

# KIDS MEAL

9.90 each w/ FREE Kids Activity Bag



Step 1 - Select one of the below

- ▶ Dinosaur Nuggets
- ▶ Mini Ham & Pineapple Pizza
- ▶ Cheeseburger
- ▶ Battered Fish
- ▶ Grilled Steak <sup>(gf)</sup> <sup>(df)</sup>

Step 2 - Select one of the below

- ▶ Mashed Potato <sup>(gf)</sup>
- ▶ Crispy Fries

Step 3 - Select one of the below

- ▶ Salad <sup>(gf)</sup>
- ▶ Veggies <sup>(gf)</sup> (corn on the cob, carrot & broccoli)

Kids meals are only available to children 12 years & under

## KIDS DESSERT

Available to children 1-12yrs



▶ Kids Ice Cream 3.90

Vanilla ice-cream served w/topping & sprinkles

## KIDS ZONE ACTIVITY BAG

FREE with every Kids Meal!



Boys & Girls bags include:

Activity Book  
Colouring Pencils  
Stickers  
Kids Toy

FREE  
with every  
Kids Meal!



PLEASE NOTE

Kids Zone activity bag & toy NOT suitable for children under 3 years old. Contains small parts. Adult supervision is advised.

# BOWEN HOTEL Menu

Lunch: 11:30am-2:30pm & Dinner: 6-9pm  
**EVERYDAY!**



Updated May 2019



## ENTRÉE

Tasty tempters to enjoy before your main



## SALAD

Fresh, flavoursome ingredients



- ▶ **Garlic Bread** <sup>(v)</sup> **7.90**  
Toasted thick white loaf w/ fresh garlic & rich butter  
+ **ADD Bacon bits & mozzarella** **ONLY 2.00**

- ▶ **Pan-fried Pork & Chive Dumplings** <sup>(df)</sup> **11.90**  
(6) Pillows of pork & chive encased in Asian pastry, w/ a crispy bottom & soft top. Served w/ chilli soy sauce

- ▶ **Salt & Pepper Calamari** **11.90**  
Tender pieces, lightly dusted in salt & pepper flour & flash fried. Served w/ tartare sauce & lemon

- ▶ **Crumbed Camembert** <sup>(v)</sup> **12.90**  
Lightly crumbed pieces of matured camembert, flash fried & served w/ cranberry jam

- ▶ **Chicken Wings** <sup>(½ KG)</sup> **12.90** <sup>(1 KG)</sup> **17.90**
  - Sweet BBQ Chipotle <sup>(df)</sup>
  - Honey Soy <sup>(df)</sup>
  - Famous Buffalo
  - Carolina Reaper Pepper **(World's Hottest Pepper!)**  
Choose: **Level 1 / Level 2 / Level 3!**

- ▶ **Sizzling Local Prawns** **16.90**  
(6) Local prawns sautéed in creamy garlic sauce w/ a hint of chilli, served in a cast iron pot w/ dipping bread

- ▶ **Oysters**  
Renowned throughout the world for their sensational "Sweet Ocean" taste. These oysters are a real crowd pleaser!
  - **Natural** <sup>(gf)(df)</sup> <sup>(6)</sup> **17.90** <sup>(12)</sup> **25.90**
  - **Kilpatrick** <sup>(df)</sup> <sup>(6)</sup> **21.90** <sup>(12)</sup> **29.90**



## SIDES

Every meal is better w/ sides



- ▶ **Chips** <sup>(v)(df)</sup> **7.90**  
Served w/ your choice of sauce
- ▶ **Potato Wedges** <sup>(v)</sup> **9.90**  
Served w/ sweet chilli & sour cream  
+ **ADD Bacon bits & mozzarella** **ONLY 2.00**

- ▶ **Roast Pumpkin & Pine Nut Salad** <sup>(v)</sup> **16.90**  
Tender baby spinach leaves, diced roasted pumpkin, Danish féta, pine nuts, sun-dried tomatoes, chickpeas & red onion tossed w/ balsamic dressing  
+ **ADD Chicken breast strips** **ONLY 3.90**

- ▶ **Chef's Caesar Salad** **16.90**  
Crisp cos lettuce leaves, croutons, premium bacon & shaved parmesan tossed in a caesar dressing topped w/ a poached egg  
+ **ADD Chicken breast strips** **ONLY 3.90**

