



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 [except for Monday deliveries which must be ordered before Saturday am] 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 Kipfler Potatoes, Asparagus & Basil Pesto

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

Chicken Breast Fillet stuffed with Sun-Dried Tomatoes & Olives served with Young Kipfler Potatoes & Roast Capsicum Salsa

**Seafood Feast: ..... \$39pp**

Australian Fish Fillet & Prawn Skewers served with Young Kipfler Potatoes, Cherry Tomatoes & Lemon

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

Haloumi, Roasted Pumpkin & Cherry Tomato Skewers served on a Red Lentil Pattie (vegetarian)

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



## **International BBQ PACKS**

designed for 2 people over 2 sittings  
@ \$130 per pack

### **Beef International 2 x 2**

Tasmanian Grass-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

### **Seafood International 2 x 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 @ \$35

North St Rocky Road & Cookies Parcel (2 of each) @ \$18