

SELANTRA RESTAURANT & LOUNGE

(Why not and have a Selection of Starters and Lite bites? Do it the Selantra way and mix it up with your friends, chill out, relax and have fun.)

SALADS

Selantra Green Salad	3.00	V
<i>Made with Local Organic Produce, Balsamic Vinaigrette and warm bread</i>		
Seafood Fried Spring Rolls	4.00	
<i>Prawns, squid and vegetable, comes with our homemade chili sauce</i>		
Pork Dumpling with Selantra Green Salad	4.00	
<i>Homemade Pork Dumpling on fresh Selantra Salad with Balsamic Vinegar</i>		
Warm Goat Cheese and Poached Egg Salad	5.50	V
<i>Crumbled Goat cheese with free range eggs French dressing and warm bread</i>		
Smoked Salmon, Provencal Vinaigrette and Green Salad	5.50	
<i>Imported Salmon on a bed of mixed green served with warm bread</i>		
Warm Seafood Salad	5.50	
<i>Wok fried prawns and squid with parsley, garlic butter and lemon juice on a bed of green Salad and warm bread</i>		
Vegetable Spring Rolls	3.00	V
<i>Chinese cabbage, Carrot and Mushroom</i>		
Mango Salad	3.50	
<i>Fresh Organic Green mango, smoked fish and sweet chili dressing</i>		
Fried Eggplant with Minced Pork	3.50	
<i>Deep Fried Eggplants, fried minced pork with homemade salad</i>		
Japanese Sushi		
• Barbara Maki (crab meat and avocado rolls)	3.00	
• Magoro Maki (tuna rolls)	3.00	
• Sappa Maki (cucumber rolls)	2.50	V
Selantra Carprese	4.00	V
<i>Organic Japanese tofu, ripe plum tomatoes with balsamic</i>		

V= Vegetarian

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SOUPS

Pumpkin Cream Soup	3.00	V
<i>Sauté Carrot, ginger, leak, lemongrass, onion, blended with Pumpkin and Cream</i>		
Potato Soup	3.00	V
<i>Sauté Carrot, leak, onion, blended with Potato and Cream</i>		
Onion Soup	3.00	V
<i>Fresh onion with melted cheese crouton.</i>		

LITE BITES

Selantra Club sandwich	5.00	
<i>Crispy bacon with egg, cheese, ham, chicken, salad and.... simply best in town!!</i>		
3 Cheese Panini	7.00	V
<i>(Mozzarella, Cheddar and Goat cheese) served with Green Salad</i>		
Hot Baguette soaked in Garlic	4.00	V
<i>Comes with herbs, garlic, olive and melted mozzarella cheese</i>		
Steak Ciabatta	7.00	
<i>Australian beef rib eye on grilled ciabatta with onion jam, ice berg and whole grain mustard</i>		
Lamb Burger	7.00	
<i>Minced lamb with melted cheese served with potato wedges and homemade salad</i>		
Lebanese Wrap	5.00	V
<i>Crispy chickpea cake with pita bread, smokey eggplant puree and parsley, lettuce, tomato, onion and pickle cucumber salad</i>		

PASTAS

Fettuccine, Spaghetti, Penne, Fussily, Gnocchi served with your choice of sauces of the following:

• Seafood Tomato	6.50	
• Bolognaise	6.00	
• Pesto	5.00	V
• Cabonara	6.00	
• Tomato	5.50	V

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PIZZAS

Margarita Pizza	5.00	V
<i>Tomatoes Sauce, Mozzarella Cheese, Basil, Oregano</i>		
Seafood Pizza	6.00	
<i>Seafood, Capsicum, Hot Chili, Mozzarella Cheese</i>		
Vegetable Pizza	5.00	V
<i>Broccoli, Cauliflower, Red Onion, Red Kidney Bean, Red Capsicum</i>		

MAIN COURSES

*(All main courses served with your choice of 2 of the following:
Potato wedges, Steamed rice, Mango rice, Seasonal vegetable or Green Salad)*

Stir Fried Chicken with Holy Basil	5.50	
<i>Strips Chicken fried with Basil, mixed Capsicums, long bean and onion</i>		
Selantra Marinara with Seasonal Vegetables	5.50	
<i>Tiger prawns and squid lightly wok fried with tasty soy sauce</i>		
Chicken Breast	6.00	
<i>Pan Fried with Tarragon Sauce</i>		
Blue Shrimp	9.50	
<i>Braised with Caramel Cream Sauce</i>		
Duck Breast	13.00	
<i>Khmer Honey baked served with fruit rotis</i>		
Stir Fried Minced Beef	6.00	
<i>Minced Beef lightly wok fried with toasted rice and fresh squeezed with lemon juice</i>		
Amok Fish	5.00	
<i>Traditional Khmer Amok soup with local fish, baby boc choy and Chinese cabbage shreds</i>		
Khmer Curry with Chicken	6.00	
<i>Traditional Khmer Curry with Chicken and yellow paste</i>		
Lock Lack	5.50	
<i>Khmer beef tenderloin lightly wok fried in oyster sauce served with pepper dips</i>		
Stir Fried Chicken with Sweet Sour Sauce	5.50	
<i>Khmer Chicken lightly wok fried with tomatoes, cucumber, and sweet sour sauce</i>		

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GRILLED DISHES

Australian Rib Eye	16.00
Australian Sirloin Steak	14.00
Australian Beef Tenderloin	18.00
Lamb Rack	16.00
Pork Chop	10.00
Sea Bass	12.00
Salmon Fillet	14.00

Served with your choice of sauces of the following: Green Peppercorn, Wild Mushroom, Rosemary, Béarnaise, Khmer Garlic Dipping, Black Bean Sauce, Pink Peppercorn

SIDE ORDERS

Potato wedges	1.50
Steamed Rice	1.00
Mango Rice	2.00
Mashed Pumpkin	2.00
Sauté Vegetable	1.50
Grilled Vegetable	1.50
Potato Puree	2.00
Side Salad	1.50

DESSERTS

Ice Cream Selection <i>Ask for today's choices</i>	3.00
Cheese Platter <i>Today's cheese selection with green apple and warm bread</i>	6.00
Roasted Pineapple or Mango with white Rum <i>Pan Fried local pineapple or Mango flambé with rum and served with honey sauce</i>	4.00
Fried Banana with Honey Sauce <i>Deep Fried Banana with rice flours, mini fruit salad served with flambé honey sauce</i>	3.00
Fruit Platter <i>Seasonal mixed Fruits served with your choices of ice cream</i>	3.00
Daily Special Khmer Sweet <i>Ask for today's special</i>	2.50

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