- ▶ **Thai Beef Salad** <sup>(df)</sup> **19.90**  
Succulent strips of beef tossed w/ onion, lettuce, carrot, cucumber, bean sprouts, shallots & peanuts over vermicelli noodles & finished w/ Thai dressing & a hint of chilli



## PASTA

Freshly prepared in-house



Please ask staff for Gluten Free pasta options

- ▶ **Fettuccine Carbonara** **21.90**  
Premium bacon, button mushrooms, spring onion & shaved parmesan folded w/ egg in a white wine & garlic cream sauce  
+ **ADD Chicken breast strips** **ONLY 3.90**

- ▶ **Fettuccine Zucca** <sup>(v)</sup> **21.90**  
Roasted pumpkin w/ baby spinach, cherry tomatoes & pine nuts in a white wine cream sauce, finished w/ aged balsamic  
+ **ADD Chicken breast strips** **ONLY 3.90**

- ▶ **Fettuccine w/ Chorizo & Prawns** **26.90**  
Green prawns, Spanish-style chorizo tossed w/ tender spinach leaves through a Napoli sauce, served w/ fresh herbs & parmesan

- ▶ **Fettuccine Marinara** **26.90**  
Fettuccine tossed w/ creamy Napoli sauce, baby octopus, calamari, local prawns, mussels & reef fish garnished w/ shaved parmesan





# BURGERS & SANDWICHES



# STEAK

Probably the best steak in Bowen!



Served w/ a side of chips & aioli

- ▶ **Classic Beef Burger** **14.90**  
Beef pattie, lettuce, tomato, beetroot, cheddar cheese & bbq sauce  
+ **ADD Egg** **ONLY 1.50**
- ▶ **Chicken & Bacon Burger** **16.90**  
Breast fillet, bacon, lettuce, tomato & aioli  
+ **ADD Pineapple** **ONLY 1.00**
- ▶ **Chicken Caesar Wrap** **16.90**  
Tender chicken breast w/crisp cos lettuce, croutons, crispy bacon, shaved parmesan & chef's own caesar dressing wrapped in a soft tortilla
- ▶ **Thai Beef Wrap** <sup>(df)</sup> **16.90**  
Succulent strips of beef w/onion, lettuce, carrot, bean sprouts, cucumber, shallots & peanuts, finished w/ Thai dressing & a hint of chilli wrapped in a soft tortilla
- ▶ **Steak Sandwich** **19.90**  
Tender rib fillet, bacon, egg, lettuce, tomato, beetroot & bbq sauce on thick white loaf

All steak meals are served w/ your choice of:  
Chips or Mash & Salad or Vegetables

Served w/ your choice of sauce:

Creamy Mushroom, Hollandaise, Gravy, Black Pepper, Diane, Garlic Cream <sup>(gf)</sup> or Chef's Hot & Tangy sauce

- ▶ **Small Rump** <sup>(df)</sup> **14.90**  
Our most popular steak. Tender, flavoursome & sure to please the palate
- ▶ **Porterhouse** <sup>(df)</sup> **24.90**  
A classic cut of beef, sourced from southern raised cattle. This premium steak has a clean flavour & fine texture
- ▶ **Large Rump** <sup>(df)</sup> **29.90**  
This superior cut of beef is aged 6-8 weeks to ensure maximum tenderness. Sourced from cattle raised on grain carefully selected by industry leading nutritionists to ensure the ultimate dining experience
- ▶ **Rib Fillet** <sup>(df)</sup> **32.90**  
Premium rib fillet, selected for superior marble score & aged for up to 8 weeks
- ▶ **BIG Bowen Rump** <sup>(df)</sup> *(Chef's Recommendation!)* **37.90**  
Our Large Rumps big brother! At twice the size, it's not for the faint hearted  
+ **ADD Surf to your turf** <sup>(gf)</sup> **ONLY 9.90**  
Juicy prawns & tender calamari sautéed in garlic cream sauce



# PARMY

House-made for the best flavour



- ▶ **Chicken Breast Schnitzel** **21.90**  
House-made thick & juicy breast fillet, served w/your choice of chips or mash & salad or vegetables

