

Starters

- Fresh baked loaf** \$8
- Garlic Loaf** V \$8
- Gluten Free Garlic Loaf** V \$11
- Bowl of Chips** GF, V \$10
- Sweet Potato Chips** GF, V \$14
- Tomato, Basil & Parmesan Bruschetta** V \$14
- Add Avocado \$4
- House Dips** A selection of fresh house made dips served with toasted Turkish bread. \$16
- Carmel's Signature Salt & Pepper wings**
Succulent full chicken wings in our special coating served with sweet chilli hollandaise dipping sauce. \$14
- Salt & Pepper Chilli Squid** tossed with chilli, spring onion & coriander. \$15
- Carmel's Tapas Selection** salt & pepper squid, chargrilled sweet soy chicken tenders, camembert cheese, smoked salmon topped with sweet chilli, grilled chorizo and falafel. \$29

V- Vegetarian
GF- Gluten Free



Burgers

All burgers are \$25 and come served with chips, onion rings & sweet chilli hollandaise sauce.

- Ultimate Carmel's Burger** Angel Bay Wagyu patty with cheese, bacon, egg, salad & onion relish topped with aioli and barbeque sauce.
- Chicken & Avocado Burger** Lightly spiced chicken tenders, avocado, Swiss cheese, lettuce, tomato & seeded mustard aioli
- Pulled Pork Burger** spiced slow smoked pork, bacon, Swiss cheese, lettuce, apple slaw, & fresh coriander.
- Vegetarian Burger** V House made patty (spinach, pumpkin, mushroom, onion, Swiss cheese, lettuce, tomato, onion relish, red nut pesto & aioli.
- PASTA CHOICES:** Penne, fettucine. GF penne \$4
- Carbonara** Bacon, spring onion, garlic, cracked pepper in a white cream sauce \$26
- Bolognese** prime mince (veal & pork) in a traditional rich Italian tomato sauce \$25
- Con Pollo** Marinated chicken, sundried tomato, baby spinach in a rosé sauce \$26
- Vegetarian** V medley of the chefs seasonal selected vegetables in a napolitana sauce \$25
- Chilli Spanish Chorizo & Bacon** spicy chorizo, onion, bacon, olives, chilli & baby spinach in a rosé sauce. Choose: mild/medium/hot. \$30

Favourites

- Slow Roasted "Pulled Pork"** slow smoked over Red Gum, served with an apple & mixed nut slaw, cheese & golden potatoes topped with spring onion & melted cheese \$30
- American Pork Ribs** a rack of juice pork ribs cooked until sticky in our signature BBQ sauce, served with an apple & mixed nut slaw & chips. \$42
- Sage & onion Crumbed Schnitzel** your choice of **Chicken Breast** or **Beef Porterhouse** served with chips & gourmet Salad \$28
- Fish & Chips** (Beer battered, freshly crumbed or grilled) 2x Baby barramundi fillets with side salad, chips & tartare \$30
- Marinated Lamb Rump** G.F cooked medium & served with mashed potato, sautéed vegetables, red wine Jus, basil pesto, slow cooked tomato & balsamic reduction. \$39
- Carmel's Chicken**
Chicken breast stuffed with spinach, sundried tomatoes, and cheese atop a portion of mash and seasonal vegetables with a red wine jus. \$39



Salads

Add Side Chips \$4

Chicken & avocado salad (GF option available)

succulent golden chicken served on a gourmet salad of avocado, carrot, lettuce, cucumber, tomato & Spanish onion topped with a sweet chilli and mango dressing \$28

Prawn & Avocado Salad succulent prawns, pan seared in fresh ginger, sweet chilli and fresh lemon, served on a gourmet salad with avocado, cucumber, tomato, Spanish onion, and orange segments. \$30

Salt & Pepper Squid Salad tender Australian squid coated in a house salt and pepper seasoning with salad & tartare sauce. \$28

Carmel's Salmon Salad GF Fresh Atlantic salmon served on a bed of Gourmet salad with orange segments, red onion & tomatoes topped with a coriander citrus and lime dressing. \$32

From the Grill

Served with your choice of chips & salad OR Vegetables & Mashed potato.

Teys Australia Scotch Fillet 350g \$53

Mayura Station Wagyu rump, MSA grade 8-9 400g \$61

200g \$36

Mixed grill- 200g Wagyu with sausage, egg, bacon and grilled tomatoes \$48

Sides

Gravy (GF)	\$4
Creamy Mushroom (GF)	\$4
Green Peppercorn (GF)	\$4
Red wine glaze (GF)	\$4
Garlic prawn sauce	\$10
Sweet chilli Hollandaise	\$4
Side Salad (GF)	\$5
Side chips (GF)	\$5
Garden Salad (GF)	\$16

Kids Meals \$12

Chicken breast nuggets with chips & salad

Fish & chips Battered Flathead fillets with chips & salad GF option- Grilled Barramundi fillet

Carmel's mini cheeseburgers with tomato, lettuce, sauce & chips

Penne Bolognese prime mince (veal & pork) in a traditional rich Italian sauce. (GF option \$4)

Salt & pepper squid with chips & salad

Chicken Schnitzel with chips & salad

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Takeaway

Menu



8323 9600

250 Main Road, McLaren Vale, 5171

Opening times:

Lunch: 12pm-2.30pm

Dinner: 5pm-8.30pm

Monday- CLOSED

Tuesday- CLOSED

Wednesday- Dinner

Thursday- Lunch/Dinner

Friday- Lunch /Dinner

Saturday- Lunch/Dinner

Sunday- Lunch/Dinner

Restaurant Bookings (08) 8323 8038

Email: info@carmelsbarandgrill.com.au

Visit us: www.carmelsbarandgrill.com.au

*Prices subject to change. November 2024 version.