

# WODEN BISTRO

02 6281 0647 • takeaway available • [hellenicclub.com.au/woden-bistro](http://hellenicclub.com.au/woden-bistro)  
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## CHOOSE HEALTHIER WITH US

To help you make healthier choices when dining with us, our menu includes some easy-access nutrition information for select menu items.

Kilojoules (kJ) are the Australian measure of how much energy people get from consuming a food or drink. The average daily energy intake for an Australian adult is 8700kJ\*, so by making healthier choices to stay within this range your body will feel healthier and you will find it easier to maintain a healthy weight.

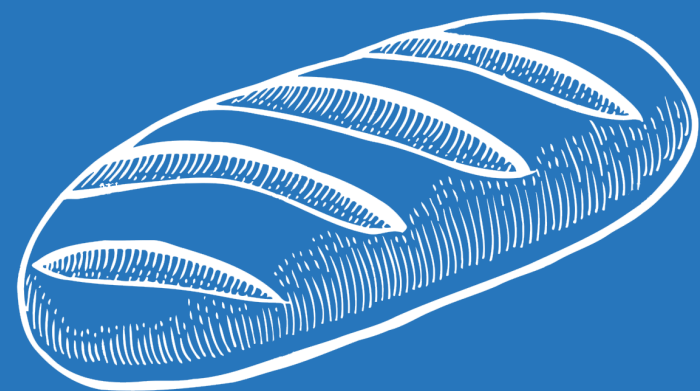
## LOOK FOR THE LEAF

To make choosing healthier even easier, just look for the leaf symbol (🍃) next to specific menu items! These leaves will help you distinguish our healthier options when scanning the menu and are those containing a lower total amount of kJ as well as healthier ingredients.

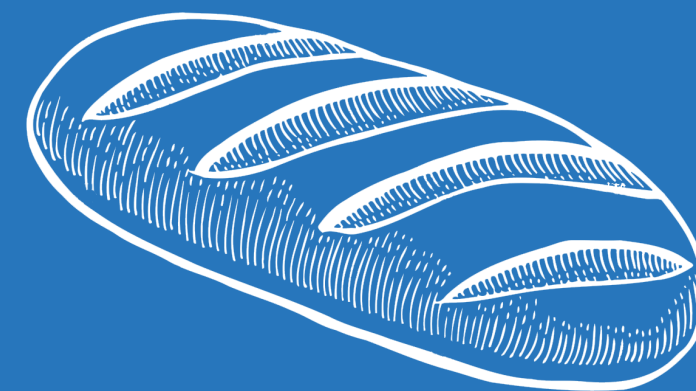
## PARTNER OF HEALTHIER CHOICES

We are a proud partner of the ACT Government Healthier Choices for kids initiative. just look for the Healthier Choices symbol next to select kids meals to know you're making a healthier choice.

\*Based on information from the Australian Government Eat for Health website. Figures should be used as a guide and are indicators only as they may be subject to change based on each individual and different suppliers. Information provided by a qualified nutritionist. Figures shown include only the main food portion and any sides specified in the item description. Additional sides and sauces are subject to additional kJs.



# Bread



**BREAD ROLL** V • 730kJ  **1.5**  
freshly baked dinner roll served with butter

**GARLIC OR HERB BREAD** V • 1120/1102kJ **6**  
two pieces of grilled bread, topped with garlic butter  
OR a herb infused butter

## A TASTE OF GREECE

**GREEK APPETISER PLATTER**  for 1 • 5576kJ **18** for 2 • 8781kJ **26**  
trio of greek dips with fresh bread, tomato, olives, feta, cucumber, anchovies, spanish onion, dolmathes, crumbed calamari and spanakopita

**TRIO OF DIPS**  3831kJ **18**  
melitzanosalata, taramasalata, and tzatziki dips with fresh bread

**MELITZANOSALATA DIP**  V • 1457kJ  **8**  
traditional greek eggplant dip with fresh bread

**TARAMASALATA DIP**  1910kJ  **8**  
traditional greek fish roe and lemon dip with fresh bread

**TZATZIKI DIP**  V • 1194kJ  **8**  
traditional greek cucumber dip with fresh bread

## SALADS

**CAESAR SALAD** 3401kJ **18**  
classic caesar salad with parmesan, anchovies and our caesar dressing

**ADD CHICKEN** **+8**


**GREEK SALAD**  GF  sml • 1147kJ **9** med • 1818kJ **13** lrg • 2469kJ **16**  
lettuce, tomato, cucumber, feta, olives and anchovies, drizzled with our own greek salad dressing

