



HARRINGTONS

bar + grill

Restaurant Menu

Tuesday - Thursday

Open from 11am-Late
Lunch 11:30am-2:30pm
Dinner from 6pm-8:30pm

Friday & Saturday

Open from 11am-Late
Lunch from 11:30am-2:30pm
Dinner from 6pm-9pm

Sunday

Open from 9am-4pm
Breakfast from 9am-11am
Lunch from 12pm - 2:30pm

Please advise our staff of any allergies or dietary requirements

(GF) indicates Gluten Free

(V) indicates Vegetarian

*At Harrington's Bar and grill our culturally diverse team of chefs is lead by Executive Chef Gagan.
Together they provide an inspired selection of dishes which captivate our diners.*

Please enjoy our 2016 Winter Menu

Bakery

Garlic Turkish Bread (V)	7
Baked Sourdough (V) Baked sourdough with extra virgin olive oil and balsamic reduction	8
Bruschetta (V) Fresh avocado, diced pumpkin and roasted Spanish onion, topped with Persian fetta	10
Mezze (V) Selection of tzatziki, hummus, baba ghanoush and Kalamata olives. Served with sundried tomatoes, tabouleh, grilled pitta bread and Turkish slices.	15
Cheese Turkish Bread (V) Smoked semi dried tomato and cheese bread on Turkish bread	12

Oyster Bar

Fresh, locally sourced Sydney Rock Oysters. Select your favourite flavour from the following options. Served shucked on a bed of rock salt.		
	1/2 Dozen	Dozen
	23	33
Natural with a side of oyster sauce and fresh lemon		
Kilpatrick		
Cabernet mignonette		
Watermelon and ginger granita		
Oyster Platter		33
A mixed dozen platter for the adventurous oyster eater		

Entrées

Seafood Plate for two 45 (GF upon request)

A medley of hot and cold premium fresh seafood
Sydney Rock Oysters
Whole Fresh Prawns
Moreton Bay Bug
Salt and Pepper Squid
Served with fresh salad, oyster sauce and aioli

Garlic and Chilli Prawns (GF) 16

Pan-fried garlic prawns with chilli olive oil, lemon juice and a splash of sauvignon blanc.
Garnished with rocket.

	Entrée	Main
Calamari	18	28
A traditional favourite. Freshly fried salt and pepper squid served with house made lemon aioli. (GF)		

Lamb Kofta 16

Lamb minced marinated in fresh garlic and herbs.
Grilled and served with mint yoghurt, pastry puffs and garnished with pomegranate.

Chicken Souvlaki 16

Chicken thigh fillets marinated in lemon, rosemary olive oil & garlic.
Grilled and served on toasted pitta bread with tzatziki and garden salad.

Soup of the Day 16

Please ask our friendly staff about today's soup of the day.

Pasta

Entrée Main

Chicken Fettucine

18 25

Chicken breast, sautéed bacon and spinach.

Served with fettucine and tossed through a garlic and white wine sauce.

Seafood Linguine

17 25

Sautéed garlic prawns, calamari, fish and hickory smoked semi dried tomatoes.

Served with linguine and Napolitano sauce.

Vegetarian Ravioli

16 24

Roasted beetroot, ricotta and marjoram ravioli.

Served with Spanish onion, butternut pumpkin and Persian fetta.

All pastas can be substituted for gluten free penne

Chef Special's

Pot Pie

20

Home made gourmet pie with mashed potato and garden salad

Beef/Chicken/ Lamb/ Seafood, fillings vary weekly

Indian Traditional Curry

20

Home made with herbs and spices

Served with basmati rice, pappadum and flat bread

Chicken/ Beef/ Lamb/ Pork, fillings vary weekly

Mains

Cone-Bay Barramundi (GF)

36

A fresh fillet of premium salt water barramundi from Cone-Bay Western Australia.

Pan roasted and served with cauliflower puree, truffle jelly, pome potatoes and asparagus.

Double-cut Pork Chop

35

Double-cut pork chop marinated with fresh rosemary and lemon.

Grilled and served with roasted kipfler potato, candy apple puree and white wine sauce.

Tasmanian Salmon (GF)

34

Crispy skinned salmon fillet, pan roasted to your liking.

Served with thyme pome potatoes, lemon & ginger sponge, baby beetroot and pea puree.

Sou-vide Chicken (GF)

30

Sou-vide cooked chicken breast.

Served with black-current and caramelised honey gel, heirloom carrots and white wine jus.

Lamb and Prune Tagine (GF)

32

Moist succulent lamb marinated in our special blend of herbs and spices.

Served with slowly cooked prunes and couscous.

