozzarella, bocconcini, blue, brie cheese, rocket & tomato relish 28

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!