

WODEN BISTRO

02 6281 0647 • takeaway available • 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.

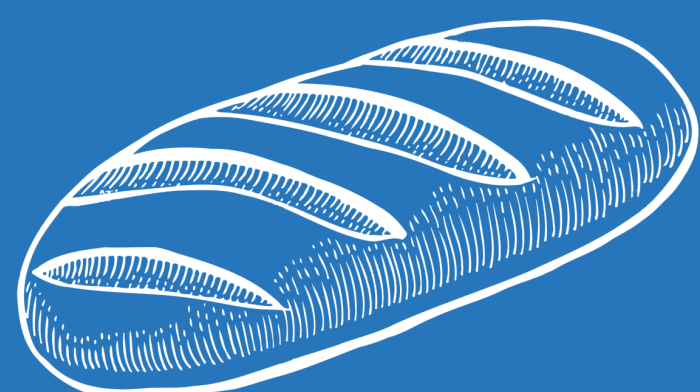
LOOK FOR THE LEAF

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.

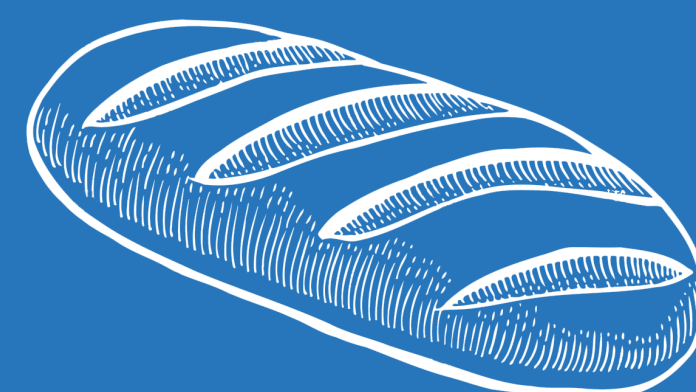
PARTNER OF HEALTHIER CHOICES

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 🌿

freshly baked dinner roll served with butter

1.5

GARLIC OR HERB BREAD V • 1120/1102kJ

two pieces of grilled bread, topped with garlic butter