**GRILLED HALLOUMI SALAD**  V • 1415kJ  **20**  
classic garden salad topped with grilled halloumi and drizzled with olive oil, lemon and oregano



# TO START

**AVOCADO SEAFOOD** GF • 2029kJ  **18**  
half an avocado topped with prawns, accompanied by smoked salmon, and oyster, served with our cocktail sauce

**PRAWN COCKTAIL** GF • 933kJ  **16**  
prawns, served on a bed of lettuce, topped with our cocktail sauce

**OYSTERS NATURAL** GF • 1228/1505kJ  1/2 doz **21** doz **35**  
fresh rock oysters, served with lemon and our cocktail sauce

**KILPATRICK/GARLIC** 1/2 doz • 412  / 1073kJ **23** doz • 824  / 2146kJ **37**  
fresh rock oysters, grilled and topped with your choice of bacon and worcestershire sauce OR garlic butter and gratinated

**PRAWN CUTLETS** 2368kJ **MP**  
prawns, butterflied and freshly crumbed, served with lemon and our own tartare sauce

**CRUMBED CALAMARI** 3770kJ **18**  
rings of freshly crumbed squid, lightly fried and served with lemon and our own tartare sauce

**CHARGRILLED BABY OCTOPUS**  GF • 1329kJ  **20**  
marinated fresh baby octopus, grilled and drizzled with olive oil, served with lemon and oregano

**CREAMY GARLIC PRAWNS** 2246kJ **MP**  
australian wild caught pan-seared prawns, with our own creamy garlic and white wine sauce and served with rice