+ **1KG MONSTER UPSIZE** **ONLY 9.90**

- ▶ **Upgrade with these great toppings...**
- + **ADD Parmigiana topper** **ONLY 3.90**  
Napoli sauce, premium leg ham & mozzarella
- + **ADD Hawaiian topper** **ONLY 4.90**  
Napoli sauce, leg ham, pineapple & mozzarella
- + **ADD Aussie topper** **ONLY 5.90**  
Egg, Bacon, BBQ sauce & mozzarella
- + **ADD Sinclair topper** **ONLY 9.90**  
Creamy garlic local prawns

# CRUMBED STEAK

Fried until golden brown

- ▶ **Crumbed Steak** **21.90**  
Tender porterhouse steak crumbed in-house & fried. Served w/your choice of chips or mash & salad or vegetables
- ▶ **Upgrade with these great toppings...**
- + **ADD Parmigiana topper** **ONLY 3.90**  
Napoli sauce, premium leg ham & mozzarella
- + **ADD Hawaiian topper** **ONLY 4.90**  
Napoli sauce, leg ham, pineapple & mozzarella
- + **ADD Aussie topper** **ONLY 5.90**  
Egg, Bacon, BBQ sauce & mozzarella
- + **ADD Sinclair topper** **ONLY 9.90**  
Creamy garlic local prawns





# MAIN

Classic, wholesome & hearty meals



# DESSERT

There's always room for dessert



**Choice of sides:** Chips or Mash & Salad or Vegetables

- ▶ **Catch of the Day** -  
Seasonally available fresh local fish. Please view our specials board for today's selection
- ▶ **Chef's Curry of the Day** **15.90**  
With an authentic blend of traditional spices our chef's curry is sure to treat your taste buds! Served with fragrant rice & traditional bread
- ▶ **Chef's Roast of the Day** **15.90**  
Roasted meat of the day served w/ roasted potato, roasted pumpkin, mixed vegetables & gravy. Please see our specials board for more information
- ▶ **Big Beef Rissoles** **16.90**  
Two large house-made rissoles, served w/ gravy & your choice of sides
- ▶ **Chunky Guinness Pie** **16.90**  
House-made chunky Guinness pie served w/ creamy mash, mushy peas & gravy
- ▶ **Salt & Pepper Calamari** **19.90**  
Tender pieces, lightly dusted in our own salt & pepper flour & flash fried. Served w/ lemon wedge, tartare sauce, chips & salad
- ▶ **Classic Fish & Chips** **20.90**  
Crumbed or beer-battered mackerel fillet, sourced from the waters off Queensland's coast. Served w/ lemon wedge, tartare sauce & your choice of sides
- ▶ **Garlic Chicken w/ Bacon** **24.90**  
Full breast fillet wrapped in double smoked bacon, drizzled w/ creamy garlic sauce served w/ your choice of sides
- ▶ **Sizzling Local Prawns** **28.90**  
(12) Local prawns sautéed in creamy garlic sauce w/ a hint of chilli, served in a cast iron pot w/ jasmine rice, dipping bread & side salad
- ▶ **Smokey BBQ Pork Ribs** **29.90**  
Pork ribs, slow braised in our own smokey bbq sauce melt in your mouth, served w/ your choice of sides
- ▶ **Fisherman's Basket** **31.90**  
Beer battered mackerel fillet, crumbed natural scallops, house-made fish cake, 2 oysters natural, fresh local prawns, salt & pepper flash fried calamari. Served w/ chips & salad

- ▶ **Cheesecake of the Day** **7.90**  
A delicious cheesecake of the day served w/ whipped cream. Please see our special board for more details
- ▶ **Honeycomb Stack** **8.90**  
3 scoops of vanilla ice-cream topped w/ crushed honeycomb, chocolate ganache & whipped cream
- ▶ **Waffles** **8.90**  
Toasted waffles served w/ strawberries, vanilla ice-cream, chocolate ganache & cream



## SPECIALS BOARD

*Our Chefs are always creating new delicious meals!  
Please check our specials board for our latest creations.*

*While we have carefully reviewed our recipes to inform our customers of foods that contain a food allergen as part of the recipe, we cannot guarantee that cross-contact with other foods will not occur during preparation*

*(v) - Vegetarian (df) - Dairy Free (gf) - Gluten Free*

*Many of our menu items can be adjusted to suit your dietary requirements.  
Please ask our staff for more information*