OR a herb infused butter

6

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



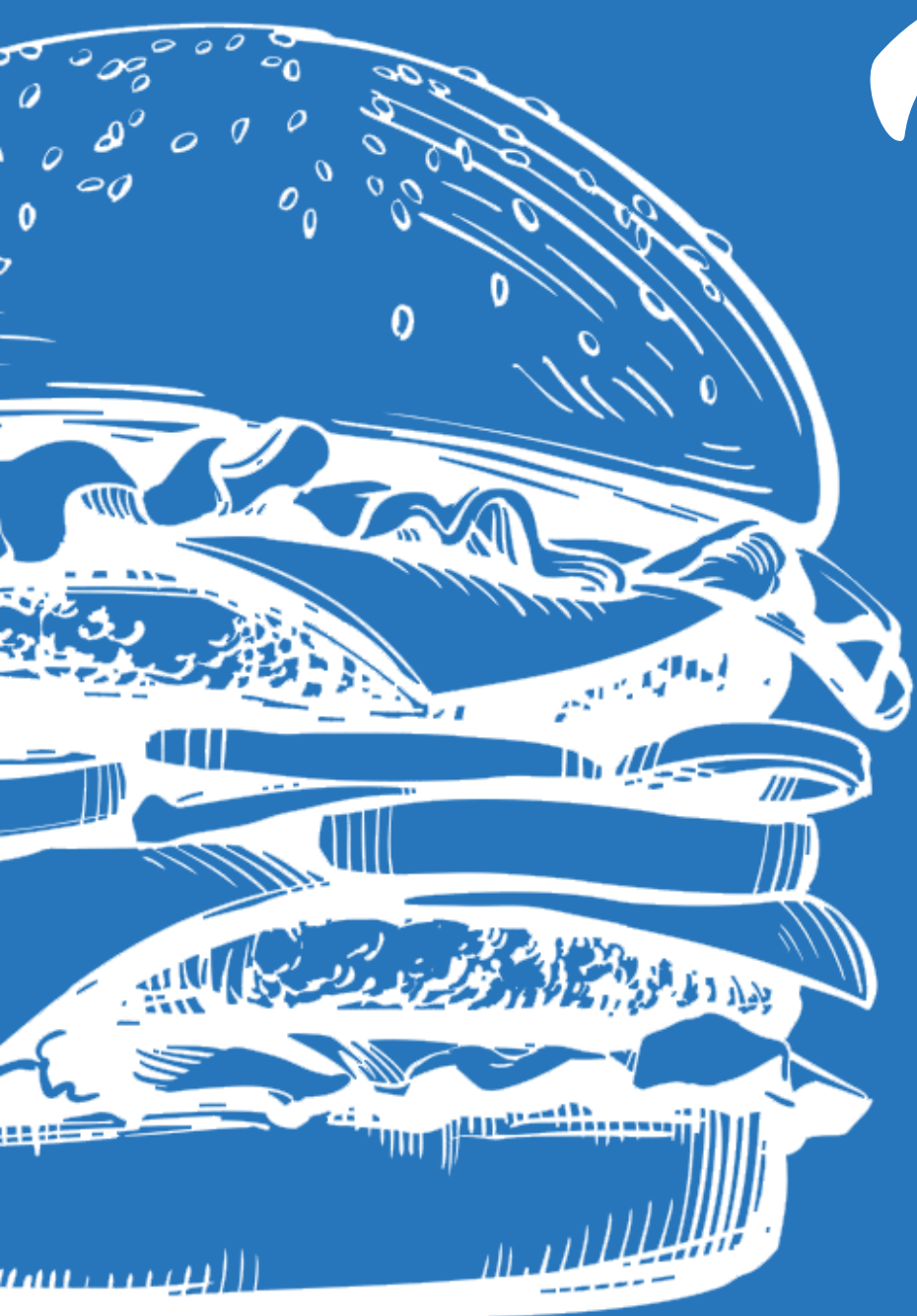
Vegetarian



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

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 🌿 **sml / lrg MP**
fillet of barramundi, grilled and served with lemon

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

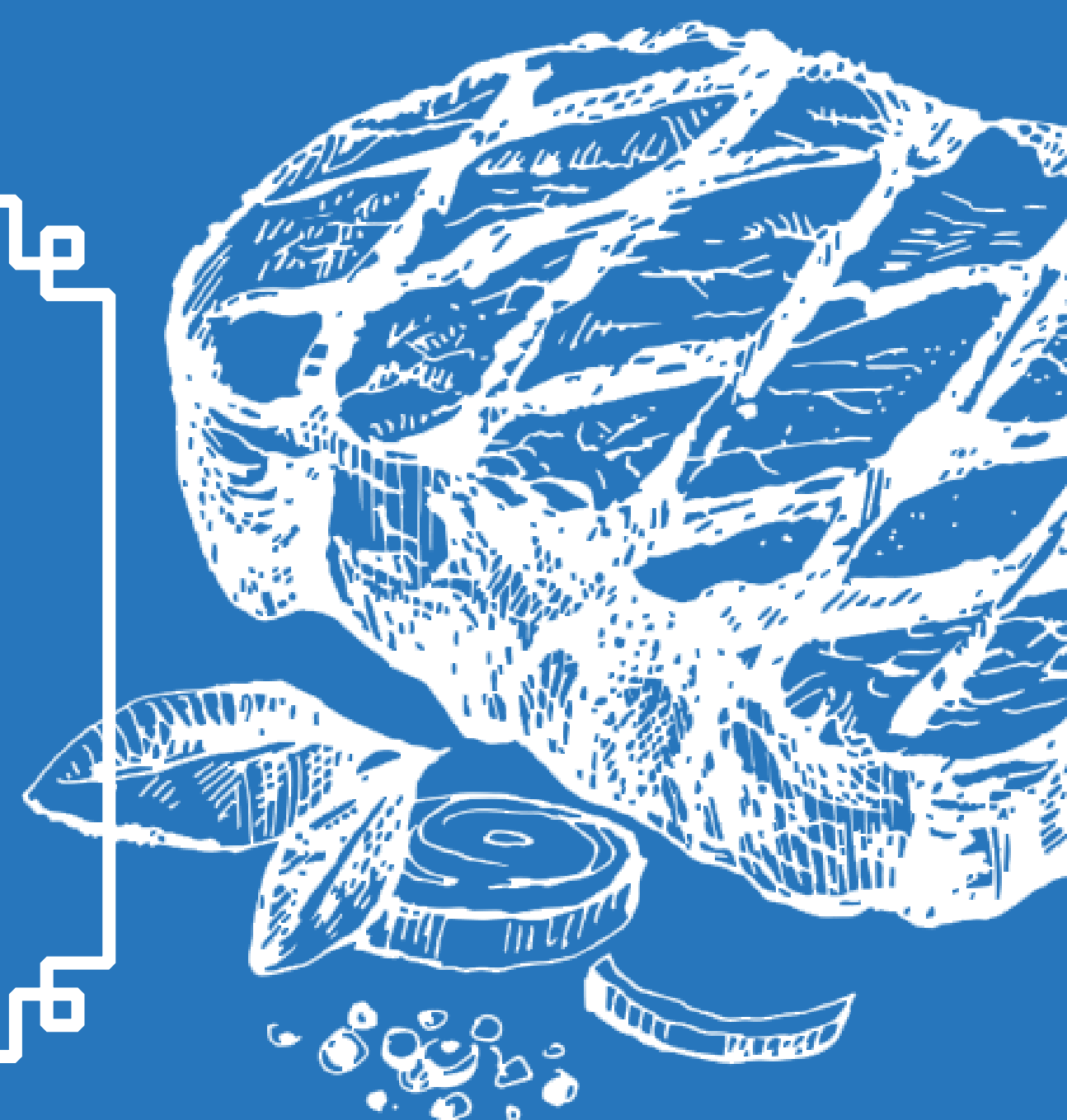
FILLET MIGNON 2921kJ 38
250g fillet steak, wrapped in bacon and served
with mushroom sauce