**SOUP OF THE DAY** **9.5**  
check the specials board for the chef's house-made soup of the day



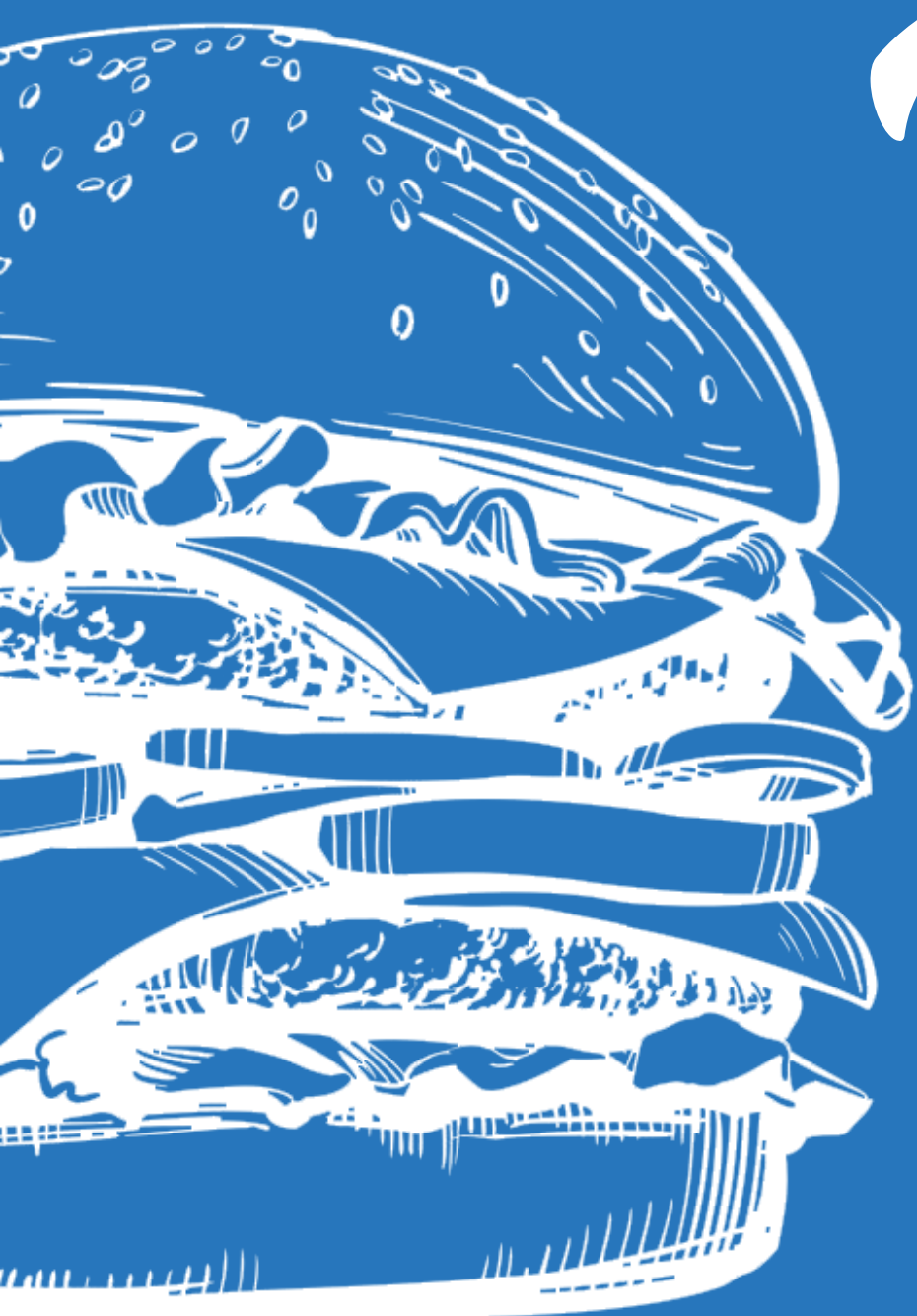
## Vegetarian



**STEAMED VEGETABLES** GF, V • 240kJ **13**  
a medley of steamed seasonal vegetables

**STIR FRIED VEGETABLES** GF, V • 1710kJ **16**  
asian-style wok fried vegetables, with soy sauce and sweet chilli

**SPANAKOPITA**  V • 2572kJ **16**  
house-made spinach and feta pie, served with seasonal vegetables and your choice of potatoes (+355kJ ) or chips (+1485kJ)



# Burgers

**CHICKEN SCHNITZEL BURGER** 4281kJ **18.5**  
chicken schnitzel, lettuce, tomato and mayo on a freshly baked bun, served with chips

**CLASSIC BEEF BURGER** 5004kJ **18.5**  
beef patty, tasty cheese, caramalised onion, lettuce, tomato, beetroot and tomato sauce, served with chips

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## BISTRO CLASSICS

**LAMB SHANK** GF • 3497kJ **30**  
slow-cooked lamb shank with tomato and red wine sauce

**CHICKEN KIEV** 4013kJ **26**  
crumbed kiev cut chicken breast, filled with garlic butter and served on a bed of rice

**CHICKEN SCHNITZEL** 2670kJ **24**  
300g crumbed chicken breast, golden fried and served with lemon

**CHICKEN PARMIGIANA** 3488kJ **26**  
golden fried chicken schnitzel topped with tomato sauce, shredded mozzarella cheese and gratinated

**CHICKEN SOUVLAKI** 🇬🇧 GF • 4533kJ **28**  
marinated pieces of chicken on a skewer, chargrilled, drizzled with olive oil and lemon, and served with skorthalia and rice

**BEEF SOUVLAKI** 🇬🇧 GF • 2248kJ 🌿 **32**  
marinated pieces of beef on a skewer, chargrilled, drizzled with olive oil and lemon, and served with rice

**GRILLED CHICKEN BREAST** GF • 1794kJ 🌿 **26**  
juicy chicken breast, cooked on the chargrill

**LEMON, OREGANO & GARLIC CHICKEN BREAST** GF • 2545kJ 🌿 **26**  
chicken breast, marinated with garlic and oregano, chargrilled and served with lemon

*all main meals served with your choice of seasonal vegetables (+240kJ 🌿) OR house salad (+825kJ) and potatoes (+355kJ 🌿) OR chips (+1485kJ)*