Light meals

Harrington Burger with Chips

17

Our signature burger with a flame grilled 150gm prime aged beef patty, served with lettuce, tomatoes, juicy beetroot, caramelised balsamic onion jam, cheese and our own Harringtons sauce on a toasted brioche bun.

Harrington Steak Roll

21

150g of succulent grilled beef fillet served on toasted Turkish roll, fresh rocket leaves, sliced juicy beetroot, tomatoes, fresh onion topped with aioli and accompanied with chips and B.B.Q sauce.

Grilled Chicken Burger

18

150g char-grilled Moroccan spiced marinated chicken fillet, served with roasted pepper, mix salad, tasty cheese, tzatziki and tomato relish.

Veggie Burger (V)

16

Lentil, chickpea, mix veg & herb patty served with slow roasted pepper, lettuce, tomatoes, cheese, hummus and tomato relish.

Beer Battered Fish & Chips

24

Freshly battered fish fillets served with chips. Accompanied by a lemon wedge and tartare sauce.

Free Range Chicken Schnitzel

24

Free range chicken breast in Japanese bread crumbs served with steamed vegetables, chips OR mash, a lemon wedge and your choice of sauce.
(Gravy, mushroom, pepper, diane, or red wine jus)

Grill

At Harrington's we pride ourselves on serving only the highest grade produce. All our steaks are from premium Riverine cattle and are aged for at least 6 weeks, using a combination of traditional dry ageing and modern wet ageing processes to enhance flavour and tenderness. Dry Aging of steak is a time-honoured process used to age beef, produces a steak that is extremely tender and imparts a more intense flavour.

How would you prefer your steak?

Blue	Sealed on the outside while steak is at room temperature
Rare	Cooked for two minutes on each side, still very bloody
Medium Rare	Maintains a medium red strip in the centre with grey edges
Medium	Predominately grey with a pink centre
Medium Well	Grey from edge to edge with a slight pink centre
Well Done	Very firm with little juice, grey throughout

Rib Eye Steak, On the Bone (500g)

48

Dry Aged, Grain Fed, Prime Rib Steak. Full of Flavour, this is our Signature Steak.

Scotch Fillet (300g)

39

Pasture Fed, Prime Steak. One of our most Popular Cuts with a tender yet firm texture and full of flavour.

Rump Steak (350g)

27

Grain Fed, 100% Certified Angus Prime Steak. A learner cut with a Great Flavour. This is a traditional favourite.

Eye Fillet Steak (250g)

42

Pasture Fed, Prime Fillet Steak. A classic Lean and Tender Steak.

Rump Steak & 1/2 Rack of Pork Ribs

49

300g Grain Fed, Prime Steak, Served with a 1/2 rack of Tender Pork Ribs, basted with our Signature Smokey Barbeque Sauce.

Pork Ribs

Classic Rack of Pork Ribs Basted with our Signature Smokey Barbeque Sauce

1/2 Rack

34

Full Rack

48

All Grill Meals are served with **Seasonal Vegetables** and Your Choice of either **Chips**, or **Mashed Potato**.

All steaks are served with your Choice of **Gravy**, **Mushroom**, **Pepper**, **Diane**, or **Red Wine Jus**.

(Gluten Free Fries are available upon Request)

Sides & Salads

Sides

Seasonal vegetables with flaked almonds (GF)(V)	9
Beer battered steak chips with roasted garlic aioli (V)	7.5
Sweet potato fries with ranch dressing (V)	8.5
Seasoned wedges with sweet chilli and sour cream (V)	9

Salads

Garden salad, with chardonnay vinaigrette (GF)(V)	12
Greek salad, with balsamic vinaigrette (GF)(V)	16
Caesar salad, with bacon, crispy Turkish bread and traditional dressing	15
Heirloom vegetables, prosciutto, quinoa and bocconcini salad with tomato vinaigrette	16

For an extra \$8 all salads can be served with chicken, smoked salmon or haloumi.

Dessert

Harrington Affogato Mocha (V)

15

(GF upon request)

Scoops of premium vanilla bean ice cream in a brandy balloon. Served with Belgian chocolate sauce, a shot of espresso and your choice of either Baileys, Frangelico or Khalua liqueur.

Sticky Date Pudding (V)

15

Rich house made sticky date pudding topped with freshly sliced banana. Served with chocolate paint, butterscotch sauce, vanilla bean ice cream and brandy snap crunch.

Flaming Crème Brûlée (GF) (V)

15

Traditional French custard with a caramelised sugar top & berries.

Served with vanilla ice cream and almond biscotti.

Death by Chocolate (GF) (V)

16

Chocolate marquise with dark chocolate tuiles, almond brittle, pistachio soil and

White chocolate praline ice cream.

Cheese Board for Two

27

Chef selection of three gourmet cheeses.

Served with dried fruit, assorted nuts and lavosh.