

# ATOMIC

# BAR

# FOOD

# MENU

## BREAKFAST

**FREE RANGE EGGS ON TOAST** \$10.90  
Your choice of eggs; Poached, Scrambled or Fried, Served with sourdough toast.

### EXTRAS

**\$3.50** Each Baked bean, Hash brown, Roast Tomatoes, Spinach.

**\$4.50** Each Bacon, Mushrooms, Pork sausage.

**\$5.00** Each Avocado, Smoked Salmon.

**EGG & BACON ROLL** \$12.90

In a seeded brioche bun with mix-lettuce, Egg, Bacon & hash brown, cheese, tomato sauce.

**EGGS BENEDICT** \$15.90

2 poached eggs served on top of English muffins with HAM & Hollandaise.

**EGGS ATLANTIC** \$17.90

2 poached eggs served on top of English muffins with SMOKED SALMON & Hollandaise.

**SMASHED AVOCADO** \$18.90

2 sourdough toast, smashed avocado, crumbled feta, dukkah & finished with balsamic glaze and arugula.

**BUTTERMILK PANCAKES** \$19.90

2 Buttermilk pancakes, vanilla ice cream, banana, strawberries; topped with maple syrup.

**BIG BREAKFAST** \$22.90

2 eggs of choice on toast, Bacon, Pork Sausage, Hash brown, Tomatoes, Mushrooms & sautéed spinach.

**INVENT YOUR OMELETTE** \$17.90

Choice of 3 items plus egg base, mozzarella served with sourdough toast. (Bacon, Ham, Chorizo, Mushrooms, Tomatoes, Spinach, Capsicum)

## SOMETHING FOR THE KIDS

**For children under 12 years old** \$12.90 EACH

Includes a meal & a soft drink/juice.

- Kids Parma/schnitzel & Chips.
- Fish & Chips.
- Nuggets & Chips.
- Cheeseburger & Chips.
- Bolognese pasta (penne/spaghetti).

## WARM UPS

**GARLIC BREAD** ✓ \$10.90

**CHEESY GARLIC BREAD** \$12.90

**RUSTIC BREAD & DIPS** ✓ \$13.90

3 Dips with lightly toasted garlic & herb focaccia, kalamata olives & olive oil.

**BRUSCHETTA** ✓ \$12.90

Classic Bruschetta on sourdough with chopped tomatoes, onions, fresh basil topped with bocconcini & basil pesto, drizzled with balsamic reduction.

**PUMPKIN AND FETA ARANCINI** ✓ \$13.90

Served with garlic aioli.

**NACHOS** ✓ \$16.90

Crunchy corn chips, black beans, corns, salsa, cheese; topped with sour cream and guacamole.

**CHIPS** \$10.90

Served with garlic aioli & tomato sauce.

**POTATO WEDGES** \$11.90

Served with sweet chili sauce & sour cream.

**SALT & PEPPER CALAMARI** Ⓞ \$14.90

Served with salad, aioli & lemon.

**VEGAN BITES** \$15.90

Chicken style meat free bites seasoned with chipotle & roasted garlic seasoning; served with tomato relish.

## OYSTERS

**NATURAL** 6PC \$17.90 12PC \$31.90

**KILPATRIC** 6PC \$19.90 12PC \$34.90

**BLOODY MARY** 6PC \$19.90 12PC \$34.90

## SEAFOOD PLATTER \$49.90

Battered fish, Salt & pepper calamari, Scallops, Prawns, fresh oysters, Tartare sauce, lemon, Chips and Salad.

## BURGERS & WRAPS

All burgers and wraps are served with a side of chips.

**ATOMIC BURGER** \$23.90

Homemade BEEF Pattie in a seeded brioche bun with chef-special sauce, lettuce, tomatoes, cheese, bacon.

**BUFFALO CHICKEN BURGER** 🌶️ \$23.90

Chicken fillet dusted in our signature dusting, fried, and then tossed in buffalo sauce served in a seeded brioche bun with coleslaw, cheese, bacon & garlic aioli.

**PULLED PORK BURGER** \$23.90

Our slow cooked tender pulled pork served in a seeded brioche bun with apple slaw, BBQ sauce & grilled pineapple.

**CHICKEN & AVOCADO WRAP** \$23.90

Toasted flour tortilla with grilled chicken, mix lettuce, tomatoes, onions, avocado, mozzarella cheese & aioli sauce.

**CHILI BEEF WRAP** \$23.90

Toasted tortilla with ground beef, chili, lettuce, pickles, cheese & chef special sauce.

## STEAKS (GRILL/STONE GRILL)

**GRASS-FED STEAKS**, seasoned, served with chips, salad & a sauce of your choice. (Gravy/Mushroom/pepper or Garlic butter).