# SEAFOOD

**GRILLED LEMON SOLE** GFOR • 1161kJ 🌿 **MP**  
new zealand lemon sole, grilled and served with lemon

**GRILLED BARRAMUNDI** GFOR • 1337/1601kJ 🌿 **MP**  
fillet of barramundi, grilled and served with lemon sml / lrg

**GRILLED SALMON** GF • 3004kJ **32**  
salmon fillet, grilled and served with lemon

**CREAMY GARLIC PRAWNS** 2417kJ 🌿 **MP**  
australian wild caught pan-seared prawns, with our creamy garlic and white wine sauce

**FISHERMAN'S BASKET** 4409kJ **32**  
crumbed prawn cutlets, crumbed scallops, crumbed calamari and beer battered whiting, served with tartare and lemon

**CRUMBED CALAMARI** 5951kJ **26**  
rings of freshly crumbed squid, lightly fried and served with tartare and lemon

**BEER BATTERED WHITING** 3466kJ **24**  
beer battered whiting, lightly fried and served with tartare and lemon

**PRAWN CUTLETS** 2757kJ **MP**  
australian prawns, butterflied and freshly crumbed, served with tartare and lemon

**CHARGRILLED BABY OCTOPUS** 🇺🇸 GF • 2606kJ **29**  
marinated fresh baby octopus, with olive oil, lemon and oregano

*all main meals served  
with your choice of seasonal  
vegetables (+240kJ 🌿) OR  
house salad (+825kJ)  
and potatoes (+355kJ 🌿) OR  
chips (+1485kJ)*





# Roast of the Day



**SMALL** 2158kJ 🌿 **19** / **LARGE** 2565kJ 🌿 **23**

your choice from today's roast selection,  
served with seasonal vegetables and your choice of  
potatoes (+355kJ 🌿) OR chips (+1485kJ)