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

WHITE

MUD HOUSE GROVETOWN PINOT GRIS
10.5M/12.0NM | 41.0M/44.0NM
south island, new zealand

TATACHILLA WHITE ADMIRAL PINOT GRIGIO
8.0M/9.5NM | 28.0M/31.0NM
riverland, south australia

AMBERLEY KISS & TELL MOSCATO
8.5M/10.0NM | 32.0M/35.0NM
western australia

GRANT BURGE THE VIGNERON SEMILLON
49.0M/52.0NM
barossa valley, south australia

CLONAKILLA VIOGNIER NOUVEAU
47.0M/50.0NM
canberra district

EDDYSTONE POINT RIESLING
9.5M/11.0NM | 39.0M/42.0NM
tasmania

GALLAGHER RIESLING
10.0M/11.5NM | 42.0M/45.0NM
canberra district

HARDY’S THE RIDDLE SAUVIGNON BLANC
6.5M/8.0NM | 23.0M/26.0NM
mclaren vale, south australia

DRIFT SAUVIGNON BLANC
9.0M/10.5NM | 36.0M/39.0NM
margaret river, western australia

GIPSIE JACK SAUVIGNON BLANC
9.5M/11.0NM | 37.0M/40.0NM
langhorne creek, south australia

CLOUDY BAY SAUVIGNON BLANC
62.0M/65.0NM
marlborough, new zealand

BROOKLAND VALLEY VERSE 1 SSB
9.5M/11.0NM | 37.0M/40.0NM
margaret river, western australia

HARDY’S THE RIDDLE CHARDONNAY
6.5M/8.0NM | 23.0M/26.0NM
south eastern australia

TATACHILLA CHARDONNAY
7.5M/9.0NM | 26.0M/29.0NM
mclaren vale, south australia

TAYLORS ESTATE CHARDONNAY
9.0M/10.5NM | 35.0M/38.0NM
clare valley, south australia

