

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) \$9.5

Oven baked garlic and parmesan ciabatta.

Tanja's Organic Bruschetta (v) \$14

Baked organic ciabatta spread with garlic butter & parmesan cheese, topped with pesto, tomato salsa and feta, served on a balsamic drizzle

With smoked salmon **\$18**

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

Almond Ocean Trout Salad (g) \$22.5

Lemon peppered grilled trout fillet topped with toasted almond on avocado and garden-fresh salad dressed with citrus garlic aioli.

Asian Chicken and Mushroom Salad (g) \$22.5

Sesame chicken tenderloins and mushroom tossed in a soya sweet chille sauce served on a garden fresh salad and crispy rice noodles.

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

Summer Prawn Salad (g,d) \$22.5

Grilled lemon peppered prawns on a melon and avocado garden-fresh salad dressed with mango, sweet chilli sauce and toasted coconut.

Garden Salad (g) \$16 with grilled haloumi \$19

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.

SRI LANKAN SPICED CHICKEN COCONUT CURRY (d,g)

Sri Lankan spiced chicken cooked in a coconut sauce and chickpeas, served with steamed rice, pappadum and chutney.

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

ASIAN COCONUT SEAFOOD CURRY (g,d)

Prawns, barramundi and calamari coked in an Asian spiced coconut Sauce, steamed rice and pappadum.

JACK DANIEL'S BBQ RIBS (g,d)

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

MOROCCAN LAMB BACKSTRAP: (g,)

Moroccan spiced grilled lamb backstrap on a fennel mashed potato Ratatouille vegetables and tahini sauce and fetta crumble.

MEDITERANEAN GNOCCHI AND RICOTTA: (g)

Potato gnocchi tossed with ratatouille vegetables, baby spinach and olives in basil pesto sauce accompanied by ricotta cheese and chives.

Cosmopolitan Affair

ORGANIC EYE FILLET (g)

\$43 **

Grilled 250g steak cooked to your liking, topped with balsamic onion and cherry tomatoes, sweet potato rosti and wild mushroom sauce.

SUPREME OF CHICKEN (g)

\$29.5 **

Smokey bacon wrapped chicken supreme stuffed with apricot, fetta and macadamia accompanied with fennel mashed potato and wild mushroom sauce.

ASIAN SESAME CRUSTED OCEAN TROUT: (g,d) **\$29.5**

Oven baked and served with tangy coconut sauce, stir fried Asian greens and steamed rice.

MORETON BUGS MORNAY: (g)

\$36.5

Fresh Moreton Bay Bugs baked with mornay sauce, parmesan and chives served on a fennel mash potato and bacon wrapped asparagus.

BEEF AND REEF: (g)

\$47.5 **

Grilled medallion of eye fillet, gratinated half bug, grilled prawns with sweet potato rosti and wild mushroom sauce.

TANJAS FISHERMAN PLATTER:

\$43.5

Baked barramundi fillet, grilled prawns, fresh bug mornay and salt and pepper calamari served with avocado garden-fresh salad, chips and dipping sauce

MACADAMIA CRUSTED BARRAMUNDI (g)

\$34.5 **

Oven baked and topped with grilled prawns served on fennel mash potato and lemon dill sauce.

****Mains served with seasonal vegetables**

PREMIUM PLATTERS

For two including dessert and coffee

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

Grilled medallion of eye fillet, Moreton bugs mornay, crumbed prawns, salt and pepper calamari , served with garden-fresh avocado salad, chips and dipping sauce.

+ Dessert and coffee

TANJA'S SEA FOOD PLATTER **\$85.00**

Moreton bugs mornay, grilled barramundi filled, crumbed prawns, and salt and pepper calamari with garden-fresh avocado 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. \$16 With haloumi \$19	
Steamed fresh vegetables (v,g,d)	\$9.5
Chips with our special seasoning, served with tomato sauce	\$7
Potato wedges served with sweet chilli sauce & sour cream	\$9.5

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
----------------	----

AGED:

Chivas Regal, Glenlivet Glenfiddich, Don Benedictine	10
--	----

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

BASIC: Vodka, Gin, Bundaberg Rum, Johnny Walker Red, Canadian Club, Jim Beam Bourbon, Malibu, Tequila	7.9
---	-----

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