## FROM THE CHARGRILL

**JUMBO NEW YORK SIRLOIN** GF • 3729kJ **38**  
500g grain fed young prime beef striploin

**T-BONE** GF • 4183kJ **38**  
500g yearling, grain fed short loin

**PRIME RUMP** GF • 2485kJ 🌿 **30**  
350g grain fed prime veal rump

**PORTERHOUSE** GF • 2237kJ 🌿 **28**  
250g grain fed porterhouse sirloin

**FILLET MIGNON** 2921kJ **38**  
250g fillet steak, wrapped in bacon and served  
with mushroom sauce

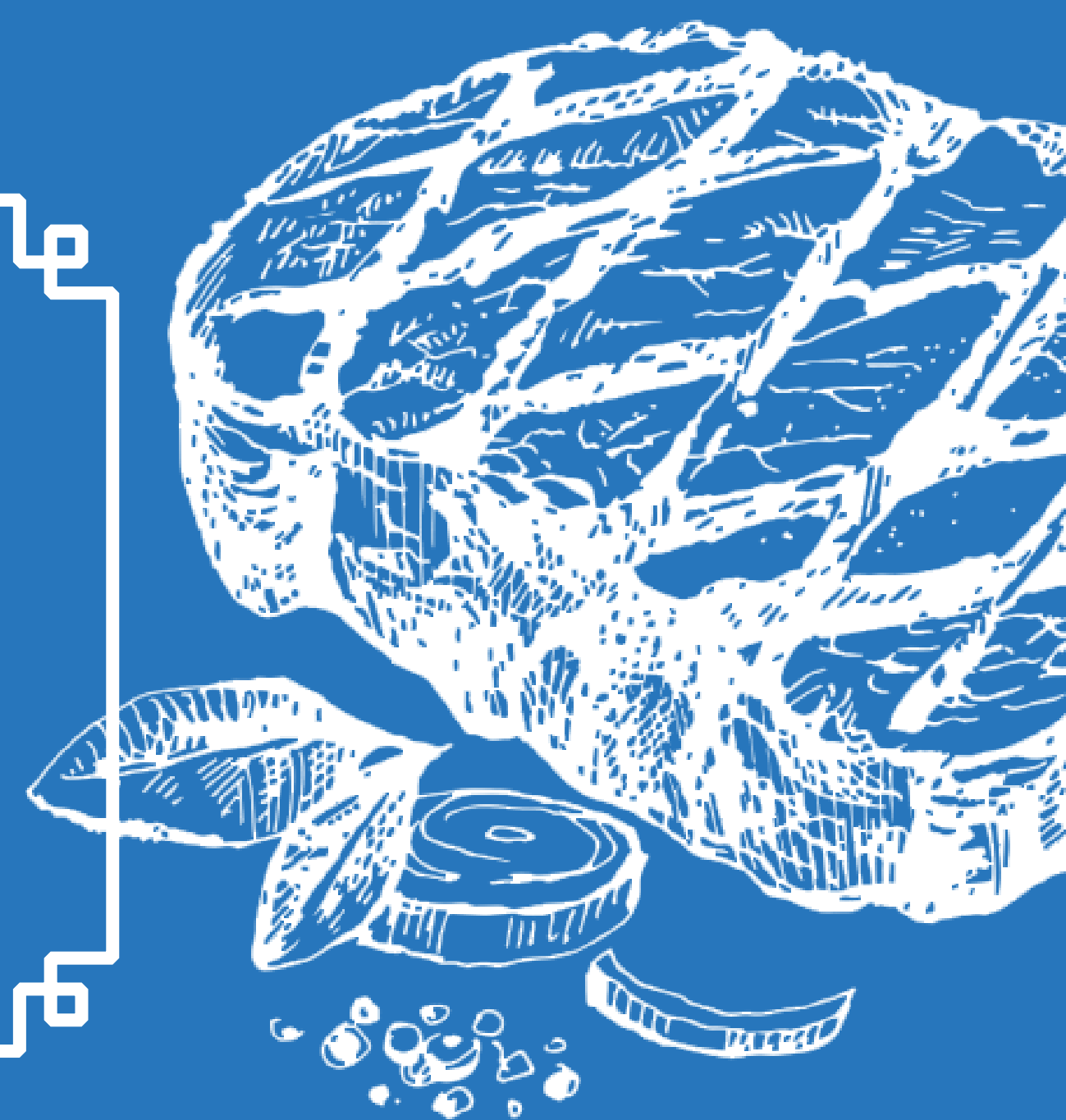
**SCOTCH FILLET** GF • 2266kJ 🌿 **34**  
300g grain fed scotch fillet

## Sauces

**GRAVY** 452kJ **2**

**MUSHROOM** 408kJ 🌿, **PEPPER** 956kJ,

**OR DIANE** 1160kJ **3**



all main meals served with your choice of  
seasonal vegetables (+240kJ 🌿) OR house salad (+825kJ)  
and potatoes (+355kJ 🌿) OR chips (+1485kJ)

# Lil' Tikes

**MINI CHICKEN SOUVLAKI**   GF • 1228kJ **11**

marinated pieces of chicken breast, grilled and served with rice and vegetables

**SPAGHETTI BOLOGNESE** 3235kJ **11**

classic tomato and mince sauce, topped with shaved parmesan cheese

**MINI ROAST OF THE DAY**  1347kJ **11**

today's roast of the day, served with potatoes and vegetables

**CHICKEN NUGGETS & CHIPS** 2657kJ **11**

five pieces of golden fried chicken, served with chips

**BATTERED FISH FILLET & CHIPS** 2896kJ **11**

fish fillet, battered and served with chips

**CRUMBED CALAMARI & CHIPS** 3685kJ **11**


crumbed squid rings, served with chips and lemon

**CHICKEN SCHNITZEL & CHIPS** 2829kJ **11**

crumbed breast fillet, golden fried, served with chips and lemon

**ADDITIONAL SERVE OF VEGETABLES**  240kJ **+2**

**GF • GLUTEN FREE / GFOR • GLUTEN FREE ON REQUEST**

**V • VEGETARIAN /  • CLASSIC GREEK OPTION**

** • HEALTHIER CHOICE /  • KIDS HEALTHIER CHOICE**

to help you make healthier choices our menu includes some kJ nutrition guides for select menu items (figures subject to change). the average daily energy intake for an Australian adult is 8700kJ. for more information visit [hellenicclub.com.au/woden-bistro](http://hellenicclub.com.au/woden-bistro)

# RED WINE

M - MEMBER / NM - NON-MEMBER  
GLASS | BOTTLE

## PINOT NOIR

Flint & Velvet Pinot Noir *by Taylors*  
\$10.5m/\$12nm | \$40m/\$43nm  
tasmania

