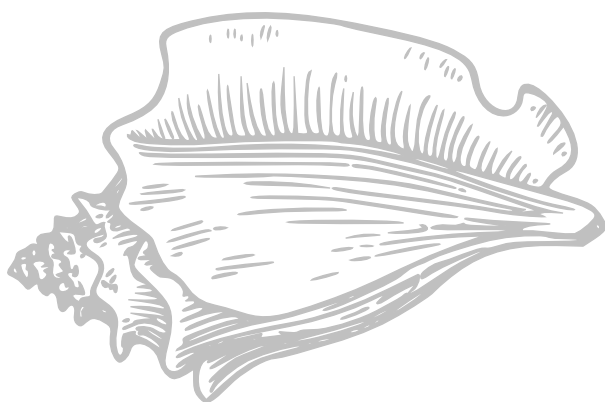
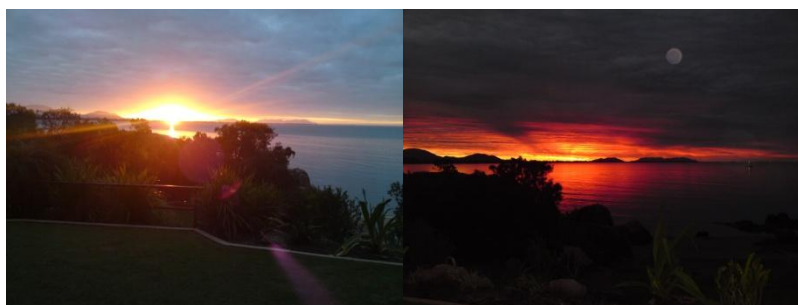


The Cove
Restaurant
Bowen



Menu



A little about us...

Driven by the urge to create and share authentic Asian food, The Cove Restaurant was created in 2008.

At the beginning many people had not experienced traditional Asian delights such as the Roast Duck which was a world famous Asian dish, but now it has become one of the favourites of the town of Bowen.

To this very day, The Cove remains nestled comfortably on Horseshoe bay, with a beautiful view of Abbot Point and the world famous beaches of Bowen.

All our meals are individually cooked from fresh ingredients when you order. Generous and quality servings. All prices inc. GST. Persons under the age of 18 will not be served alcohol. BYO is not permitted. The management reserves the right to refuse service and menu is subject to change without notice to the public.



Entrée

Money Bags (Wonton) (6) \$7.80

Prawn & pork wonton dumplings, fried until crispy.

Thai Fish Cakes (3) \$8.00

Sesame Prawn Toast (4) \$7.00

Veg Spring Rolls – Homemade (3) \$7.50

Spring Rolls (beef) – Homemade (3) \$7.50

Dim Sims (pork) – Homemade (4) \$8.00

King Prawn Cutlets (3) Gluten Free \$9.60

Sate Chicken Sticks (3) Gluten Free \$9.90

Salt & Pepper Calamari Gluten Free \$11.00

Salt & Pepper Eggplant Gluten Free \$11.50

San Chow Bow (chicken) Gluten Free \$6.50

Curry Puffs (beef) (3) \$7.50

Mixed Entree \$7.00

A combination of mixed entrees: Spring Roll, Prawn
Toast & Fried Dim Sim

Prawn Cocktail Gluten Free \$8.50

King Prawn Salad with Crispy Noodle
\$11.50

Seafood Platter

\$18.80

A combination of calamari, 3 Thai fish cakes and 5 cooked prawns



Soup

Chicken Sweet Corn Soup

\$5.50

Short Soup (BBQ Pork and Wonton Soup)

\$6.50

Short & Long Soup

\$8.50

Thai Tom Yum Soup  (Hot and sour style)

- Chicken

\$10.50

- King Prawn

\$12.50

- Seafood

\$12.50



Chef's Specials

Seafood Deluxe Gluten Free \$24.50

A combination of marinated prawns, scallops and fish fillet. Cooked with seasonal vegetables.

Thai Red or Green Curry Seafood



Gluten Free

\$25.50

Marinated king prawns, scallops and fish served in your choice of either red or green curry sauce.

