

JAIS ABEN

BAR & BISTRO

The name Jais Aben originates from the language spoken by the local people near Madang, Papua New Guinea. It's meaning translates as safe harbour or resting place. In Te Reo the name Tauranga translated also means safe harbour or resting place.

At Jais Aben bar & bistro we offer a place of rest and relaxation with refreshing beverages and high quality locally sourced produce cooked with aroha and European style in our picturesque harbour setting.

At Jais Aben, we are committed to using only the finest ingredients. That's why we utilize certified organic produce from BND Farms in Waihi. Our dedication to sustainability extends to our seafood, sourced from Solander Seafood in Nelson and Moana Fisheries. Additionally, we prioritize ethical practices by incorporating free-range New Zealand chicken and pork into our dishes, while our beef and lamb come from grass-fed farms across the country.

 [jaisabenbarbistro](https://www.instagram.com/jaisabenbarbistro)

 [Jais Aben Bar & Bistro](https://www.facebook.com/JaisAbenBarBistro)

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 **85 The strand, Tauranga 3110**

JAIS ABEN

BAR & BISTRO



OYSTERS

NATURAL OYSTER (GF,DF) \$MP EACH
shallot and red wine vinegar, lemon **minimum 3**

CRISPY OYSTER (DF) \$6 EACH
pacific rock oysters, crumbed, aioli, lemon **minimum 3**



ENTREE

ARTISAN BREAD (V) 9
daily bread, whipped butter, soft herbs

TWICE BAKED CHEESE SOUFFLE (V) 19
goats cheese, red wine pear, rocket, walnut

CHICKEN CROQUETTES 19
chicken and leek, mustard aioli

CRISPY CALAMARI (DF) 19
freshly cooked squid, pickled vegetables, hot sauce

SMOKED KAHAWAI RILLETTE 20
house pickles, lemon, crostini

PUMPKIN & SAFFRON RISOTTO (V) 18
pepitas, parmesan

LAMB RIBS (GF,DF) 22
pomegranate molasses, carrot ketchup, chilli

SCALLOPS (GF) 24
pan roasted scallops, cauliflower, fine leaves

MAIN

FETTUCINNE (GF,DF,V) 32
vegan mushroom and walnut sauce, chilli,
toasted sunflower and pumpkin seeds

ROAST CHICKEN (GF) 39
olive & oregano stuffing, potato puree, red wine
shallots, mushroom sauce

VENISON LOIN (GF,DF) 43
juniper, fennel, beetroot, kale,
cacao red wine reduction

PORK FILLET (GF) 39
puffed crackle, braised red cabbage, kumara
fondant, sauce charcutière

DUCK PAPPARDELLE 38
pulled confit leg, tomato vodka sauce, parmesan

MARKET FISH MP
daily caught fish, seasonal vegetables and sauce

GRILL

BEEF EYE FILLET (GF) 49
200g pasture fed, Canterbury

All steaks chargrilled and served with
scalloped potatoes, seasonal greens,
and your choice of either:
red wine gravy, mushroom sauce or
sauce charcutière

BEEF SCOTCH FILLET (GF) 45
250g pasture fed, Canterbury

LAMB RUMP (GF) 41
200g pasture fed, Southland

SIDES

AGRIA CHIPS (GF,DF) 10

STEAMED VEGETABLES (GF) 11

DUCK FAT POTATOES (GF,DF) 10

BRAISED GREEN CABBAGE 11
mornay sauce, crispy sourdough crumbs





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DESSERT

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| LEMON POSSET (GF) 17 lemon curd, citrus crisp, orange supremes, meringue | BASQUE CHEESECAKE 17 seasonal poached fruit, vanilla tuile |
| STICKY DATE PUDDING 17 butterscotch sauce, apple compote & crisp, chantilly cream | CASHEW & COCONUT (GF,DF) 17 vegan cashew, coconut & lime mousse, coconut gel, candied lime |

CHEESEBOARD

CHEESE SELECTION

chutney, crackers, seasonal fruit, candied walnuts

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| WHITESTONE BRIE | ONE CHEESE | 15 |
| KAPITI SMOKED CHEDDAR | TWO CHEESES | 22 |
| KAPITI KIKORANGI BLUE | THREE CHEESES | 30 |



AFTER DINNER DRINKS

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| PALLINI LIMONCELLO 7 served chilled neat - 45ml | AMARO MONTENEGRO 10 served on the rocks - 30ml |
| FLAT WHITE LIQUEUR 8 served on the rocks - 30ml | IRISH COFFEE 15 espresso, cream liqueur, whipped cream choice of liqueur: Irish whiskey / Irish cream liqueur |
| TAYLORS TAWNY PORT 12 served straight - 60ml | ESPRESSO MARTINI 20 espresso shot, coffee liqueur, vodka |
| TAYLORS RUBY PORT 12 served straight - 60ml | AFFOGATO 20 espresso shot, ice cream scoop, choice of liqueur: coffee / flat white / hazelnut |
| DE BORTOLI SEMILLON 13 served straight - 45ml | |