



Shop 3/98 Terrigal Espanade, Terrigal NSW 2260

Facebook/ chopngrind

Insta/ chop_n_grind

0415 332 123

PLEASE ORDER AT THE COUNTER

We cook to order, so we ask your understanding that in busy periods your order may take a little longer than usual.

Thank you for dining with us

STARTERS 

Crispy fried prawns w/lime aioli (5)	15.00
Mac & Cheese	s 8.00 l 15.00
Onion rings w/house aioli	8.00
Jalapeno poppers filled w/cream cheese (4)	12.00
Mozzarella stick w/house aioli (6)	12.00
Salt & Pepper calamari w/chips & lime aioli	10.00
WINGS (8)	10.00

- Dry rubbed spiced
- Spicy Asian sauce
- Franks special red hot sauce

FRIES	S	L
Salted fries	4.00	8.00
Chilli fries	5.00	10.00
Garlic parmesan fries	6.00	12.00
Sweet potato fries	5.00	10.00

Chip Stack w/ melted cheese, bacon & jalapenos

Plain fries 12.00 w/sweet potato 14.00

BURGERS

Burgers served on milk buns unless otherwise indicated.

Gluten free buns available	2.00
Junior Chop	11.50
Grilled wagyu beef OR chicken w/cheese and choice of sauce	
Cheesy Chop	14.00
Grilled wagyu beef, American cheese, lettuce, tomato, onion, pickles and house aioli	
Chicken Cheesy Chop	14.00
Crispy or grilled chicken, American cheese, lettuce, tomato, onion, pickles and house aioli	
Hot Chick	13.50
Crispy chicken, spicy slaw, lettuce and garlic aioli	
Spicy Hot Chop	15.50
Grilled wagyu beef, Spanish chorizo, grilled capsicum, lettuce, tomato, onion and peri peri aioli	
Krusty Krab	19.00
Fried salt and pepper soft shell crab, dill slaw, onion, lettuce, house salsa, lime aioli served on a black bun	
Lamb Grill	16.00
Grilled lamb pattie w/capsicum, eggplant, grilled feta, rocket and tzatziki	
Single Grind	17.00
Grilled wagyu beef, american cheese, bacon, jalapenos, lettuce, tomato, onion, pickles, tomato sauce and mustard served with onion rings	
Double Grind	22.00
Grilled wagyu beef x 2, american cheese, bacon, jalapenos, lettuce, tomato, onion, pickles, tomato sauce and mustard served with onion rings	
Chop-pea Chick Pea	15.50
Chick pea patties w/fried feta, capsicum, lettuce, onion, rocket, house salsa and house aioli	
The Mexican	17.50
50/50 wagyu/chorizo pattie, spicy beans, jalapenos, lettuce, tomato, guac, sour cream, corn chips	
Hawaii Five "O"	17.00
50/50 wagyu/bacon and cheese, pineapple, bacon, american cheese, lettuce, tomato and seeded aioli	
Karate Chop	16.00
Crispy chicken, cucumber, lettuce, tomato, wasabi slaw aioli	
Aussie Chop	18.00
Grilled wagyu beef, bacon, egg, pineapple, beetroot, lettuce, tomato, onion and bbq sauce	

Hail Caesar 16.00

Crispy or grilled chicken, bacon, egg, lettuce, rocket, parmesan and seeded aioli

IN A BOWL

Burger Bowl

Literally any burger in a bowl without the bun.

Choose any burger and we will take away the bun and put it in a bowl for the same price.