Mud House 'The Narrows' Pinot Noir  
\$11m/\$12.5nm | \$43m/\$46nm  
marlborough, new zealand

Eddystone Point Pinot Noir  
\$65m/\$68nm  
tasmania

Hardys HRB Pinot Noir  
\$70m/\$73nm  
yarra valley, victoria

## SHIRAZ

Hardys 'The Riddle' Shiraz  
\$6.5m/\$8nm | \$24m/\$27nm  
south eastern australia

Grant Burge 'Benchmark' Shiraz  
\$8.5m/\$10nm | \$33m/\$36nm  
barossa valley, south australia

Taylors Heritage Shiraz  
\$10.5m/\$12nm | \$40m/\$43nm  
clare valley, south australia

Clonakilla Hilltops Shiraz  
\$13m/\$14.5nm | \$62m/\$65nm  
canberra district

St Hallett 'Blackwell' Shiraz  
\$80m/\$83nm  
barossa valley, south australia

Taylors St Andrews Shiraz  
\$105m/\$108nm  
clare valley, south australia

## CABERNET SAUVIGNON

Katnook 'Founders Block' Cabernet Sauvignon  
\$9m/10.5nm | \$39m/\$42nm  
coonawarra, south australia

Taylors Heritage Cabernet Sauvignon  
\$10.5m/\$12nm | \$40m/\$43nm  
clare valley, south australia

Houghton Premium Cabernet Sauvignon  
\$55m/\$58nm  
margaret river, western australia

Petaluma Cabernet Sauvignon  
\$64m/\$67nm  
coonawarra, south australia

John's Blend Cabernet Sauvignon  
\$70m/\$73nm  
langhorne creek, south australia

Taylors St Andrews Cabernet Sauvignon  
\$105m/\$108nm  
clare valley, south australia

## ROSÉ

Tatachilla 'White Admiral' Rosé  
\$8.5m/\$10nm | \$34m/\$37nm  
riverland, south australia

Age Before Beauty Rosé *by Taylors*  
\$10m/\$11.5nm | \$40m/\$43nm  
clare valley, south australia

St Hallett Rosé  
\$10.5m/\$12nm | \$42m/\$45nm  
barossa valley, south australia

## MERLOT

Gallagher Merlot  
\$10.5m/\$12nm | \$42m/\$45nm  
canberra district

Grant Burge 'Hillcot' Merlot  
\$57m/\$60nm  
barossa valley, south australia

## RED BLENDS

Hardys 'The Riddle' Cabernet Merlot  
\$6.5m/\$8nm | \$24m/\$27nm  
south australia

Swanning Around Grenache  
\$45m/\$48nm  
riverland, south australia

St Hallett 'Gamekeeper's' Shiraz Grenache Touriga  
\$50m/\$53nm  
barossa valley, south australia

Rolf Binder 'Veritas Bulls Blood' Shiraz  
\$80m/\$83nm  
barossa valley, south australia

Grant Burge 'Holy Trinity' GSM  
\$84m/\$87nm  
barossa valley, south australia

Penfolds 389 Cabernet Shiraz  
\$125m/\$128nm  
south australia

Clonakilla Shiraz Viognier  
\$140m/\$143nm  
canberra district

# GREEK SELECTIONS

## GREEK REDS

Mati Fortuna Dry Red  
\$48m/\$51nm  
peloponnese

## GREEK WHITES

Lafazanis Retsina  
\$40m/\$43nm  
peloponnese

# SPARKLING

Hardys 'The Riddle' Sparkling  
\$6.5m/\$8nm | \$24m/\$27nm  
south eastern australia

Da Luca Prosecco  
\$9.5m/\$11nm | \$39m/\$42nm  
veneto, italy

Yarra Burn Vintage PNC  
\$50m/\$53nm  
yarra valley, victoria

Moët & Chandon Imperial Brut  
\$100m | \$103nm  
champagne, france

# NON-ALCOHOLIC WINE

Hardys Zero Shiraz  
\$22m/\$25nm  
south eastern australia

Hardys Zero Chardonnay  
\$22m/\$25nm  
south eastern australia



# WHITE WINE

M - MEMBER / NM - NON-MEMBER  
GLASS | BOTTLE

## PINO GRIGIO / PINOT GRIS

Tatachilla 'White Admiral' Pinot Grigio  
\$8.5m/10nm | \$30m/\$33nm  
riverland, south australia

