

PRANA

RESTAURANT

Dinner Menu

Seafood

Salmon

Seared crispy skin Tasmanian salmon with mashed potatoes and tomato beurre blanc

Barramundi

Steamed wild barramundi with sauté Asian greens and a black vinegar sauce

Lobster

Barbeque chilli lobster served with a small salad and chilli soy sauce

King Prawns

Grilled tandoori king prawns accompanied with salad and steamed rice

Meats

Chicken Parmigiana

Crumbed chicken breast topped with Napoli sauce and grilled mozzarella cheese. Served with your choice of chips and a garden salad or a baked potato, sour cream & chives and steamed seasonal vegetables.

Beef

Grilled Australian eye fillet served with potato gratin and green pepper sauce

Pork

Spicy pork rib served with red cabbage slaw and barbeque sauce

Schnitzel

Crumbed beef or chicken served with garlic mash potato, small salad and mushroom sauce

Lamb

Lamb cutlets served with Cajun potatoes and a basil, mint reduction

Duck

Deep fried crispy Balinese duck served with a cucumber and pineapple salad and rice with a tomato chilli sauce with sambal

Bento Box's

Fish Teriyaki

Grilled fish marinated in teriyaki sauce, served with maki sushi, prawn and vegetable tempura with Japanese white rice

Chicken Karaage

Fried chicken pieces served with sashimi salmon, pork and prawn gyoza, Japanese white rice and miso soup

Beef kushiyaki

Grilled skewered beef served with maki sushi, prawn and vegetable tempura, Japanese white rice and edamame

Vegetarian

Tempura of vegetables with aga dashi tofu, vegetable maki sushi and a tomato, cucumber salad

Sharing Plates

Perfect for two**Indonesian**

Sate lilit (marinated minced chicken on lemongrass stick), tahu isi (deep fried stuffed tofu), chilli prawn, cucumber, pineapple, and shallot pickle, siomay (seafood dumpling), pepes ikan (steamed fish in banana leaf), shredded chicken salad, chicken lumpia (spring roll) and rendang (braised beef in rendang sauce)

Middle Eastern

Baba ganoush, hummus, marinated goat cheese, tabuleh, fish tikka, paneer butter masala, mixed olives, roasted capsicum, falafel & chicken tagine - perfect sharing plate

Thai

Beef lalot (minced beef with lemongrass and coriander), coconut Thai chicken, Thai fish cake, sticky Thai prawn, crab wonton, mango salad, rice paper roll, basil tofu and sweet chilli pork ribs

Spanish

Crumbed calamari with aioli, crispy stuffed olive with cheese and anchovies, grilled garlic thyme chicken, grilled haloumi cheese sandwich, red bean and chorizo sausage, Sauté garlic prawn, potatoes salad, mushroom escabeche and Prosciutto with rock melon

Sides

Potato variety

Lyonnais, Cajun, mashed or fries

Sautéed vegetables**Cap cay****Garden salad****Steamed Rice**

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Breads

Cob loaf

Baked cob loaf with roasted garlic butter

Bruschetta

Tomato, olive, basil and feta cheese on a toasted baguette

Entrees

Sate

Sate tasting platter, char grilled chicken, beef, pork and king prawn with cucumber pineapple pickle and peanut sauce

Chicken

Pan roasted boneless chicken thigh accompanied with salad leaves and a mushroom & pepper sauce

Ravioli

Lobster and scallop ravioli with a basil scented bisque

Prawns

Pan-seared local tiger prawns with fresh herbs and roasted garlic, served with crusty ciabatta

Soups

Soup of the day

Ask our friendly waitstaff for today's selection served with warm ciabatta bread

Pho Bo

Vietnamese beef noodle soup with Asian spices, cooked sliced beef, fresh rice noodle, accompanied with coriander and chilli

Soto

Shredded chicken, boiled egg, cabbage, vermicelli rice noodles in a spiced island chicken broth

Leek and potato

Pureed leek and potatoes served with warm ciabatta bread

Salads

Caesar

Grilled chicken tenderloins set on top of cos lettuce with pancetta, shaved parmesan, toasted ciabatta and home made Caesar dressing, topped with a soft poached egg and anchovies

Thai beef

Marinated eye fillet pieces tossed with Asian greens vermicelli noodles, roasted peanuts and mango, finished with a tamarind dressing

Garden

Mixed baby mesclun salad leaves, cucumber, avocado, tomato, carrot, and Dijon mustard dressing

Calamari

Crumbed calamari rings with mesclun salad leaves and tomato lime aioli dressing

Pasta & Noodles

Spaghetti, Fettuccini or Penne

A selection of traditional Italian home made sauces, marinara, bolognese, carbonara, or napolitano

Mie goreng

Fried egg noodles with your choice of chicken, beef, pork, seafood or vegetables

Laksa

Shredded chicken, shrimp, tofu, bean sprouts and rice noodles in a laksa broth

Kwee tiau

Fried rice noodles with vegetables, prawn, chicken and egg

Tastes of Asia

Gado gado

Steamed mixed vegetables, tofu, tempe, boiled egg and peanut sauce

Stir - fry

Crispy pork belly stir fried with Asian greens, vermicelli noodles in an oriental sauce topped with cashew nuts

Nasi goreng

Indonesian fried rice with your choice of chicken, beef, pork, seafood or vegetables

Chicken Curry

Prana chicken curry served with seasonal vegetables and a bowl of steamed rice

Nasi campur

Mixed rice dish with potato croquette, boiled egg, spicy beef or chicken, vegetables, tofu and tempe

Rendang

Stewed beef in rendang sauce served with fragrant steamed rice and Balinese fern vegetables

Siomay**Gyoza****Spinach & tofu dumpling****Samosas or Fish cakes**

All prices are subject to 21% government tax and service charges