

Tanja's Café and Restaurant

Established in 1972 by Gerhard and Monika Schoendorfer, Tanja's is one of Brisbane's best a la carte dining establishments.

Tanja's has won many awards over its 48 year history and this is due to the Schoendorfer families commitment to quality fresh ingredients prepared daily for their customers by only the best chefs.

Monika and Gerhard are joined in this endeavor by their daughter Dr Niikee Schoendorfer PhD. Niikee adds her extensive knowledge in nutritional medicine to the Tanja's stay allowing its customers to enjoy healthy fine dining.

Chef Lalith Thoradeniya brings with him a wealth of knowledge and skill gained both internationally and interstate in a variety of senior chef positions at 5 star establishments. He lends his keen eye for detail and skills to our local dining scene with consistently outstanding results.

Fully licensed and presenting top quality ingredients prepared fresh by 5 star hotel trained chefs, Tanja's is an icon of the Redlands.

Please enjoy your dining experience here with the team at Tanja's Café and Restaurant.

Organic Breads

Garlic and Parmesan Organic Ciabatta (v) \$8

Oven baked garlic and parmesan ciabatta.

Tanja's Organic Bruschetta (v) \$12.5

Baked organic ciabatta spread with garlic butter & parmesan cheese, topped with pesto, tomato salsa and feta, served on a balsamic drizzle
With smoked salmon **\$16.5**

Chef's choice of Dips (v) \$14

Vegetarian dips served with a variety of organic toasted breads

Salt and Pepper Crumbed Calamari \$12.9 with tartare sauce and salad garnish

Lighter Style

Soup of the Day (v) \$10.5

Freshly prepared on premise and served with toasted garlic bread

Cajun Salmon Salad (g) \$22.5

Grilled Cajun spiced salmon fillet with toasted almonds, avocado and feta garden fresh salad dressed with lemon herb yoghurt.

Asian Style Chicken and Mushroom Salad (g d) \$20.5

Chicken tenderloins and mushrooms tossed in a light soy, sweet chili sauce and sesame seed served on a baby spinach garden fresh salad

Greek Style Calamari Salad (g) \$22.5

Lemon peppered pan seared tender fresh calamari strips on a garden fresh salad with olives, feta, sundried tomatoes, capsicum, cucumber with balsamic vinaigrette

Balsamic Beef and Roasted Pumpkin Salad (g) \$20.5

Mustard and honey marinated tender beef strips on a roasted pumpkin, feta and beetroot salad dressed with balsamic glaze.

Summer Prawn Salad (g,d) \$22.5

Lemon peppered grilled prawns on a melon and avocado salad with toasted coconut and dressed with mango sauce

Garden Salad (g) \$14 with grilled haloumi \$17.5

Crispy lettuce, garden fresh vegetables, avocado and olives dressed with vinaigrette.

Dietary Requirements (g gluten free d dairy free v vegetarian)

GLOBAL STREET FOOD

\$18.9

200gr GRASS FED STEAK (g)

grilled to your liking served with chips, beetroot garden salad served with green pepper sauce.

CARBONARA:

Bacon, Italian sausage, mushroom and Spanish onion and baby spinach cooked in a creamy sauce and topped with shaved parmesan

TEMPURA BARRAMUNDI FILLET

served with avocado garden salad, chips and tartar sauce.

CHICKEN PARMIGIANA:

baked with homemade Napolitano, avocado, Swiss cheese and ham served with chips and garden salad.

SRI LANKAN CHICKEN CURRY (d,g)

Sri Lankan spiced slow cooked chicken curry in a coconut infused sauce with steamed rice, chutney and papadum.

MEDITERRANEAN PIZZA:

Thin crust pizza base topped with Napoli sauce, mozzarella, sundried tomato, kalamata olives, capsicum, onion, spinach, and feta crumble drizzled with balsamic reduction.

Comfort Zone

TRAVELLERS SEAFOOD BASKET:

\$23.5

Beer battered flat head, crumbed prawns and salt and pepper calamari served with avocado salad, chips and dipping sauce.

PESTO CHICKEN AND MUSHROOM RISOTTO (g)

\$23.5

chicken, mushroom, Spanish onion and baby spinach tossed in a creamy parmesan pesto sauce served with sundried tomato tapenade and shaved parmesan

ASIAN COCONUT SEAFOOD CURRY (g,d)

\$24.5

Barramundi, prawns and calamari cooked in an Asian spice coconut sauce with steamed rice and stir fried vegetables.

MACADAMIA PORK RACK CUTLET (g)

\$24.5

Macadamia crusted oven baked pork cutlet served on Colcannon, mushroom sauce and steamed vegetables.

LAMB GOULASH: (g)

\$24.5

Slow cooked lamb stew served with parmesan potato gnocchi.

BUDDHA BOWL: (g,d)

\$22.5

Coconut brown rice with chickpea curry, baked pumpkin, spinach, fresh avocado and cherry tomatoes.

Cosmopolitan Affair

ORGANIC EYE FILLET (g)

\$39.5

Tender organic eye fillet cooked to your liking with baked ricotta flat mushrooms, accompanied with creamy garlic mash and green pepper sauce.