Mud House 'Grove Town' Pinot Gris  
\$12m/\$13.5nm | \$41m/\$44nm  
south island, new zealand

## RIESLING

Rolf Binder Riesling  
\$12m/\$13.5nm | \$40m/\$43nm  
eden valley, south australia

Shaw Riesling  
\$10m/\$11.5nm | \$37m/\$40nm  
canberra district

Bay of Fires Riesling  
\$70m/\$73nm  
tasmania

## SAUVIGNON BLANC

Hardys 'The Riddle' Sauvignon Blanc  
\$6.5m/\$8nm | \$24m/\$27nm  
south eastern australia

Drift Sauvignon Blanc  
\$10.5m/\$12nm | \$38m/\$41nm  
margaret river, western australia

Dusky Sounds Sauvignon Blanc  
\$11m/\$12.5nm | \$40m/\$43nm  
malborough, new zealand

Taylor's Jaraman Sauvignon Blanc  
\$55m/\$58nm  
adelaide hills, south australia

Cloudy Bay Sauvignon Blanc  
\$65m/\$68nm  
malborough, new zealand

## SEMILLON SAUVIGNON BLANC

Houghton Premium Semillon Sauvignon Blanc  
\$55m/\$58nm  
margaret river, western australia

## CHARDONNAY

Hardys 'The Riddle' Chardonnay  
\$6.5m/\$8nm | \$24m/\$27nm  
south eastern australia

Grant Burge Benchmark Chardonnay  
\$8.5m/\$10nm | \$33m/\$36nm  
barossa valley, south australia

Calm Before the Storm Chardonnay *by Taylor's*  
\$10.5m/\$12nm | \$40m/\$43nm  
clare valley, south australia

Taylor's St Andrews Chardonnay  
\$68m/\$71nm  
clare valley, south australia

## VARIETALS

Amberley 'Kiss & Tell' Moscato  
\$8.5m/\$10nm | \$32m/\$35nm  
western australia

Amberley Chenin Blanc  
\$9.5m/\$11nm | \$37m/\$40nm  
western australia

## TAP BEER

4 Pines Pacific Ale | \$10.5m/\$12.0nm

Hard Rated | \$10.5m/\$12nm

Somersby Apple Cider | \$7.7m/\$9.2nm

Asahi Super Dry | \$12.5m/\$14nm

Canadian Club & Dry | \$12.5m/\$14nm

Reschs | \$7.3m/\$8.8nm

VB | \$7.3m/\$8.8nm

Great Northern Super Crisp | \$7.3m/\$8.8nm

Carlton Dry | \$7.7m/\$9.2nm

Carlton Draught | \$7.3m/\$8.8nm

Balter XPA | \$10.5m/\$12nm

Peroni | \$12.5m/\$14nm

## NON-ALCOHOLIC

Great Northern Zero | \$5.5m/\$7nm

Soft Drink Schooner | \$4.5m/\$6nm  
coke, coke no sugar, sprite, lift,  
ginger ale, tonic water

Juice Schooner | \$4.9m/\$6.4nm  
orange, apple, pineapple, cranberry

Mount Franklin Mineral Water | \$5.2m/\$6.7nm

Red Bull Can | \$6.2m/\$7.7nm

## BOTTLED BEVERAGES

Corona | \$7.5m/\$9nm

Pure Blonde | \$7.5m/\$9nm

Strongbow | \$7.5m/\$9nm  
dry, original, sweet

Melbourne Bitter | \$7.5m/\$9nm

VB | \$7.5m/\$9nm

Coopers Pale Ale | \$7m/\$8.5nm

Cascade Light | \$7m/\$8.5nm

XXXX Gold | \$6.5m/\$8nm

Mythos | \$7.5m/\$9nm

Canadian Club & Dry | \$11.5m/\$13nm

Jim Beam & Cola | \$11.5m/\$13nm

Jack Daniel's & Cola | \$11.5m/\$13nm

Smirnoff Red | \$12m/\$13.5nm

Smirnoff Double Black | \$12.5m/\$14nm