



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
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)		
Soy Marinated Kingfish		17.5
Kohlrabi puree & bonito flakes (g/f)		

PLATES

Honey & Soy Noodles	24
Tofu, asian greens, mushrooms (g/f)	
Confit Duck Leg	26
Pickled red cabbage (g/f)	
Sous Vide Kangaroo Fillet	28
Smoked tomatoes & homemade blueberry BBQ sauce (g/f)	
★ Salmon Tian	29
Citrus kimchi & dill, lemon creme fraiche (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)	

SIDES

Sauteed Minted Potatoes (v, g/f)	7
Broccolini (v, g/f)	10
crispy garlic and toasted almonds	
Polenta Batons (v, g/f)	7
Chargrilled asparagus (v, g/f)	12

CHEESE & SWEET

Cheese Plate	25
Curated by The Artisan Cheese Room Manly	
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
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

 thebowerrestaurant.com.au

 [thebowermanly](https://www.instagram.com/thebowermanly)  [@thebowerrestaurant](https://www.facebook.com/thebowerrestaurant)

BOWER SET MENU

CHEF'S CHOICE

Smoked Avocado Mousse

ENTREE

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

Soy Marinated Kingfish

Kohlrabi puree & bonito flakes (g/f)

MAIN

Confit Duck Leg

Pickled red cabbage (g/f)

Sous Vide Kangaroo Fillet

Smoked tomatoes and homemade blueberry BBQ sauce (g/f)

★ Salmon Tian

Citrus kimchi & dill, lemon creme fraiche (g/f)

Palate Cleanser

Ask Waitstaff for detail of today's Palate Cleanser

DESSERT

Homemade Fruit Cheese Cake

yuzu sorbet



THE BOWER

7 MARINE PARADE

MANLY NSW 2095

bookings@thebowerrestaurant.com.au

phone: 9977 5451

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