

APERITIFS & COCKTAILS

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| Mimosa Champagne and orange juice. The perfect way to celebrate breakfast. | \$14 |
| Aperol Spritz or Campari Spritz Classic Italian wine based cocktail. Perfect for sunny afternoons watching the water. | \$16 |
| The Bower Spritz Summer fling hard kombucha, with frozen watermelon and fresh mint | \$16 |
| Negroni A bitter sweet aperitif | \$20 |
| Margarita (Served up or on the rocks) Mexican fun in a glass | \$20 |
| "El Jefe" Margarita The Bower signature marg, hot fruity and herbaceous | \$22 |
| Espresso Martini Delicious coffee for grown ups | \$22 |
| Bower Bloody Mary The greatest hangover cure | AM \$14 PM \$20 |

BEER

| ON TAP | Schooner | Pint |
|---|----------|------|
| Hazy Pale Ale, Freshwater Brewery (4.4% ABV) Tasting Notes - Light, Tropical & Juicy | \$10 | \$14 |
| Wedge Cerveza, Freshwater Brewery (4.6% ABV) Tasting Notes - Zing, Citrus & Sea Salt | \$10 | \$14 |
| Japanese Lager, 4 Pines Brewery (4.5% ABV) Tasting Notes - Light, Dry and Slightly Herbal | \$10 | \$14 |

Look for our specials board for beer of the month

| BOTTLES & CANS | |
|----------------------------------|--------|
| Heaps Normal (Non Alcoholic) | \$10 |
| Heaps Normal XPA (Non Alcoholic) | \$10 |
| Balter Captain Sensible | \$11 |
| Corona | \$12 |
| Peroni | \$12 |
| Stone & Wood Pacific Ale | \$10 |
| Brookvale Union Ginger Beer | \$12 |
| Monteith Crushed Apple Cider | \$12 |
| Bower Hard Kombucha | \$12.5 |

SPIRITS

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| PREMIUM SPIRITS Hendricks Gin, Belvedere Vodka, Patron Silver Tequila, Macallan 12 Single Malt Whisky. | \$16 |
| HOUSE SPIRITS Bombay Sapphire, Esperon Tequila Absolute Vodka, Bacardi Rum, Makers Mark Bourbon | \$11 |
| LIQUORS Baileys, Kahlua, Frangelico | \$12 |

SOFT DRINKS & WATERS

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|-------------------------------------|------|
| Coca Cola, Coke Zero, Fanta, Sprite | \$6 |
| Bundaberg Ginger Beer | \$6 |
| Carton Water 500ml | \$6 |
| Antipodes Still or Sparkling 500ml | \$9 |
| Antipodes Still or Sparkling 1l | \$12 |

MILK SHAKES, JUICES & SMOOTHIES

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|---|-------------|
| MILKSHAKES Strawberry, Chocolate, Vanilla, Caramel, Banana | \$10 |
| Drinking Coconut | \$10 |
| Kombucha - herbs of life | \$10 |
| JUICES Orange, Green, Watermelon, Apple Ginger, Pineapple 500ml | \$11 |
| SMOOTHIES Banana, Green, Mango, Mixed Berry | \$12 |
| Vegan Protein Shake (Chocolate / Vanilla) Add peanut butter | \$12 \$2 |
| KIDS SMOOTHIES | \$6.5 |

Please add 10% surcharge on Sundays and 15% on Public Holidays.
You may be charged up to 1.9% on card payments



THE BOWER MANLY

Great Food, Cocktails,
Vino, Brews &
Views

MENU

OPEN HOURS
8am to 3pm - Monday to Thursday
8am to Dusk - Friday, Saturday & Sunday*
Please order at Counter or via Tabletop QR Code

* Weather Permitting

ALL DAY MENU

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|--|------|
| Bacon & Egg Roll served with cheese and your choice of sauce | \$17 |
| Eggs your way (2) (poached, scrambled or fried) on Sonoma sourdough, Pepe Saya butter | \$17 |
| House Made Granola (Vg) mango chia pudding, orange, passionfruit, coconut and mint | \$19 |
| Smashed Avocado on Sourdough (V / CN) heirloom tomato, marinated feta, dukkha, salsa verde, radish & herbs | \$24 |
| Corn & Zucchini Fritters (3) smoked salmon, fennel & herb slaw, citrus crème fraiche  Mimosa | \$25 |
| Deluxe Breaky Burger double bacon, double egg, hash brown, cheese, spinach, onion relish, chipotle BBQ sauce  Bloody Mary | \$26 |
| Eggs Benedict Sonoma sourdough, ham off the bone, baby spinach, poached eggs (2), hollandaise | \$26 |
| Green Goodness Bowl (GF / Vg / CN) sauteed green beans, broccolini, kale, baby spinach, quinoa, edamame, peas, smashed avocado, coconut labneh, nuts & seeds, lemon dressing  Tiefenbrunner, Pinot Grigio | \$28 |

