



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.



Ordered too much? No worries!
We can pack away your leftovers for 30c a container.

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.

 MILD  HOT  VERY HOT

Entrée

Money Bags (Wonton) (6)	\$7.80
Prawn & pork wonton dumplings, fried until crispy.	
Thai Fish Cakes (3)	\$8.00
Sesame Prawn Toast (4)	\$7.50
Veg Spring Rolls – Homemade (3)	\$7.50
Spring Rolls (beef) – Homemade (3)	\$7.50
Dim Sims (Steamed or Fried) (pork) – Homemade (4)	\$8.80
King Prawn Cutlets (3) <i>Gluten Free</i>	\$9.60
Satay Chicken Sticks (3) <i>Gluten Free</i>	\$9.90
Salt & Pepper Calamari <i>Gluten Free</i>	\$13.00
Salt & Pepper Eggplant <i>Gluten Free</i>	\$12.00
San Choy Bow (1 lettuce leaf) <i>Gluten Free</i>	\$7.00
Curry Puffs (beef) (3)	\$7.50
Mixed Entrée	
A combo of: Spring Roll, Prawn Toast & Fried Dim Sim	\$7.50
Pan Fried Pork Dumplings (4)	\$9.00
BBQ Pork/Chicken in steamed buns	
2 steamed buns filled with lettuce, carrot and coriander with your choice of BBQ pork or chicken	\$9.00



**BBQ Chicken Steamed
Buns**



Salt & Pepper Eggplant

Chef's Specials

Sizzling Garlic King Prawns *Gluten Free* \$26.00

Marinated king prawns cooked in a special rich garlic sauce

Salt & Pepper Calamari *Gluten Free* \$24.50

Salt & Pepper Eggplant *Gluten Free* \$19.00

Sweet & Sour Combination *Gluten Free* \$24.50

A mix of beef, chicken, pork, prawns and vegetables cooked in a sweet & sour sauce.

Satay Combination *Gluten Free* \$24.50

A mix of beef, chicken, pork, prawns and vegetables cooked in a peanut satay sauce.

Thai Chilli Basil Seafood  *Gluten Free* \$26.50

A combination of marinated prawns, scallops, fish fillets and vegetables cooked in Thai basil sauce.

Duck with Plum Sauce *Gluten Free* \$29.00

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

Chinese Roast Duck *Gluten Free* \$29.00

Freshly roasted crispy duck, served with soya sauce.

Sizzling Mongolian Lamb  *Gluten Free* \$27.00

Sliced tender lamb, cooked in our famous Mongolian sauce.

Rainbow Steak *Gluten Free* \$24.50

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

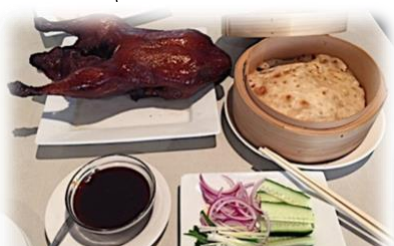
The Cove Special Chicken  *Gluten Free* \$24.00

Crispy chicken pieces tossed in our secret sauce and herbs

Traditional Peking Duck – PRE ORDER ONLY

- Whole duck (2 courses) \$82.00

Traditional style Peking duck, followed by your choice of duck san choy bow, duck fried rice or duck chow mein.



Traditional Peking Duck




The Cove Special Chicken


Thai Curry

Massaman Curry with a choice of:

- Vegetables \$19.00
- Chicken \$23.00
- Beef \$24.00
- Lamb \$27.50
- King Prawns \$27.00
- Seafood \$27.50
- Duck \$29.00

Red Curry with a choice of:  Gluten Free

- Vegetables \$19.00
- Chicken \$23.00
- Beef \$24.00
- Lamb \$27.50
- King Prawns \$27.00
- Seafood \$27.50
- Duck \$29.00

Green Curry with a choice of:  Gluten Free

- Vegetables \$19.00
- Chicken \$23.00
- Beef \$24.00
- Lamb \$27.50
- King Prawns \$27.00
- Seafood \$27.50
- Duck \$29.00




Thai Red Curry King Prawns

Soup

Chicken Sweet Corn Soup \$6.00

Short Soup (BBQ Pork and Wonton Soup) \$7.00

Short & Long Soup \$9.00

Thai Tom Yum Soup (Hot and sour style) 
- Chicken \$12.00

- King Prawns or Seafood \$13.00



Sizzling Garlic King Prawns

King Prawn

Battered Honey King Prawns \$26.00

Battered Salt & Pepper Prawns \$26.00

Battered Sweet & Sour Prawns \$26.00

Kung Pao Prawns Gluten Free  \$27.00

King Prawns and Vegetables \$26.00

Gluten Free

With your choice of sauce:

- Thai Chilli Basil 
- Szechuan 
- Singapore sauce 
- Sweet Chilli 
- Satay
- Black Bean



Barramundi

Braised Aussie Barra with vegetables

Gluten Free

\$25.00

With your choice of sauce:

- Ginger & Shallots
- Thai Chilli Basil 🌶️
- Black Bean

Battered Sweet & Sour Barra

\$25.00



Seafood

A mix of King Prawns, Aussie Barramundi fillets, Scallops and vegetables

Sizzling Garlic Scallops (Local) Gluten Free \$29.50

Seafood Deluxe Gluten Free \$26.50

Kung Pao Seafood Gluten Free 🌶️🌶️ \$27.50

Braised Seafood with Vegetables \$26.50

Gluten Free

With your choice of sauce:

- Ginger & Shallots
- Thai Chilli Basil 🌶️


Chow Mein

Seafood Chow Mein	\$26.50
Combination Chow Mein	\$25.00
Braised King Prawn Chow Mein	\$26.50
Braised Chicken Chow Mein	\$23.50
Braised Beef Chow Mein	\$23.50
Braised B.B.Q. Pork Chow Mein	\$23.50



Duck with Plum Sauce

Pork

Sweet & Sour Pork	\$22.50
Salt & Pepper Pork Ribs <i>Gluten Free</i>	\$23.00
Pork Ribs in Peking Sauce <i>Gluten Free</i>	\$23.00
Kung Pao B.B.Q. Pork  <i>Gluten Free</i>	\$24.00
B.B.Q. Pork & Seasonal Vegetables <i>Gluten Free</i>	\$23.00

With your choice of sauce:

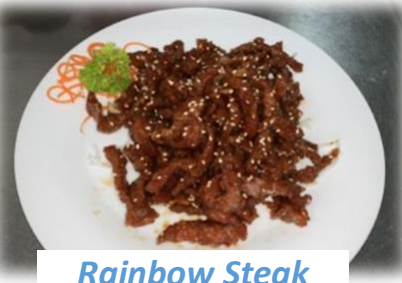
- Plum
- Oyster

Steak

Sizzling Steak with vegetables \$24.00

With your choice of sauce:

- Chinese Pepper
- Mongolian
- Garlic
- Honey Pepper



Rainbow Steak



Chicken or Beef

Honey Chicken \$22.00

Lemon Chicken Supreme \$22.00

Sweet & Sour Chicken Fillets \$22.00

Braised Chicken or Beef with Cashew Nuts
Gluten Free \$23.50

Braised Chicken or Beef and Vegetables \$22.00
Gluten Free

With your choice of sauce:

- Sizzling Garlic
- Sizzling Mongolian
- Oyster
- Satay
- Thai Chilli Basil 
- Black Bean

Omelette

Served with Chinese Style
Gravy

B.B.Q. Pork Omelette	Gluten Free	\$23.50
Chicken Omelette	Gluten Free	\$23.00
Seafood Omelette	Gluten Free	\$27.00
King Prawn Omelette	Gluten Free	\$27.00
Vegetarian Omelette	Gluten Free	\$19.50
Combination Omelette	Gluten Free	\$26.00



Vegetable & Vegetarian

Stir-Fry Mixed Vegetables \$17.50

Gluten Free

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

With your choice of sauce:

- Garlic
- Satay
- Oyster

Stir-Fried Broccoli with Green Bean \$18.50

Gluten Free

With your choice of sauce:

- Garlic
- Satay
- Oyster

**Deep-Fried Bean Curd with Mushrooms &
Vegetables** *Gluten Free* \$18.00



Rice & Noodles

Fried Rice Gluten Free

- Small \$9.50
- Large \$11.50

Steamed Rice Gluten Free

- Small \$4.00
- Large \$8.00

Thai Coconut Steamed Rice Gluten Free \$5.00

Nasi Goreng (Indonesian Fried Rice) Gluten Free \$18.00

Singapore Noodles Gluten Free \$18.00

The Cove Special Fried Noodles \$18.00

Egg noodles tossed with BBQ Chicken and vegetables in a Thai oyster sauce

Pad Thai Gluten Free \$18.00

Thai style rice noodles with prawn and chicken



Singapore Noodles



Nasi Goreng



The Cove Special Fried Noodles

Children's Menu

Children's Steak \$12.50

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

Crumbed Fish \$11.00

Served with chips and your choice of salad or vegetables.

Chicken Nuggets \$11.00

Served with chips and your choice of salad or vegetables.

Spaghetti Bolognese \$11.00

Bowl of Chips \$6.50



Desserts

Caramel, Chocolate and Strawberry toppings are available for desserts

Affogato Coffee Dessert	\$6.00
A popular Italian dessert consisting of ice cream with a shot of espresso.	
Banana Fritter & Ice Cream	\$7.50
Deep-Fried Ice Cream	\$7.50
Pineapple Fritter & Ice Cream	\$7.50
New York Cheese Cake	\$8.50
Raspberry Cheese Cake	\$8.50
Chocolate Mud Cake	\$8.50
Tiramisu	\$9.50
Apple Pie & Ice Cream	\$7.50
Ice Cream	\$5.00



Tiramisu



Apple Pie & Ice Cream