

Tanja's Café and Restaurant

Established in 1972 by Gerhard and Monika Schoendorfer, Tanja's is one of Brisbane's best a la carte dining establishments.

Tanja's has won many awards over its 47 year history and this is due to the Schoendorfer families commitment to quality fresh ingredients prepared daily for their customers by only the best chefs.

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

Fully licensed and presenting top quality ingredients prepared fresh by 5 star hotel trained chefs, Tanja's is an icon of the Redlands.

Please enjoy your dining experience here with the team at Tanja's Café and Restaurant.

Organic Breads

Garlic and Parmesan Organic Ciabatta (v) \$8

Oven baked garlic and parmesan ciabatta.

Tanja's Organic Bruschetta (v) \$12.5

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

With smoked salmon **\$16.5**

Chef's choice of Dips (v) \$14

Vegetarian dips served with a variety of organic toasted breads

Lighter Style

Soup of the Day (v) \$10.5

Freshly prepared on premise and served with toasted garlic & Parmesan bread

Grilled Salmon and Walnut Salad (g) \$20.9

Grilled salmon fillet served with walnuts, beetroot, avocado and feta on a garden fresh salad dressed with lemon dill aioli

Turkish Chicken and Haloumi Salad (g) \$19.9

Turkish spiced grilled chicken tenderloin, haloumi, roasted pumpkin, and avocado on a garden fresh salad dressed with herbed yoghurt.

Spanish style Calamari Salad (g, nuts in sauce) \$20.9

Lemon peppered pan seared tender fresh calamari strips, Romesco sauce on a garden fresh salad, avocado, olives and feta crumble.

Balsamic Beef and Pumpkin Salad (g) \$19.9

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

Sesame Prawn and crispy Rice Noodle Salad (g,d) \$22

Sesame prawns tossed with Tamari soy, sweet chili sauce and rice noodle on a garden fresh vegetable and spinach salad.

Garden Salad (g,d) \$12.5 with grilled haloumi \$16.5

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

Dietary Requirements

(v) - Vegetarian (d) - Dairy Free (g) - Gluten Free

GLOBAL STREET FOOD

\$18.5

200gr GRASS FED STEAK (g)

grilled to your liking served with chips, beetroot garden salad and Diane sauce.

TANJAS FETTUCCINI CABONARA

Italian sausage, bacon, mushroom and spinach in creamy garlic sauce and shaved parmesan.

TEMPURA BARRAMUNDI FILLET (d)

served with avocado garden salad, chips and tartar sauce.

CHICKEN PARMIGIANA:

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

CHICKEN GOULASH

Chicken goulash served with fettuccine pasta topped with sour cream and chives.

MEDITERRANEAN PIZZA:

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

Comfort Zone

LAMB AND GREEN LENTIL CURRY: (g,d) \$22.5

Sri Lankan spiced slow cooked lamb in a coconut sauce with green lentils accompanied with steamed rice, chutney and pappadums

COCONUT POACHED SWEET LIP (g,d) \$24.5

Sweet lip fish fillet poached in tangy coconut sauce with sesame Rice and stir fried vegetables.

PARMESAN PORK RACK CUTLET (g) \$24.5

Parmesan crusted pork cutlet topped with grilled pineapple accompanied by chive mash, steamed vegetables and creamy mushroom sauce.

TRAVELLERS SEAFOOD BASKET: \$22.5

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

CHICKEN AND MUSHROOM RISOTTO (g) \$22.5

Chicken tenderloins, mushrooms, olives and baby spinach tossed in a creamy pesto sauce served with sundried tomato tapenade and shaved parmesan.

MEDITERRANEAN RISSOTTO WITH HALOUMI (g) \$22.5

Creamy spinach and mushroom risotto, served with ratatouille vegetables and grilled haloumi cheese.

Cosmopolitan Affair

Organic Eye Fillet Steak (g)

\$37.5

Organic eye fillet steak cooked to your liking topped with sautéed spinach, mushroom and feta crumble accompanied by chive mash and Diane sauce.

Supreme of Chicken (g)

\$26.5

Smoky bacon wrapped oven baked breast fillet stuffed with camembert cheese served with chive mash and creamy mushroom sauce.

Almon Crusted Tasmanian Salmon fillet (d)

\$27.5

oven baked salmon fillet served with spinach and parmesan risotto and lemon dill sauce

Land and Bay (g)

\$42

Grilled medallion of beef, bug with hollandaise and lemon peppered prawns served with chive mash and Dian sauce

Tanjas Fishermans Platter

\$39.5

Grilled sweet lip, battered prawns, crispy salt and pepper calamari and a bug served with avocado salad, chips and dipping sauce.

