



Welcome !

Many of our previous guests have indicated to us that there are times when preparing their own meal [or leaving their Bower], is something they would rather avoid. So ... in conjunction with a renowned local restaurant, we are offering the following cook/dine-in options for your enjoyment.

The options available have been designed on a per-head basis [except where indicated for the International menu which are 2 people at 2 sittings] and come fully prep'd and ready for you to either grill, panfry or BBQ. You may wish to opt for one option each, or two servings of the same! e.g. 2 x Beef BBQ, or 1 x Mediterranean Mix and 1 x Seafood Feast etc. – the choice is yours!

Please also note that a **minimum of 24 hours** notice is required at all times and a minimum of 2 meals must be included with any order. Just [email us](mailto:Recharge@TheBower.com.au) at [Recharge@TheBower.com.au](mailto:Recharge@TheBower.com.au) phone Sue or Mark at the office (4471 8666) – if the phone is temporarily unattended please don't hang up – leave your order on the answering machine, for us to forward, as soon as practicable !

***Cheers and Bon Appetit !***

THE BOWER

Recharge together in style



ENJOY A NIGHT IN YOUR BOWER....  
KNOWING YOUR TASTE BUDS HAVEN'T BEEN FORGOTTEN

The hampers on this page are designed for 1 person at 1 sitting.

**Beef BBQ ..... \$39pp**

Grain Fed Scotch Fillet  
served with a side of young potato mash, char-grilled  
asparagus & basil pesto

**Mediterranean Mix: ..... \$39pp**

Chicken Breast Fillet  
stuffed with sun-dried tomatoes & olives  
served with a risotto cake & roast capsicum salsa

**Seafood Feast: ..... \$45pp**

Atlantic Salmon Fillet  
served with green beans, spiced cashews,  
cherry tomatoes & Lemon

**Vegetarian: ..... \$39pp**

Haloumi & Roasted Pumpkin Salad accompanied by a  
Goat's cheese and semi-dried tomato tartlet.

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Each meal includes the chef's special Pear, Spiced Cashew  
& Parmesan Salad with citrus dressing.



## **International BBQ PACKS**

designed for 2 people over 2 sittings  
@ \$120 per pack

### **Option 1: Beef BBQ for 2**

Grain fed Scotch Fillet x 2

Pork Rib Eye x 2

Roasted Butternut Pumpkin and Wild Rocket Salad x 2

Mixed Greens with Durras Tomatoes &  
Roasted Pumpkin Seed Salad x 2

Fresh Baked Bread x 2

### **Option 2: Seafood BBQ for 2**

Atlantic Salmon Steak x 2

Skewered Australian King Prawns x 2

Black Olive & Marinated Artichoke Salad x 2

Mixed Local Greens Asparagus & Parmesan Salad x 2

Fresh Baked Bread x 2

### **EXTRAS**

A Selection of Blue, Brie & Cheddar Cheese  
with Lavosh Bread & Muscatels, for two @ \$24

Chocolate Truffles, House-Made @ North St Café & Bar  
Using Belgium Coverture Chocolate  
\$4 each or \$39 a dozen.