



Manta Ray

STRADBROKE ISLAND



Trading Hours: Breakfast: 7am-11am. Lunch: Waves Bar 12pm - 3pm. Manta Ray Bistro 12pm - 2:30pm.

Dinner: Waves Bar 5:30pm - 9pm. Manta Ray Bistro 5:30pm - 8:30pm.

Don't forget to check the board for daily specials & desserts.



Breakfast

- Bacon & egg burger with Swiss cheese & hash browns \$12
- Smashed avocado on sourdough, poached egg & tomato jam (V) \$17
- Dukkha mushrooms, poached eggs & baby spinach with hollandaise sauce (V) \$19
- Eggs Benedict - poached eggs, baby spinach, hollandaise sauce on sourdough
 - with bacon \$20
 - with smoked salmon \$22
- Banana pancakes with blueberries, maple syrup & vanilla bean ice cream (V) \$18
- The Big Brekkie – bacon, pork chipolatas, grilled tomato, roasted mushrooms, hash browns, eggs your way & sourdough \$25
- Brekky bowl with farro, spinach, beans, avocado & poached eggs (V) (GF) \$19
- Avocado melts – avocado, mozzarella cheese on sourdough (V) \$10 per slice

Kids Brekky

- Bacon, eggs, hash brown & toast \$12
- Banana pancakes, maple syrup & ice cream \$10

Something Extra

Eggs \$3, Beans \$3, Bacon \$4, Hash browns \$4, Chipolatas \$4, Avocado \$5, Mushrooms \$5

Appetisers

- Chips with aioli (V) (GF) \$9
- Chips with Italian herbs & aioli \$11
- Toasted sourdough with Dukkha & olive oil (V) \$12
- Galic & herb toasted sourdough with Dukkha & olive oil \$15
- Bruschetta on toasted Turkish bread with feta & balsamic reduction (V) \$14
- Pizza bread with confit garlic & mozzarella (V) \$9
- Pesto & garlic stuffed tomatoes (V) (GF) \$16
- Mushrooms stuffed with quinoa & sweet potato (V) (GF) \$16
- Grilled lamb skewers with spiced yoghurt & rice timbale (GF) \$18
- Share plate - spring rolls, samosas, prawn cutlets, mozzarella sticks & dipping sauce \$19

Pizza

- Margherita - Napoli sauce, bocconcini, cherry tomatoes (V) \$18
- King Prawn - with roasted capsicum, red onions, rocket \$25
- Tandoori Chicken - with roasted capsicum & Greek yoghurt \$23
- Vegetarian - olives, red onion, capsicum, zucchini, cherry tomatoes & feta (V) \$20
- Meat lovers - pepperoni, bacon, ham, chorizo & smokey BBQ \$22

Seafood

- Grilled Moreton Bay bugs, crunchy Asian salad & yuzu citrus dressing (GF) \$26
- Grilled salmon, corn fritters, steamed greens, blistered cherry tomatoes & citrus dressing \$32
- Grilled King Prawn skewers with rocket & mango salsa (GF) \$23
- Linguini with King Prawns, scallops, cherry tomatoes, chilli, garlic & parmesan \$29
- Beer battered fish, chips with salad \$23
- Spiced coconut calamari with rocket & pineapple salad \$16
- Seafood platter with whole fish, garlic Moreton Bay bugs, calamari, squid, oysters, prawns, salad, chips & condiments (GF) \$150

Mains

- Surf & Turf - rib eye steak, truffle mashed potato. Moreton Bay bug, & prawn skewer with garlic & herb butter (G.F) \$39
 - 250g Striploin steak, chips & salad or mashed potato & vegetables \$32
 - 250g Rump steak, chips & salad or mashed potato & vegetables \$27
 - Your choice of, mushroom or pepper or Diane or red wine sauce
 - Linguini carbonara with garlic cream, bacon, mushroom & parmesan \$20
 - Add chicken \$7
 - Chicken Parmigiana, salad & chips \$26
 - Chicken schnitzel, salad & chips \$24
- Add any sides, rice \$4/ mash potato \$5/ vegetables \$5/ fries \$5/ green salad \$7/ Greek salad \$9/ extra sauce \$3

Burgers - Lunch Only

All burgers served on brioche bun & chips

- Beef, lettuce, tomato & Swiss cheese \$21
 - Rib eye steak, lettuce, tomato, Swiss cheese, caramelised onion & aioli \$23
 - Pulled BBQ chipotle pork, Swiss cheese & coleslaw \$20
 - Grilled chicken, lettuce, tomato, pineapple, bacon, Swiss cheese & aioli \$22
 - Crumbed eggplant, grilled mushroom, tomato, lettuce, Swiss cheese & guacamole \$20
- Add bacon \$4/ free range egg \$2/ avocado \$4/ caramelised onion \$2/ GF bun \$5/ extra cheese \$1

Salads

- Caesar salad \$24
 - Fresh garden salad (V) (GF) \$18
 - Cashew salad with bean sprouts, tomatoes & onion (V) (GF) \$22
- Add - grilled chicken \$7/ haloumi \$6.50/ avocado \$4/ smoked salmon \$8/ fresh prawns \$9.50

Kids

- Chicken nuggets & chips
- Battered fish & chips
- Ham & cheese pizza with chips
- Crumbed calamari & chips
- Pasta Carbonara



Please ask staff about which products are Gluten Free. All Public Holidays incur a 15% surcharge on all items. Dietary Disclaimer: Please be aware that whilst all care is taken when catering to special requirements, it must be noted that within the premises we handle nuts, shellfish, gluten, eggs, wheat flour & dairy products.