TOASTS, BREADS & OTHERS

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| Sonoma Sourdough, Soy & Linseed or Gluten Free served with Pepe Saya butter (choice of preserve or spread) | \$8 |
| Banana Bread (Plain OR Toasted) | \$12 |
| Deluxe Banana Bread maple butterscotch, caramelised banana & vanilla gelato | \$18 |
| Affogato espresso, Frangelico & vanilla gelato (sub with Kahlua or Baileys) | \$18 |

DIETARY KEY

GF = Gluten Free, V = Vegetarian Vg = Vegan,
DF = Dairy Free, CN = Contains Nuts



ALL DAY MENU

| | |
|---|------|
| Vietnamese Rice Noodle Salad (DF / GF / CN) crunchy veg, fresh herbs, peanuts, nahn jim  Jim Barry Riesling | \$24 |
| Southern Fried Chicken Burger fried chicken, chipotle slaw, grilled pineapple, Frank's Red hot sauce. Served with fries.  Freshwater, Wedge Cerveza | \$27 |
| The Mexican Skillet (GF) savoury mince & beans, (2) eggs, baked in spiced tomato sauce, marinated feta, chilli, coriander & lime  "El Jefe" Spicy Margarita | \$28 |
| Crisp Battered Flathead Fillets (DF) served with chips, tartare sauce, lemon  Freshwater, Hazy Pale Ale or  Hardvino Chardonnay | \$32 |
| The Bower Burger angus beef patty, cheese, bacon, fried egg, beetroot, cos lettuce, tomato, onion relish, ketchup . Served with Fries.  4 Pines Brewery, Japanese Lager | \$29 |
| Smoked Trout Paté house made pickles, grilled sourdough, watercress salad  West Cape Howe, Rose or  Riva Dei Frati, Prosecco | \$25 |

SIDES & ADD ONS

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| Hash Brown (each) | \$4 |
| Add a poached egg | \$4 |
| Truss tomato | \$5 |
| Cooked Spinach | \$5 |
| Bacon (2 rashers) | \$6 |
| Grilled Haloumi | \$5 |
| Smashed Avocado | \$5 |
| Smoked Salmon | \$9 |
| Tuscan leaf salad, citrus dressing | \$12 |
| House fries, sea salt, aioli | \$12 |

Be sure to check our blackboard menu
for daily specials and limited menu additions.

Please advise of any allergies.

BUBBLES

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|---|------|------|
| Sparkling Victoria Park, Pinot Chardonnay Cuvee SA Creamy texture, crisp finish | \$12 | \$34 |
| Prosecco Riva Dei Frati, Prosecco Doc Brut, IT Dry and aromatic | \$14 | \$58 |

ROSE

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| Australian West Cape Howe Rose, Mount Baker WA Pale pink, cherry spice, dry finish | \$12 | \$42 |
| French Triennes Rose, Provence, FR A southern French classic | \$14 | \$54 |

WHITES

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|---|------|------|
| Sauvignon Blanc Palliser Pencarrow, Martinborough, NZ Tropical fruit and citrus | \$15 | \$53 |
| Pinot Grigio Tiefenbrunner, Trentinio Italy Stone fruit and alpine freshness | \$15 | \$58 |
| Chardonnay Hardvino Chardonnay, Hunter NSW Complex and soft | \$12 | \$45 |
| Kooyong Estate, Mornington Peninsula VIC Lasting palette, bold and well rounded | | \$75 |
| Riesling Jim Barry Watervale, Clare Valley SA Lemon, lime and balance | \$14 | \$54 |

REDS

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| Pinot Noir Palliser Pencarrow, Martinborough, NZ Warm cherry and oak | \$17 | \$65 |
| Shiraz John Duval Concilio, Barossa Valley SA An Australian icon | | \$89 |