Plain Salad Bowl 8.00

Seasonal leaves, rocket, capsicum, feta, cucumber, onion and house salsa

Nacho Salad Bowl 14.00

Mixed salad, mexican beans, jalapenos, guacamole, sour cream, sweet chilli and corn chips

Extras

Chicken, Wagyu beef, lamb pattie 6.00

Salt and pepper crab 10.00

Salt and pepper calamari 10.00

Crispy fried prawns 15.00

Avo, Bacon, Chorizo, Feta 4.00

Cheese, egg, pineapple, capsicum, sour cream, beetroot 2.50

Tomato, cucumber, onion, pickles, jalapenos, corn, beans 1.00

KIDS MENU

Beef Burger 12.00

Kids beef, cheese and tomato sauce

Chicken Burger 12.00

Kids chicken, cheese, lettuce and mayo

Kids Mac and Cheese 12.00

Kids Chicken and Chips 12.00

SWEET THINGS

Toasted Belgium Waffles 10.00

Add w/ ice cream and caramel sauce 6.50

Choc Fudge Brownie 6.50

w/ choc sauce

Baked New York Cheesecake 6.50

Warm Sticky Date Cake 6.50

w/ butterscotch sauce

Add ice cream 1.50

If you have **FOOD ALLERGIES** please advise the staff **when ordeing**.

While we take all efforts to accommodate any Food Allergies, we **cannot guarantee** there are no traces within other

Products. Please be **VERY** specific if you have **EXTREME** allergies

DRINKS

<u>Coffee</u>	<u>S3.50</u>	<u>L4.50</u>
<u>Decaf</u>		<u>0.50</u>
<u>Syrup</u> —Vanilla, Caramel, Hazlenut		<u>0.50</u>
<u>Tea</u> —ask staff for selection		<u>4.00</u>
<u>Iced</u>		<u>6.50</u>

Choose—Chocolate, Chai, Mocha, Dirty Chai

All served w/ ice cream & cream

<u>Milkshakes</u>		<u>5.50</u>
-------------------	--	-------------

Choose—chocolate, Strawberry, Vanilla, Caramel, Banana

<u>Soft Drinks</u>		<u>4.00</u>
--------------------	--	-------------

Coke, zero, lemonade, sunkist, solo, pepsi, lemon lime & bitters, ginger beer, tonic water, soda water

<u>Mineral Water</u>	<u>S3.50</u>	<u>L7.00</u>
----------------------	--------------	--------------

<u>Juice</u>		<u>4.50</u>
--------------	--	-------------

BEER & CIDER

<u>Tap Beer</u> —See current selection at bar		<u>8.00</u>
---	--	-------------

<u>Bottled</u>		<u>8.00</u>
----------------	--	-------------

Stella, Asahi, Corona

<u>Light Beer</u>		<u>7.00</u>
-------------------	--	-------------

<u>Gluten Free Beer</u>		<u>9.00</u>
-------------------------	--	-------------

<u>Mr Finch Apple Cider</u>		<u>7.50</u>
-----------------------------	--	-------------

<u>Mercury Hard Cider</u>		<u>8.50</u>
---------------------------	--	-------------

SPIRITS

<u>From</u>		<u>8.00</u>
-------------	--	-------------

Vodaka, Gin, Tequila, Malibu, Midori, Jim Beam, Jack Daniels, Bacardi,

Alize, Southern Comfort, Wild Turkey, Johnny Walker Red, Bundy

Rum, Canadian Club, Pink Gin, Baileys, Kahlua and more

<u>From</u>		<u>10.00</u>
-------------	--	--------------

Cointreau, Chombard, Frangelico, Galliano, Galliano Sambuca,

Baileys, Tia Maria, Grand Marnier and more

COCKTAILS

<u>Mojito</u>		<u>18.00</u>
---------------	--	--------------

White rum, fresh mint, fresh lime and sugar syrup

Add passionfruit/lychee/strawberries		<u>1.00</u>
--------------------------------------	--	-------------

<u>Lime Margarita</u>		<u>18.00</u>
-----------------------	--	--------------

Tequila, triple sec and lime

<u>Caprioska</u>		<u>18.00</u>
------------------	--	--------------

Vodka, fresh lime and sugar syrup

<u>Espresso Martini</u>		<u>18.00</u>
-------------------------	--	--------------