Thai Chilli Basil Seafood  Gluten Free \$25.00

A combination of seafood, cooked in a tasty mild spice sauce.

Kung Pao King Prawns  Gluten Free \$24.80

King prawns cooked in Szechuan spice sauce, topped with cashew nuts.

Thai Red or Green Curry King Prawns



Gluten Free

\$24.80

Marinated king prawns cooked in your choice of either red or green curry sauce.

Sizzling Garlic King Prawns Gluten Free

\$24.00

Marinated king prawns cooked in a special garlic sauce which is rich in flavour.

Local Barra Fish Fillet with Ginger &

Shallot Gluten Free

\$24.00

Sliced Barra fillet, braised with ginger and shallot sauce with vegetables.

Salt & Pepper Calamari Gluten Free \$21.50

Salt & Pepper Eggplant Gluten Free \$18.50

Sizzling Garlic Scallops Gluten Free \$27.50

Marinated scallops cooked with garlic sauce which is rich in flavour.

Sizzling Garlic Chicken Gluten Free \$20.00

Chicken breast fillet, cooked in a garlic sauce rich in flavour.

Honey Chicken \$20.00

Boneless chicken, fried in honey sauce and sprinkled with sesame seeds.

Thai Chilli Basil Chicken  Gluten Free \$21.00

Chicken fillet cooked in a tasty mild spice sauce with fresh basil leaf.

Thai Red or Green Curry Chicken



Gluten Free

\$21.00

Chicken breast fillet cooked in your choice of curry sauce.

Duck with Plum Sauce Gluten Free \$26.00

Roasted boneless duck, deep-fried and served with plum sauce.

Chinese Roast Duck Gluten Free \$26.00

Freshly roasted duck, served with soya sauce.

Thai Red or Green Curry Duck



Gluten Free

\$26.50

Roasted boneless duck, cooked in your choice of curry sauce.

Sizzling Mongolian Lamb Gluten Free

\$22.00

Sliced tender lamb, cooked in our famous Mongolian sauce.

Thai Massaman Curry Lamb Gluten Free

\$23.50

Tender lamb fillet cooked in a tasty Thai sweet curry sauce.

Thai Red or Green Curry Beef



Gluten Free

\$22.00

Beef fillet cooked in your choice of curry sauce.

Sizzling Steak in Chinese Pepper Sauce

Gluten Free

\$22.00

Marinated fillet steak, cooked in our tasty black pepper sauce.

Rainbow Steak Gluten Free \$22.80

Marinated fillet steak, floured and deep-fried until crispy. Cooked in our own special spicy sauce topped with sesame seeds.

Sizzling Garlic Steak Gluten Free \$22.00

Marinated fillet steak, cooked in a garlic sauce rich in flavour.

Sizzling Mongolian Steak Gluten Free \$22.00

Marinated fillet steak, cooked in our famous Mongolian sauce.



Omelette

B.B.Q. Pork Omelette Gluten Free \$21.00

Chicken Omelette Gluten Free \$20.50

Seafood Omelette Gluten Free \$24.00

King Prawn Omelette Gluten Free \$24.00

Vegetarian Omelette Gluten Free \$18.50

Combination Omelette Gluten Free \$23.00

King Prawns

Honey King Prawns \$24.00

Sate King Prawns Gluten Free \$24.00

King Prawns and Vegetables Gluten Free

\$24.00

Thai Chilli Basil King Prawns  Gluten Free

\$25.00

King Prawns with Black Bean Sauce

Gluten Free

\$24.00

Pork

B.B.Q. Pork & Plum Sauce Gluten Free \$20.50

Kung Pao B.B.Q. Pork  Gluten Free \$20.50

B.B.Q. Pork & Seasonal Vegetables

Gluten Free \$20.50

Salt & Pepper Pork Ribs Gluten Free \$21.00

Pork Ribs in Peking Sauce Gluten Free \$21.00

Chicken or Beef

Lemon Chicken Supreme \$20.00

Sate Combination Gluten Free \$23.00

Sate Chicken or Beef Gluten Free \$20.00

Braised Chicken or Beef with Cashew Nuts

Gluten Free \$20.00

Braised Chicken or Beef and Vegetables

Gluten Free \$20.00

Beef & Black Bean Sauce Gluten Free \$20.00

Mongolian Beef Gluten Free \$20.00


Thai Chilli Basil Beef  Gluten Free \$21.00

Thai Curry's

Red Curry with a choice of:  Gluten Free

Vegetables \$17.50

Lamb \$24.00

Green Curry with a choice of:  Gluten Free

Vegetables \$17.50

Lamb \$24.00

Massaman Curry with a choice of:

Chicken or Beef \$22.00

King Prawn or Seafood \$24.80

Chow Mein

Seafood Chow Mein \$24.00

Combination Chow Mein \$24.00

Braised King Prawn Chow Mein \$24.00

Braised Chicken Chow Mein \$20.50

Braised Beef Chow Mein \$20.50

Braised B.B.Q. Pork Chow Mein \$21.00

Sweet & Sour

Sweet & Sour Combination Gluten Free \$23.00

Sweet & Sour King Prawn Fritters \$24.00

Sweet & Sour Pork \$20.00

Sweet & Sour Chicken Fillets \$20.00

Sweet & Sour Fish Fillets \$21.50



Vegetable & Vegetarian Dishes

Stir-Fried Mixed Vegetables (garlic, oyster or satay sauce) Gluten Free \$15.50

Vegetables include broccoli, green beans, carrot, onion and zucchini.

Stir-Fried Broccoli with Green Bean
(garlic, oyster or satay sauce) Gluten Free \$16.90

Deep-Fried Bean Curd with Mushrooms & Vegetables Gluten Free \$16.90

Homemade Bean Curd Gluten Free \$19.80



Rice & Noodles

Fried Rice Gluten Free

Small \$8.50 Large \$10.50

Steamed Rice Gluten Free

Small \$4.00 Large \$8.00

Thai Coconut Steamed Rice Gluten Free \$4.80

Nasi Goreng (Indonesian Fried Rice) Gluten Free \$16.80

Singapore Noodles Gluten Free \$15.00

Pad Thai (Thai Rice Noodles) Gluten Free \$16.80

Char Kway Teow (Malaysian Styled Rice Noodle) Gluten Free \$16.00



Children's Menu

Children's Steak \$10.90

Sliced steak served with chips and your choice of salad or vegetables.

Tempura Battered Fish \$10.50

Served with chips and your choice of salad or vegetables.

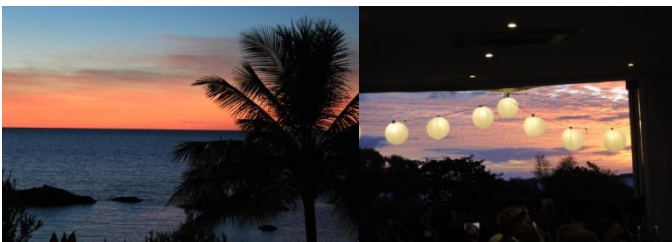
Chicken Nuggets \$9.80

Served with chips and your choice of salad or vegetables.

Spaghetti with Traditional Bolognaise

Sauce \$10.50

Bowl of Chips \$5.50



Desserts

Caramel, Chocolate and Strawberry toppings are available for desserts

Affogato Coffee Dessert \$5.50

A popular Italian dessert consisting of ice cream and a shot of espresso.

Lychee Ice Cream \$7.00

Banana Fritter & Ice Cream \$7.00

Deep-Fried Ice Cream \$7.00

Pineapple Fritter & Ice Cream \$7.00

New York Cheese Cake \$8.50

Raspberry New York Cheese Cake \$8.50

Chocolate Mud Cake \$8.50

Tiramisu \$8.50

Apple Pie & Ice Cream \$7.00

Ice Cream \$4.50

With your choice of either chocolate, strawberry or caramel topping.



Coffee & Tea

Tea per person \$3.50

Chinese Tea per person \$3.50

Latte \$4.50

Short Black Coffee \$4.50

Long Black Coffee \$4.50

Flat White

Cup: \$4.50

Mug: \$5.00

Cappuccino

Cup: \$4.50

Mug: \$5.00

