



BREAKFAST MENU- AVAILABLE ALL DAY

\$19 Bowen Arrow BIG Breakfast- Eggs your way with Double Smoked Bacon, Pork and Parsley Chipolatta, Avocado, Zuchini Hash Brown, Roasted Mushrooms & Tomatoes on Toasted Sourdough

\$17 House Eggs Benedict- Poached Eggs w/ Holondaise Sauce, Baby Spinach on Toasted Sourdough available w/; Bacon, Leg Ham, Smoked Salmon or Roasted Mushrooms **(Vegetarian option)**

\$16 Bowen Arrow Buttermilk Pancakes- Triple Stack of Fluffy Pancakes w/ Crispy Bacon, Fresh Cut Strawberries, Vanilla Bean Icecream, Icing Sugar and Canadian Maple Syrup **(Vegetarian Option)**

\$14 Bowen Arrow Posh Beans- House Made Chilli Baked Beans on Toasted Sourdough w/ Wilted Baby Spinach served with Smashed Avocado **(Vegan)**

\$12 House Eggs on Toast- Free Range Eggs your way (poached, scrambled or fried) on Toasted Sourdough w Pan Roasted Tomatoes, Rocket and Homemade Relish **(Vegetarian)**

\$7 Bowen Bruffin- Double Smoked Bacon, Egg and Cheddar Cheese on an English Muffin

Extras

\$3 Bacon, Smoked Salmon, Pork and Pasley Chipolatta, Grilled Haloumi

\$2 Baked Beans, Roasted Mushrooms, Avocado, Holondaise Sauce Cheese; either Swiss or Cheddar



LUNCH MENU- AVAILALE AFTER 11AM

\$15 Zucchini & Potato Hash Salad- *House Made Zucchini & Potato Hash Cake, Fried until Golden Brown, Served on a salad of Baby Spinach, Roasted Mushrooms and topped w/ Homemade Sweet Chilli Jam (Vegan)*

\$14 Mediterranean Vegetable Stack- *Marinated and Chargrilled Vegetable Stack w/ Hommus, Green Pea Puree and Sweet Chilli Jam (Vegan)*

\$14 Salt and Pepper Calamari- *Pieces of Calamari dusted in Salt, Pepper and Rice Flour, Lightly Fried with a Salad of Rocket, Green Pawpaw, Cucumber, Fresh Tomatoes drizzled with a Chilli Caramel and Served with a Wedge of Lemon (GF)*

\$12 Vegetarian Falafel Burger- *Homemade Falafel Patty w/ Rocket, Fresh Tomato, Red Onion, Roasted Mushrooms, Shredded Carrot and Homemade Sweet Chilli Jam on a Brioche Burger Bun (\$2 w/ option of side salad)*

\$12 Chicken and Bacon Burger- *Roasted Chicken Breast and Double Smoked Bacon, served with Cheddar Cheese, Fresh Tomato, Avocado, Cos Lettuce and Homemade Mayo (\$2 w/ option of side salad)*

\$12 Chicken Caesar Wrap- *Chicken Breast, Bacon, Cos Lettuce, Egg and Parmesan Cheese Served in a Tortilla and Lightly Toasted (\$2 w/ option of side salad)*

\$9 Soup of the Day- *Please Ask Our Friendly Wait Staff for Todays Special*



BAGELS MENU- AVAILABLE ALL DAY

(ALL BAGELS ARE SERVED WITH CHOICE OF WHITE, RYE, POPPY SEED OR JALAPENO BREAD)

\$5 House Toasted Bagel- *Lightly Toasted Bagel Served with Your Choice of House Condiments*

\$9 Bacon and Egg Bagel- *Double Smoked Bacon, Fried Egg, Rocket & Homemade Relish*

\$12 Messy Benny Bagel- *Fried Egg, Cheddar Cheese, Homemade Hollandaise Sauce w/ option of Bacon, Smoked Salmon, Leg Ham or Mushrooms **(Vegetarian option)***

\$12 Roast Beef Bagel- *Slow Cooked Roast Beef w/ Pickles, Fresh Tomato, Cheddar Cheese, Red Onion and Dijon Mustard*

\$12 Chicken and Bacon Bagel- *Roasted Chicken Breast and Double Smoked Bacon w/ Cheddar Cheese, Fresh Tomatoes, Avocado, Cos Lettuce and Homemade Mayo*

\$14 Smoked Salmon Bagel- *Freshly Cut Smoked Salmon w/ Cream Cheese, Capers, Rocket and Homemade Mayo*

\$14 Vegetarian Bagel- *Marinated & Chargrilled Vegetables w/ Rocket, Cheddar Cheese and Homemade Sweet Chilli Jam **(Vegetarian)***

NOTE: All of our Bagel Selection can also be Available in a Tortilla Wrap



LIGHT MEALS MENU- AVAILABLE ALL DAY

\$12 Smashed Avocado on Toast- 2 Slices of Toasted Sourdough w/ Smashed Avocado topped w/ your choice of Feta, Cream Cheese or Cashew Cream **(Vegetarian)**

\$7 Smashed Avocado on Toast 1 Slice Option- Same details as above but available in a Smaller Serving **(Vegetarian)**

\$9 Ham and Cheese Croissant- Grilled Croissant w/ Cheddar Cheese and Leg Ham Toasted

\$5 House Toast- Sourdough Toast w/ Your Choice of Condiments also available on Turkish, White and Gluten Free Bread **(GF Option)**

\$5 Arabic Fruit Toast- Toasted w/ any Choice of House Condiments

\$4 Banana Bread- Toasted w/ Butter or any Choice of Condiment

\$7.5 Toasted Sandwiches- Available in options of;
Ham Cheese Tomato, Chicken Cheese Mayo or Bacon & Egg

\$10 Acai Bowl- Made Fresh to Order

\$10 Peanut Butter Bowl- Made Fresh to Order