Espresso shot, vanilla vodka and baileys

<u>Tsunami</u>		<u>18.00</u>
----------------	--	--------------

Peach Schnapps, vodka, blue curacao, malibu, pineapple w/lemonade

<u>Lemon Meringue Pie</u>		<u>18.00</u>
---------------------------	--	--------------

Vodka, butterscotch schnapps, fresh lemon w/ lemonade

<u>Melon Splice</u>		<u>18.00</u>
---------------------	--	--------------

Midori, malibu, cream and pineapple

<u>Tickled Pink</u>		<u>18.00</u>
---------------------	--	--------------

Vodka, pink gun, fresh strawberries and lime

<u>Long Island Iced Tea</u>		<u>20.00</u>
-----------------------------	--	--------------

Vodka, tequila, gin, Bacardi, Cointreau, lime and coke

Mocktail and Classics also available. See specials board for more

WINE LIST

Moscato Still

Brown Brothers still 2018	<u>GLS9.00</u>	<u>BTL36.00</u>
---------------------------	----------------	-----------------

Moscato Sparkling

Brown Brothers Sparkling 2018	<u>GLS9.00</u>	<u>BTL36.00</u>
-------------------------------	----------------	-----------------

Piccolos

Piccolo Redbank Prosecco NV 200ml		<u>EA10.00</u>
-----------------------------------	--	----------------

Piccolo Redbank Emily NV 200ml		<u>EA10.00</u>
--------------------------------	--	----------------

Mini Dunes Moscato 200ml		<u>EA10.00</u>
--------------------------	--	----------------

Mini Henkel Troken Piccolo 200ml		<u>EA12.00</u>
----------------------------------	--	----------------

WINE LIST

Sparkling

House Sparkling	<u>GLS10.00</u>	<u>BTL38.00</u>
-----------------	-----------------	-----------------

ROSE

House Rose	<u>GLS9.00</u>	<u>BTL36.00</u>
------------	----------------	-----------------

Jim Barry "Annabelle's" Rose Clare Valley	<u>GLS13.00</u>	<u>BTL50.00</u>
---	-----------------	-----------------

WHITE

Sauvignon Blanc

House Sauvignon Blanc	<u>GLS9.00</u>	<u>BTL36.00</u>
-----------------------	----------------	-----------------

Chardonnay

House Chardonnay	<u>GLS9.00</u>	<u>BTL36.00</u>
------------------	----------------	-----------------

Pinot Gris

House Pinot Gris	<u>GLS9.00</u>	<u>BTL36.00</u>
------------------	----------------	-----------------

Pinot Grigio

La Maschera Limestone Coast SA	<u>GLS13.00</u>	<u>BTL50.00</u>
--------------------------------	-----------------	-----------------

RED

Shiraz

House Shiraz	<u>GLS9.00</u>	<u>BTL36.00</u>
--------------	----------------	-----------------

Ingolby Shiraz 2018	<u>GLS10.00</u>	<u>BTL38.00</u>
---------------------	-----------------	-----------------

Heathcote "Cravens Place" Heathcote	<u>GLS14.00</u>	<u>BTL55.00</u>
-------------------------------------	-----------------	-----------------

Pinot Noir

House Pinot Noir	<u>GLS9.00</u>	<u>BTL36.00</u>
------------------	----------------	-----------------

Palliser "Pencarrow" Martinborough NZ	<u>GLS15.00</u>	<u>BTL58.00</u>
---------------------------------------	-----------------	-----------------

Merlot

House Merlot	<u>GLS9.00</u>	<u>BTL36.00</u>
--------------	----------------	-----------------

Dandelion "Damsel of the Barossa" SA	<u>GLS15.00</u>	<u>BTL58.00</u>
--------------------------------------	-----------------	-----------------

Cabinet Sauvignon

House Cabinet Sauvignon	<u>GLS9.00</u>	<u>BTL36.00</u>
-------------------------	----------------	-----------------

Forest Hill "Highbury Field"	<u>GLS13.00</u>	<u>BTL50.00</u>
------------------------------	-----------------	-----------------

Plus our blackboard selections