TAYLORS ST ANDREWS CHARDONNAY
65.0M/68.0NM
clare valley, south australia

TAP BEER

4 PINES PACIFIC ALE • 9.5M/11.0NM

MOUNTAIN GOAT STEAM ALE • 9.5M/11.0NM

MERCURY CIDER • 6.8M/8.3NM

ASAHI SUPER DRY • 11.5M/13.0NM

CASCADE LIGHT • 6.0M/7.5NM

RESCHS • 6.8M/8.3NM

VB • 6.8M/8.3NM

GREAT NORTHERN MID • 6.8M/8.3NM

CARLTON DRY • 7.2M/8.7NM

CARLTON DRAUGHT • 6.8M/8.3NM

BALTER XPA • 9.5M/11.0NM

PERONI • 11.5M/13.0NM

BOTTLED DRINKS

CORONA • 7.0M/8.5NM

PURE BLONDE • 7.2M/8.7NM

MELBOURNE BITTER • 7.2M/8.7NM

VB • 7.0M/8.5NM

XXXX GOLD • 6.0M/7.5NM

MYTHOS ☼ • 7.2M/8.7NM

STRONGBOW • 7.0M/8.5NM
original, dry or sweet

CANADIAN CLUB & DRY • 10.5M/12.0NM

JIM BEAM & COLA • 10.5M/12.0NM

JACK DANIELS & COLA • 10.5M/12.0NM

SMIRNOFF RED • 11.5M/13.0NM

SMIRNOFF DOUBLE BLACK • 11.5M/13.0NM

NON-ALCOHOLIC

GREAT NORTHERN ZERO
4.5M/6.0NM

LEMONADE, SOLO, SUNKIST, PEPSI, PEPSI MAX OR GINGER ALE • 4.0M/5.5NM

JUICE SCHOONER
4.4M/5.9NM
orange, apple, pineapple, cranberry

JUICE BOTTLE 250ML
4.2M/5.7NM
pineapple or apple

RED

TATACHILLA WHITE ADMIRAL ROSÉ
8.5M/10.0NM | 34.0M/37.0NM
riverland, south australia

ST HALLETT ROSÉ
10.5M/12.0NM | 42.0M/45.0NM
barossa valley, south australia

TAYLOR MADE ROSÉ
10.5M/12.0NM | 42.0M/45.0NM
clare valley, south australia

MUD HOUSE THE NARROWS PINOT NOIR
10.5M/12.0NM | 42.0M/45.0NM
marlborough, new zealand

TAYLORS JARAMAN PINOT NOIR
54.0M/57.0NM
yarra valley, victoria

GRANT BURGE HILLCOT MERLOT
54.0M/57.0NM
barossa valley, south australia

TAYLORS PROMISED LAND MERLOT
7.5M/9.0NM | 27.0M/30.0NM
clare valley, south australia

GALLAGHER MERLOT
9.5M/11.0NM | 37.0M/40.0NM
canberra district

HARDY'S THE RIDDLE SHIRAZ
6.5M/8.0NM | 23.0M/26.0NM
south australia

ST HALLETT GARDEN OF EDEN SHIRAZ
9.0M/10.5NM | 37.0M/40.0NM
eden valley, south australia

CLONAKILLA HILLTOPS SHIRAZ
11.5M/13.0NM | 59.0M/62.0NM
canberra district

REYNELLA BASKET PRESSED SHIRAZ
94.0M/97.0NM
mclaren vale, south australia

TAYLORS ESTATE SHIRAZ
9.0M/10.5NM | 37.0M/40.0NM
clare valley, south australia

TAYLORS ST ANDREWS SHIRAZ
102.0M/105.0NM
clare valley, south australia

HARDY'S THE RIDDLE CABERNET MERLOT
6.5M/8.0NM | 23.0M/26.0NM
south eastern australia

GRANT BURGE GRENACHE SHIRAZ MOUVEDRE
84.0M/87.0NM
barossa valley, south australia

PENFOLDS BIN 389 CABERNET SHIRAZ
122.0M/125.0NM
barossa valley, south australia

CLONAKILLA SHIRAZ VIOGNIER
137.0M/140.0NM
canberra district

KATNOOK FOUNDERS CABERNET SAUVIGNON
9.0M/10.5NM | 39.0M/42.0NM
coonawarra, south australia

PETALUMA CABERNET SAUVIGNON
64.0M/67.0NM
coonawarra, south australia

TAYLORS ESTATE CABERNET SAUVIGNON
9.5M/11.0NM | 37.0M/40.0NM
clare valley, south australia

TAYLORS ST ANDREWS CABERNET SAUVIGNON
102.0M/105.0NM
clare valley, south australia

JOHN'S BLEND CABERNET SAUVIGNON
67.0M/70.0NM
langhorne creek, south australia

SPARKLING

HARDY'S THE RIDDLE SPARKLING
6.5M/8.0NM | 23.0M/26.0NM
south eastern australia

DA LUCA PROSECCO
9.5M/11.0NM | 38.0M/41.0NM
treviso, italy

MOET & CHANDON IMPERIAL
97.0M/100.0NM
champagne, france

TAYLORS ESTATE PINOT NOIR CHARDONNAY
BRUT CUVÉE
9.0M/10.5NM | 43.0M/46.0NM
clare valley, south australia