**GREAT SOUTHERN PORTERHOUSE – 300GM** \$38.90

**GREAT SOUTHERN SCOTCH FILLET – 260GM** \$38.90

**GREAT SOUTHERN EYE-FILLET – 250GM** \$41.90

## CHECK-IN NOW



***Please advise us of any special dietary requirements or allergens when ordering.***

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## PARMAS

All Parmas are served with a side of Chips & Salad

- TRADITIONAL** \$23.90  
Panko crumbed chicken breast fried and then topped with ham, Napoli sauce, tasty & mozzarella cheese.
- AMERICAN** \$25.90  
Panko crumbed chicken breast fried and then topped with BBQ Sauce, bacon, tasty & mozzarella cheese.
- GREEK** \$24.90  
Panko crumbed chicken breast fried and then topped with Napoli sauce, tasty & mozzarella cheese, Bruschetta-mix & feta.
- HAWAIIAN** \$24.90  
Panko crumbed chicken breast fried and then topped with Napoli sauce, ham, pineapple, tasty & mozzarella cheese.
- EGGPLANT PARMA** \$22.90  
Panko crumbed eggplant fillet fried and then topped with Napoli sauce, mushrooms, capsicum, olives, tasty & mozzarella cheese.






## PIZZAS

- MARGHERITA**  \$16.90  
Napoli base, cherry tomatoes, bocconcini, mozzarella & fresh basil.
- HAWAIIAN** \$18.90  
Napoli base, Smoked ham, pineapple & mozzarella.
- VEGETARIAN**  \$21.90  
Napoli base, capsicum, mushrooms, onions, olives, & mozzarella.
- BBQ CHICKEN** \$21.90  
Napoli base, chicken, mushrooms, onions, mozzarella & BBQ sauce.
- CALABRESE** \$20.90  
Napoli base, salami, capsicum, mushrooms, chili & mozzarella
- ATOMIC SPECIAL** \$21.90  
Bolognese base, bacon, prosciutto, mozzarella cheese.
- ADD Gluten Free base**  \$4.50

## MAINS

- FISH & CHIPS (BEER BATTERED/GRILLED)** \$24.90  
Served with salad, Chips, tartare sauce & lemon wedge.
- SALT & PEPPER CALAMARI** \$23.90  
Served with aioli, salad, Chips & lemon.
- HOMEMADE BEEF LASAGNA** \$22.90  
Homemade beef lasagna served with chips and salad.
- ATLANTIC SALMON** \$28.90  
Crispy Skin Salmon Fillet served with crispy chat potatoes; roquette, blood orange salad & butter sauce.
- VEGGIE STIRFRY**   \$19.90 **ADD PRAWNS \$8.00**  
Asian vegetables, mushrooms, green beans, cauliflower, carrots, roasted cashews with hokkien noodles in sweet soy sauce topped with sesame seeds & crispy shallots.
- CHICKEN SCALOPINI** \$23.90  
Chicken tenders cooked with creamy sauce with butter, onions, garlic, mushrooms; served on mash potatoes.
- SIDES** \$4.50 Each  
Mash/Sautéed veggies/Garden salad/Chips/Chat potatoes.

## SALADS

- QUINOA & PUMPKIN SALAD**   \$22.90  
Red & white quinoa, roasted pumpkin, almond flakes, pine nuts, dried cranberries, mint, roquette; tossed through lemon-vinaigrette; finished with orange segments.
- CALAMARI SALAD**  \$22.90  
Crisp tender pieces of salt and pepper calamari on a salad of mixed-lettuce, cucumber, beetroot, capsicum; tossed through lemon-vinaigrette; finished with feta.
- CAESAR SALAD** \$22.90  
Cos lettuce, crispy bacon, croutons, anchovies, Caesar dressing, shaved parmesan & hard-boiled egg.
- GREEK SALAD**   \$18.90  
Mis-lettuce, cherry tomatoes, cucumber, onions, olives, fetta; tossed through lemon-vinaigrette
- Choose your protein:**  
Grilled chicken \$6  
Pulled pork \$6  
Salt & pepper calamari \$7  
Grilled prawns \$8

## PASTA/RISOTTO

- CARBONARA SPAGHETTI** \$21.90  
Garlic, bacon, cream, onions & parmesan.
- SEAFOOD FETTUCCINE**   \$27.90  
Prawns, calamari, scallops, fish, cooked with chili, garlic, Napoli sauce & topped with parmesan.
- CHICKEN & MUSHROOM RISOTTO** \$24.90  
Chicken, mushrooms, spring onions, roasted peppers, spinach garlic & topped with parmesan.
- PUMPKIN RISOTTO**   \$22.90  
Roasted pumpkin, sage, onion, garlic, spinach cooked with risotto rice; finished with feta, pine nuts & dried cranberries.
- PENNE PUTTANESCA** \$22.90  
Salami, olives, mushrooms, capsicum, capers, Napoli sauce; topped with crisp prosciutto & parmesan.

## DESSERTS

- STICKY DATE PUDDING** \$12.90  
Housemade sticky date pudding served with vanilla ice cream and butterscotch sauce.
- CHOCOLATE BROWNIE** \$12.90  
Housemade smothered brownie with rich chocolate sauce; served with whipped cream & chocolate shavings.
- GAYTIME WAFFLES** \$13.90  
Warm Belgian waffle, served with vanilla ice cream, biscuit crumbs, rich chocolate sauce, strawberries & honeycomb pieces.

Function room available for hire.  
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Website: [theatomicbar.com.au](http://theatomicbar.com.au)

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