

# BOWAN ISLAND

# MENU

Breakfast Till 11:30

## SAVOURY

### AVOCADO RAGU ON TOAST WITH A TOUCH OF THE MIDDLE EAST

Bowan sourdough topped with avocado, Persian feta, sweet tiny yellow & red tomatoes, chives, lime, lemon, olive oil, bacon, choice of egg and dukkah **22.00**

### HALLOUMI BREAKFAST

Grilled Halloumi, poached eggs, avocado, grilled tomato & baby spinach on Bowan sourdough **24.90**

### BOWAN DELUXE ROLL

Free-range egg, bacon, cheddar, avocado, hash brown, BBQ or tomato sauce on a brioche bun. **16.90**

### STACKED POACHED EGGS

Hash brown stacked with chunky avocado, topped with poached eggs & pea puree smudge **20.00**  
*Add bacon OR salmon +6*

### OMELETTE

Ham, cheese, tomato, mushroom, spinach. Served with Bowan sourdough and hashbrown. **23.90**

### BOWAN BREAKFAST

Free range eggs, avocado, bacon, grilled tomatoes, mushrooms, chorizo and hash brown **29.90**

## SAVOURY

### EGGS ON TOAST

Scrambled, poached, or fried **14.90**

### CHEESE TOASTIE

With ham, cheese & tomato. Add hash browns +4 **8.50**

### TOASTED SOURDOUGH BREAD

Choice of spread peanut butter, Vegemite, strawberry jam, Nutella, orange marmalade **7.90**

### B.E.A.T

Crispy bacon, poached eggs, avocado, and tomato on Bowan sourdough. **22.90**

## SWEET

### FRENCH TOAST

Fresh Bowan brioche toast with maple syrup. Choice of crispy bacon or mixed berries & whipped cream **22.90**

### FRESH PANCAKES

Choice of mixed berries & ice cream or crispy bacon & maple syrup **22.90**

### BOWAN BANANA BREAD

Choice of toasted & buttered **6.90**

## ADD ONS

One egg	<b>3.90</b>
Avocado	<b>5.90</b>
Mushrooms	<b>5.90</b>
Hash brown	<b>3.90</b>

Bacon	<b>5.90</b>
Spinach	<b>5.90</b>
Smoked salmon	<b>7.90</b>
Ice Cream	<b>2.00</b>

# BOWAN ISLAND

# MENU

Lunch Available After 11:30

## CLASSIC CAESAR SALAD

Classic Caesar salad with bacon, hard-boiled egg, croutons and plant-based dressing.

16.90

*Add chicken 4*

## NOURISH PLATE VG GF

Wholesome seasonal vegetables served with black & brown rice, beetroot hommous.

20.00

*Add your choice of protein.*

## VEGETABLE QUINOA CROWN VG GF

Green vegetables, pumpkin & quinoa paired with currants & flake roasted almonds.

18.00

*Add your choice of protein.*

## STEAK SANDWICH

Scotch filet steak, caramelised onions, honey mustard & mixed lettuce

22.00

Served with beer battered thick cut chips.

## ATLANTIC SALMON STEAK

Crispy skin Atlantic salmon steak served with house potatoes, seasonal vegetables & cauliflower puree.

29.00

## SMOKED SALMON BAGEL

Bagel with smoked salmon, sour cream, red onions, baby capers, chives and mixed lettuce.

17.90

## PRAWN LINGUINE

A seafood delight of prawns with linguine, garlic, chilli, sweet delight tomato, basil & a touch of Napoli sauce.

28.00

## VEGGIE WRAP

Pumpkin, Zucchini with avocado Ragu lettuce, tomato and a Sweet chilli plant based mayo.

15.00

*Add chips and salad 4.00*

## LEMON PEPPER CHICKEN WRAP

Lemon pepper chicken with avocado ragu, tomato, lettuce, & plant based mayo.

16.90

*Add chips and salad 4.00*

## TUNA NIÇOISE SALADE

Tuna Nicoise cooked rare served with green beans, black olives, potatoes, sweet delight tomatoes and mesclun salad, dressed with french vinaigrette.

27.00

## BEER BATTERED STEAK

### FRIES

Served with sweet chilli mayo.

10.00

## ADD ONS

Chicken	6.00
Falafel	6.00
Atlantic Salmon	8.00