Macadamia Crusted Barramundi (g)

\$29.5

Oven baked Macadamia crusted barramundi fillet served with garlic prawns, chive mash and lemon, dill sauce.

All Mains served with seasonal vegetables

PREMIUM PLATTERS

\$75.00 for two including dessert and coffee

TANJA'S BEEF AND REEF PLATTER

Grilled beef medallions, sweet lip fillet, crumbed prawns, grilled bug with hollandaise, served with salad, chips and dipping sauce.

+Dessert and coffee

TANJA'S SEA FOOD PLATTER

Grilled bug with hollandaise, grilled sweet lip 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	\$9.5
Chicken Nuggets and Chips	\$9.5
Juicy Cheeseburger served with fries	\$9.5

Side Selection

Garden Salad (v,g,d) Crispy lettuce, garden fresh vegetables, avocado and olives dressed with vinaigrette.	\$12.5
With haloumi	\$16.5
Steamed fresh vegetables (v,g,d)	\$8.5
Chips with our special seasoning, served with tomato sauce	\$6.5
Potato wedges served with sweet chilli sauce & sour cream	\$8.5

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BEVERAGE SELECTION

WHITE WINES:

	Glass	Bottle
Hardy's Premium Chardonnay (SA)	7.5	30
Giesen Marlborough Sauvignon Blanc NZ)	8.5	38
Brown Brothers Crouchen Riesling (VIC)	8.5	38
Goundry 'Margaret River' Unoaked Chardonnay	8.5	38
Windance 'Margaret River' SemSauvBlanc (WA)	8.5	38
Windance 'Margaret River' Rose (WA)	8.5	38
Brown Bros Moscato 275ml		10

RED WINES:

Hardy's Premium Cabernet Merlot (SA)	7.5	30
Houghton 'Quills' Shiraz Cabernet (WA)	8.5	36
Windance 'Margaret River' Cab Merlot (WA)	8.5	38
Windance 'Margaret River' Shiraz (WA)	9.5	42
D'arenberg 'High Trellis' Cab Sauv	9.5	42
Cidar		\$7

SPARKLING WINES:

Hardy's Premium Brut Reserve (SA)		28
Henkell Trocken Piccolo 200ms (GER)		10
Brown Bros Prosecco 200ml		9.5

PORT:

Grant Burge Tawny, Mc Williams Hanwood Tawny	7.5	
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COGNAC:

Courvoiser VS	9.5	
Hennessey VSOP	11	
Remy Martin VSOP	10.5	

AGED WHISKY:

Chivas Regal	9.5	
Glenfiddich	10	

SPIRITS AND LIQUORS:

DELUXE:

Bacardi, Campari, Southern Comfort, Jack Daniels, Cointreau, Grand Marnier, Pernot, Don Benedictine, Johnnie Walker Black, Drambuie, Jameson Irish Whisky	8.5	
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BASIC:

Vodka, Gin, Bundaberg Rum, Johnny Walker Red, Canadian Club, Jim Beam Bourbon	7.7	
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BEVERAGE SELECTION

BEER

	285ml	425ml
Draught		
Cascade Premium Light	4.9	6.0
Coopers Midstrength	5.0	7.0
Stella Artois	6.0	8.0
Australian selection		
Carlton Mid, Fosters Light Ice	5.5	
Carlton Cold, Victoria Bitter, Cascade Premium Light	6.5	
Pure Blonde (Low Carb)	7.5	
James Boags Premium, Cascade Premium, Crown Lager	8	
'Little Creatures'	9	
Imported		
Becks	9	
Corona	9	
Heineken	9	

CAFÉ STYLES

Short Black, Long Black,	3.8
Flat White	4.0
Cappuccino, Café Latte	4.0
Vienna (with cream), Chai Latte	4.4
Hot Chocolate (with cream) Mocha (with cream)	4.6
Extras	
Marshmallows	.2
Mugs, Double Strength, Decaf, Organic	.5
Soy, Lactose Free, Pouring Cream	.5
Caramel, Vanilla, Hazelnut, Almond Milk (.6)	.5
ELMSTOCK TEAS:	
English Breakfast, Earl Grey	4.0
Loose Leaf Herb Teas Available	4.8

COLD DRINKS

Frappes	Milkshakes
Fruit Smoothies	Iced Coffee
Fresh Orange Juice	Iced Chocolate
Bottled Juices	Soft Drinks
Fresh Cold Pressed Orange Juice	