CHICKEN ROULADE (g)

\$28.5

Smokey bacon wrapped chicken roulade stuffed with fetta, macadamia and apricot with garlic mashed potatoes and mushroom sauce.

ALMOND CRUSTED SALMON (g)

\$28.5

Oven baked almond crusted Tasmanian salmon fillet with spinach and parmesan gnocchi, steamed asparagus and lemon dill hollandaise.

LAND AND BAY (g)

\$42.5

Grilled medallion of beef, bug with hollandaise and lemon peppered prawns, served with creamy garlic mashed potatoes and green pepper sauce.

TANJAS SEAFOOD BASKET

\$39.5

Grilled barramundi, Grilled prawns, crispy salt and pepper calamari and Hollandaise Sauce served on grilled Bugs, served with avocado salad, chips and dipping sauce.

MACADAMIA CRUSTED BARRAMUNDI (g) **\$29.5**

Oven baked macadamia crusted barramundi fillet topped with grilled prawns, roast pumpkin, feta crumble and avocado garden fresh salad with lemon dill aioli.

***All Mains served with seasonal
vegetables***

PREMIUM PLATTERS

\$75.00 for two including dessert and coffee

TANJA'S BEEF AND REEF PLATTER

Grilled beef medallions, barramundi , crumbed prawns, grilled bug with hollandaise, served with salad, chips and dipping sauce.

+ Dessert and coffee

TANJA'S SEAFOOD PLATTER

Grilled bug with hollandaise, grilled barramundi fillet , crumbed prawns, and salt and pepper calamari with salad, chips and dipping sauce

+ Dessert and coffee

Junior Meals (under 12's)

Battered fish fillet With fries	\$9.5
Chicken Nuggets and Chips	\$9.5
Juicy Cheeseburger served with fries	\$9.5

Side Selection

Garden Salad (v,g,d) Crispy lettuce, garden fresh vegetables, avocado and olives dressed with vinaigrette.	\$14.0
With haloumi	\$17.5
Steamed fresh vegetables (v,g,d)	\$8
Chips with our special seasoning, served with tomato sauce	\$6.5
Potato wedges served with sweet chilli sauce & sour cream	\$8.5

Dietary Requirements

(v) - Vegetarian (d) - Dairy Free (g) - Gluten Free

BEVERAGE SELECTION

WINES:

	Glass	Bottle
Hardys Premium Chardonnay (SA) `	7.5	30
Giesen Marlborough Sauvignon Blanc (NZ)	8.5	38
Pinot Grigio	8.5	38
Brown Brothers Crouchen Riesling (VIC)	8.5	38
Goundry Unoaked Chardonnay	8.5	38
Windance (Margaret River) SemSauvBlanc	8.5	38
Windance (Margaret River) Rose	8.5	38
Brown Bros Moscato 275ml		10

RED WINES:

Hardys Premium Cab Melot (SA)	7.5	30
Windance (Margaret River) Merlot	9.5	42
Windance (Margaret River) Cab Merlot	8.5	38
Windance (Margaret River) Shiraz	9.5	42
Windance (Margaret River) Cab Sauv	10.	45

Cidar

7

SPARKLING WINES:

Hardys Premium Brut Reserve (SA) `	7.0	30
Henkell Trocken Piccolo 200ml		10
Brown Brothers Prosecco 200ml		9.5

PORT:

Grant Burge Tawny, McWilliams Hanwood Tawny	8
Windance Glen Valley NV Reserve	10

COGNAC

Courvoiser VS	9.5
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SPIRITS AND LIQUORS:

DELUXE:

Bacardi, Campari, Southern Comfort, Jack Daniels, Cointreau, Grand Marnier, Jonny Walker Black, Drambuie, Jameson Irish Whisky, Captain Morgan Rum	9.
Don Benedictine	10.

BASIC:

Vodka, Gin, Bundaberg Rum, Johnny Walker Red, Canadian Club, Jim Beam Bourbon, Pimms	7.7
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BEVERAGE SELECTION

BEER:

<u>Draught:</u>	285mls	425mls
Cascade Premium Light	4.9	6.0
Coopers Mid Strength	5.0	7.0
Stella Artois	6.0	8.0
<u>Australian Selection:</u>		
Victoria Bitter,	6.5	
Pure Blond (Low Carb)	7.5	
James Boages Premium, Cascade Premium, Crown Lager	8.0	
"Little Creature"	9.0	
<u>Imported:</u>		
Corona, Heineken	9.0	

CAFÉ STYLES

Short Black, Long Black	4.0
Flat White, Cappuccino, Café Latte	4.0
Chai Latte	4.0
Vienna	4.4
Hot Chocolate, Mocha	4.6
Turmeric Latte	5.0
<u>Extras:</u>	
Marshmallows	.2
Mugs, extra shots, Decaf, Organic, Soy, Lactose Free, Pouring Cream, Almond Milk	.5
Caramel, Vanilla, Hazelnut	.5
<u>ELMSTOCK TEAS</u>	
English Breakfast, Earl Grey	4.0
Loose Leaf Herb Teas Available	4.8

COLD DRINKS

Frappes	Milkshakes
Fruit Smoothies	Iced Coffee
Cold Pressed Orange Juice	Iced Chocolate
Bottle Juices	Soft Drinks

