



## THE BOWER

### SNACKS & ENTREES

Fresh Sydney Rock Oysters	1/2 doz: 20	1 doz: 37
served with lemon, soy sauce (g/f)		
Edamame		5
soy/honey & toasted sesame (v,g/f)		
Wasabi Bower Peas (v, g/f)		5
Prawn Crackers		6.5
Tempura Vegetables (v, g/f)		8.5
Rice Stuffed Bullhorn Pepper		11
spicy nimh jim (v,g/f)		
Annatto Smoked Cod Mousse		15
Horseradish, cornichons, crusty bread		
Crispy Skin Pork Belly		15
Cinnamon braised apples & Vietnamese caramel		
San Choy Bow[er] - Selection of Hoisin Duck, Fish, Tofu		15
(3 per serve) - all the same or mix it up... Lettuce, cucumber, carrot (g/f)		
Flamed Kingfish		17.5
Quinoa, spicy roasted capsicum puree (d/f, g/f)		
Tuna Aquachile		19
Pico de gallo, avacado mousse (g/f)		

### PLATES

Honey & Soy Noodles	24
Tofu, asian greens, mushrooms (g/f)	
Confit Duck leg	26
Parmesan & thyme polenta, soy snow peas (g/f)	
Star Anise & Cinnamon Braised Beef Short Rib	28
Miso mash, kale	
★ Torio Sashimi Plate	29
Kingfish / Tuna / Salmon, Ponzu, ginger, wasabi (d/f, g/f)	
Chargrilled Grain Fed Flank (aged 30 days)	29
Spicy nham jim (d/f, g/f)	
Aradaki Fish of the Day	36
Soy broth poached whole fish (d/f, g/f)	
Five Spice Sticky Pork Ribs	44
Tonkatsu Glaze (g/f)	

### SIDES

Sweet Potato & Miso Mash (v, g/f)	7
Parmesan & Thyme Polenta (v, g/f)	7
Cardamom Coconut Jasmine Rice (v, d/f, g/f)	7
Parmesan Roasted Cauliflower (v, g/f)	11

### CHEESE & SWEET

Cheese Plate	25
Curated by <b>The Artisan Cheese Room Manly</b>	
Petit Sainte Maure Ashed	
Goat's milk cheese, Loire Valley, France	
L'Artisan Marcel	
Rich & creamy, cow's milk cheese, Victoria, Australia	
Murray Bridge Cheddar	
Adelaide Hills, Australia	
Affogato	11
Frangelico, Vanilla bean ice cream (v, g/f)	
Passionfruit Cheesecake	12
w/ Yuzu sorbet	
Lemon Meringue Pie	11

Please notify staff of any allergies and dietary requirements prior to ordering

v = vegetarian, d/f = dairy free, g/f = gluten free  
★ = subject to availability

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# BOWER SET MENU

## Amuse-bouché

Smoked Avocado Mousse

## Entrée

### Tempura Vegetables

Mixed Vegetables in a Tempura batter (V,G/F)

### San Choy Bow Salmon and Tofu

Choice of Duck, Salmon or Tofu or a Mix (G/F)

### Crispy Skin Pork Belly

w/ Cinnamon Braised Apples and Vietnamese Caramel

### Smoked Cod Mousse

w/ Cornichons and Crusty Bread

### Flamed Kingfish

w/ Lemon & Thyme Quinoa and Spicy Capsicum Pureé (D/F, G/F)

## Main

### Confit Duck Leg

w/ Thyme & Parmesan Polenta, Honey and Soy Snow Peas (G/F)

### Star Anise & Cinnamon Braised Short Rib

w/ Kumera & Miso Mash, Sautéed Kale

### Honey Soy Rice Noodles

w/ Tofu, Asian Greens and Mushrooms (G/F)

### Torio Sashimi Plate

Kingfish, Tuna and Salmon w/ Pickled Ginger, Ponzu and Fresh Wasabi Root (D/F, G/F)

### Aradaki Fish Of The Day

Soy Poached Whole Fish (D/F, G/F)

### Palate Cleanser

Ask Waitstaff for detail of today's Palate Cleanser

## Dessert

### Homemade Chocolate Bavaois

w/ Homemade Honeycomb and Salted Caramel Ice Cream (V)

\$125 PP



# THE BOWER

7 MARINE PARADE

MANLY NSW 2095

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