



MOTION

BAR & GRILL



SHARE + TASTINGS

BREAD & BUTTER BAKED DAILY AT MOTION BAR & GRILL (V)	5
WIVENHOE ORGANIC OLIVES PAN FRIED WITH ROSEMARY AND FIRE ROASTED TURKISH BREAD (V)	5
BAKED GREEN PEA, MINT & GOAT CHEESE CAKE WITH ROCKET AND SMOKED ROMA (V, GF)	10
LEMONGRASS MOOLOOLABA PRAWNS IN ASIAN PASTRY WITH A SHREDDED CUCUMBER SALAD, PALM SUGAR & CHILI GLAZE	10
SWEET CORN SOUP WITH BASIL AND CHICKEN (GF)	15
HALF SHELL SCALLOP WITH ZUCCHINI RATATOUILLE AND GRILLED PEPPERONI (4)	15
STEAMED ASIAN DUMPLINGS WITH SPANISH ONION PICKLE	15
STEAMED SOUTH AUSTRALIAN MUSSELS IN WHITE WINE CREAM, GARLIC, PARSLEY AND CHIVES WITH HOUSE MADE BREAD	15
CHARCUTERIE TASTING PLATE WITH HOUSE MADE PICKLES	22
SOUTH AUSTRALIAN PACIFIC OYSTERS LIVE, SHUCKED AND PREPARED AS YOU WATCH WITH YOUR CHOICE OF: LIME, GOLDEN SHALLOT AND CHARDONNAY VINEGAR CLASSIC KILPATRICK NATURAL	3.5 EA

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V = VEGETARIAN. ALL PRODUCE, WHERE POSSIBLE, IS SOURCED LOCALLY TO REDUCE OUR CARBON FOOTPRINT
1.5% SURCHARGE APPLIES TO ALL CREDIT CARD PAYMENTS. MBG1211

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MOTIONBARANDGRILL.COM

PASTA

SAUTEED SEASONAL MUSHROOMS & PENNE PASTA WITH CONFIT GARLIC, SPINACH AND SHAVED PARMESAN (V)	22
GRILLED PRAWNS & SINGAPORE NOODLES WITH CHAR SUI PORK, ASIAN GREENS AND CRISP LETTUCE (DF)	25
SMOKED SALMON & BUCKWHEAT SPAGHETTI WITH BROCCOLINI, LEMON AND DILL CREAM	22

SALADS

WARM CHICKEN WITH APPLE, WALNUT AND CROUTONS	15
SMOKED SALMON & WINTER LEAF WITH FINE HERBS, TOASTED RYE CRUMB AND CREAMED TARRAGON DRESSING	15
OVEN ROASTED DUCK WITH HAZELNUT, FETTA AND PEAR DRESSING	15
BABY BEET & ROQUETTE WITH PARMIGIANO, PINE NUTS AND BALSAMIC DRESSING (V)	15
ROASTED PUMPKIN & SPINACH WITH FETTA, PINE NUT AND SESAME OIL (V)	15
VINE RIPENED TOMATO & SOFT BOCCONCINI WITH BASIL, ROCKET AND AGED BALSAMIC (V)	15

MEAT

NOLAN MEATS PRIVATE SELECTION

SIRLOIN	300GM	36
OP RIB ON THE BONE	400GM	38
BEEF TENDERLOIN	200GM	34
BUTCHER'S CUT OF THE DAY	MARKET WEIGHT	

SLOW COOKED

SLOW BRAISED PORK WITH CHILLI JAM GLAZE	28
INDIAN CHICKEN CURRY WITH CRISP PAPPADUMS	28
ROSEMARY STUDED LAMB SHANK	28

MEATS SERVED WITH YOUR CHOICE OF:

- BAKED MACARONI CHEESE WITH WILTED ENGLISH SPINACH (V)
 - PAN FRIED SCALLOP NEW POTATO, DUKKAH SPICE AND AIOLI (V)
 - ROQUETTE, STICKY BALSAMIC AND PARMESAN (V)
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MAIN

CRISPY SKIN DUCK BREAST WITH WILD MUSHROOMS, PEARL BARLEY RISOTTO, BROAD BEANS AND PEPPERJACK JUS	32
ROASTED LAMB RACK WITH CREAMED CORN, GREEN PEA AND THYME BUTTER	36
CRISPY SKIN SNAPPER WITH CORN AND SWEET POTATO DUMPLINGS, HOT & SOUR TAMARIND BROTH AND ASIAN SALAD	32
GRILLED CHICKEN BREAST WITH BOCCONCINI SOFT POLENTA, SPINACH PUREE AND ROASTED FENNEL	26
SUMAC, LIME SEARED ATLANTIC SALMON WITH WARM SALAD OF ASPARAGUS AND PERSIAN FETTA	28

SIDES

SALT ROAST POTATOES, CHORIZO AND CHIVE	8
BUTTERED GREEN BEANS WITH CRACKED PEPPER (V)	8
SUGAR SNAP PEAS WITH SLOW ROASTED GOLDEN SHALLOTS (V)	8
ASPARAGUS WITH BLISTERED VINE CHERRY TOMATO (V)	8
WHIPPED POTATO MASH (V)	6

TO FINISH

ICED BANANA & RUM PARFAIT WITH SESAME WAFER	15
BREAD & BUTTER PUDDING WITH CARAMELISED APPLE AND CLASSIC VANILLA BEAN ICE CREAM	15
BURNT ORANGE PANNA COTTA WITH HONEYCOMB AND LOCAL BERRIES	15
CHOCOLATE FONDANT WITH MINT CHOC ICE CREAM	15
PAVLOVA OF MANGO, PASSIONFRUIT & COCONUT WITH HAND CRAFTED ICE CREAM	15
NEW SEASON BERRIES WITH DOUBLE KING ISLAND CREAM	12
AUSTRALIAN CHEESE WITH MAGGIE BEER QUINCE PASTE, DRIED FRUITS AND CRISP BREAD	20