

Tanja's Café and Restaurant

Established in 1972 by Gerhard and Monika Schoendorfer, Tanja's is one of Redland City's longest established fully licensed a la carte dining establishments and has become an icon of the Redlands.

Tanja's has won many awards over its almost 50 years history and this is due to the Schoendorfer family's commitment to providing only quality fresh ingredients prepared daily for their diners, by dedicated 5 star hotel trained chefs.

Monika and Gerhard are joined in this endeavour by their daughter Dr Niikee Schoendorfer PhD. Niikee adds her extensive nutritional medicine knowledge to the Tanja's story, allowing customers to enjoy fine and healthy 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 applies his culinary skills and keen eye to detail to our dining scene, with consistently outstanding results.

The team at Tanja's Café and Restaurant wish you a delicious and enjoyable dining experience.

Bon Appetit.

Organic Breads

Garlic and Parmesan Organic Ciabatta (v) \$8.5

Oven baked garlic and parmesan ciabatta.

Tanja's Organic Bruschetta (v) \$13.5

Baked organic ciabatta spread with garlic butter & parmesan cheese, topped with pesto, tomato salsa and feta, served on a balsamic drizzle
With smoked salmon **\$17**

Chef's choice of Dips (v) \$15

Vegetarian dips served with a variety of organic toasted breads

Salt and Pepper Crumbed Calamari \$13.9 with tartare sauce and salad garnish

Lighter Style

Soup of the Day (v) \$12

Freshly prepared on premise and served with toasted garlic bread

Macadamia Salmon Salad (g) \$22.5

Grilled lemon peppered salmon fillet with toasted madadamia, avocado and feta garden fresh salad dressed with herb yoghurt.

Dukkah Chicken and Haloumi Salad (g) \$22.5

Dukkah spiced grilled chicken tenderloins and haloumi served on a roasted pumpkin and garden fresh salad dressed with herb yoghurt.

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) \$22.5

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

Asian Coconut Prawn Salad (g,d) \$22.5

Pan seared fresh prawns in a tangy coconut sauce and crispy rice noodles on a garden fresh baby spinach salad

Garden Salad (g) \$15 with grilled haloumi \$18

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

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

GLOBAL STREET FOOD

\$19.5

GRASS FED RIB STEAK (g)

Cooked to your liking served with chips, beetroot garden salad served with mustard jus.

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.

200gr CHICKEN PARMIGIANA:

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

ASIAN COCONUT CHICKEN CURRY (d,g)

Chicken tenderloins, green bean and capsicums cooked in an Asian spiced coconut sauce with steamed sesame rice.

MEDITERRANEAN PIZZA:

Thin crust pizza base topped with Napoli sauce, mozzarella, grilled vegetables, olives, spinach, and feta crumble drizzled with balsamic reduction.

Comfort Zone

\$25

TRAVELLERS SEAFOOD BASKET:

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

CHICKEN AND MUSHROOM RISOTTO (g)

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

COCONUT POACHED BARRAMUNDI (g,d)

Barramundi fillet poached in an Asian spiced coconut sauce, steamed rice and stir fried vegetables.

JACK DANIEL'S BBQ RIBS (g,d)

Slow cooked BBQ pork ribs glazed with JD BBQ sauce served with apple coleslaw and chips.

SRI LANKAN SLOW COOKED LAMB CURRY: (g,d)

Sri Lankan spiced lamb cooked in a coconut sauce and chickpeas Served with steamed rice, pappadum and fruit chutney

VEGETARIAN GNOCCHI: (g)

Potato gnocchi tossed with grilled vegetables, baby spinach and olives in red pesto and topped with grilled asparagus and shaved parmesan.

Cosmopolitan Affair

ORGANIC EYE FILLET (g)

\$42

Smokey bacon wrapped organic eye fillet cooked to your liking with parmesan mash and balsamic mustard Jus

SUPREME OF CHICKEN (g)

\$28.5

Parmesan crusted chicken breast fillet stuffed with feta and sundried tomato on a spinach risotto, creamy mushroom sauce and steamed vegetables.

DUKKAH CRUSTED SALMON (g)

\$28.5

Oven baked dukkah crusted Tasmanian salmon fillet served with sweet potato rostie and creamy red pesto sauce.

LAND AND BAY (g)

\$44.9

Grilled medallion of beef, bug with hollandaise and lemon peppered prawns, served with creamy parmesan mash and balsamic mustard jus.

TANJAS SEAFOOD BASKET

\$42

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

MEDITERRANEAN BAKED BARRAMUNDI (g) **\$32.5**

Oven baked barramundi fillet topped with Mediterranean salsa and garlic prawns, on a parmesan mash and creamy red pesto sauce

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

PREMIUM PLATTERS

For two including dessert and coffee

TANJA'S BEEF AND REEF PLATTER **\$95.00**

Grilled medallion of beef eye fillet, barramundi , crumbed prawns, grilled bug with hollandaise, served with salad, chips and dipping sauce.

+ Dessert and coffee

TANJA'S SEAFOOD PLATTER **\$80.00**

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	\$9.9
Chicken Nuggets and Chips	\$9.9
Juicy Cheeseburger served with fries	\$9.9

Side Selection

Garden Salad (v,g,d)
Crispy lettuce, garden fresh vegetables, avocado and olives
dressed with vinaigrette. \$15.0
With haloumi \$18

Steamed fresh vegetables (v,g,d) \$8.5

Chips
with our special seasoning, served with tomato sauce \$7

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 150 ml	Bottle
Hardys Premium Chardonnay (SA) `	7.7	32
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)	7.7	32
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) `	7.7	32
Henkell Trocken Piccolo 200ml		10
Brown Brothers Prosecco 200ml		10

PORT:

Grant Burge Tawny, McWilliams Hanwood Tawny	10
Windance Glen Valley NV Reserve	13

Sweet Tea Leaf Caramel Butterscotch Produced using ripe, raisin-like Muscadelle grapes. Briefly fermented then fortified and left to mature in old oak casks. A blend of several vintages 10 years and old

COGNAC

Hennessey VSOP	11
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AGED:

Chivas Regal, Glenlivet Glenfiddich, Don Benedictine	10
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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	9.0
Don Benedictine	10.0

<u>BASIC:</u> Vodka, Gin, Bundaberg Rum, Johnny Walker Red, Canadian Club, Jim Beam Bourbon, Malibu, Tequila	7.9
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BEVERAGE SELECTION

BEER:

<u>Draught:</u>	285mls	425mls
Cascade Premium Light	5.0	6.5
Coopers Mid Strength	5.5	7.5
Stella Artois	6.5	8.0
<u>Australian Selection:</u>		
Victoria Bitter, Cascade Pre. Light, Carlton MID/COLD	7.0	
Pure Blond (Low Carb),	7.5	
James Boages Premium, Crown Lager	8.0	
"Little Creature"	9.0	
<u>Imported:</u>		
Corona, Heineken	9.0	
Heineken Alcohol Free		

CAFÉ STYLES

Short Black, Long Black	4.2
Flat White, Cappuccino, Café Latte	4.2
Chai Latte	4.2
Vienna	4.6
Hot Chocolate, Mocha	4.8
Turmeric Latte	5.0

Extras:

Marshmallows	.2
Mugs, extra shots, Decaf, Organic, Soy, Lactose Free, Pouring Cream, Almond Milk, Oat	.6
Caramel, Vanilla, Hazelnut	.6

ELMSTOCK TEAS

English Breakfast, Earl Grey	4.2
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