



COWELL S.A.

# MENU

## BREAD

Garlic bread	4.50	
Garlic bread (parmesan cheese)	5.50	

## STARTERS

Home-made Soup with a warm bread roll	7.50	
Commercial Wedges Wedges coated in sweet chilli sauce, bacon, spring onions, and parmesan cheese topped with sour cream.	1/2 8.50	12.95
Wedges Served with sweet chilli sauce and sour cream.	1/2 7.95	10.50
Nibble Platter 4 mini chicken dim sims, 4 salt & pepper squid sticks, 4 panko crumbed whiting strips, 4 vegetable spring rolls and wedges served with sweet chilli sauce and sour cream.		13.95
Crumbed Camembert Cheese Topped with crispy bacon and served with cranberry sauce.	entrée 10.95	main 19.95

## OYSTERS

### FRESH LOCAL COWELL OYSTERS

	1/2 DOZ	DOZ
Natural Served with seafood sauce.	12.50	22.50
Kilpatrick Topped with bacon & worcestershire sauce and grilled.	12.95	24.95
Commercial Sweet chilli, spring onion & parmesan cheese lightly grilled.	12.95	24.95
Japanese Wakami & mirin & chilli dressing.	14.50	24.95

## COMMERCIAL FAVOURITES

Beef & Guinness pie Slow cooked tender beef chunks in a rich guinness sauce topped with horseradish mash & side of garlic turkish bread.		23.95
Pork Porterhouse Grilled pork porterhouse topped with camembert cheese and garlic buttered mushrooms served on fennel mash.		25.95
Thai Coconut Chicken Curry Mild chicken curry with baby corn, water chestnuts & baby spinach served on jasmine rice.		23.95
Lamb Schnitzel Lamb schnitzel with garlic & rosemary crust served on sweet potato mash with a side of minted jus.		22.95
Gourmet Beef Burger Toasted brioche style roll with homemade beef patty, baby spinach, grilled haloumi & battered onion rings topped with seeded mustard relish served with chips.		19.95
Gourmet Whiting Burger Toasted damper bun with beer battered whiting, gourmet lettuce, swiss cheese, spanish onion topped with tartare sauce served with chips.		19.95
Commercial Stack (250gm steak) Porterhouse steak served on baby spinach, hash brown topped with bacon, hollandaise & onion rings.		26.95



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## FROM THE SEA

### Local King George Whiting

Grilled, crumbed, battered.

34.95

### Butterfish

Grilled, crumbed, battered.

19.50

### S&P Squid

Served with sweet chilli & soy dipping sauce.

entrée 12.50

main 23.50

### Spencer Gulf Garlic Prawns

Spencer gulf prawns cooked in a rich garlic cream sauce served on jasmine rice.

entrée 13.95

main 26.95

### Fish of the Day

P.O.A.

### Commercial Seafood Plate

Local crumbed whiting, 2 fresh local king prawns, 2 fresh local Cowell oysters, S&P squid, homemade crab spring roll & spencer gulf prawns in a rich garlic cream sauce served with chips and seafood sauce.

34.95

### Taste of Eyre Peninsula (serves 2)

2 local crumbed whiting, 2 battered local garfish, 4 natural, 4 kilpatrick oysters, 8 fresh local king prawns, 8 S&P squid, 2 homemade crab spring rolls & spencer gulf prawns in a rich garlic cream sauce served with chips & seafood sauce.

95.00

## MAINS

### Roast of the Day

Tender slices of roast meat served with roast vegetables finished with rich gravy.

19.50

### Vegetable Stir Fry *add prawn 8.00 add chicken 6.00*

Wok tossed fresh seasonal vegetables, hokkien noodles in asian sauce.

18.95

### Caesar Salad *add grilled chicken 6.00 add S&P squid 6.00*

Cos Lettuce, grilled bacon pieces, anchovies, croutons, parmesan cheese, & poached egg with caesar dressing.

1/2 serve 12.95

main 17.95

### Moroccan Lamb Salad

Grilled marinated lamb pieces on baby spinach, grilled pumpkin, spanish onion, pearl cous cous, cherry tomato & feta cheese topped with chef's special dressing.

1/2 serve 17.95

main 23.95

## FROM THE LAND

### Surf & turf 300gm

Scotch fillet topped with spencer gulf prawns & squid in a rich garlic cream sauce & fresh king prawn.

32.50

### Kilpatrick, Parmigiana

3.50

### Gluten free Gravy

2.50

### Rump Steak 450gm

28.50

## KIDS MENU

### Spaghetti Bolognese

7.00

### Nuggets & chips

6.95

### Chicken or Beef Schnitzel

8.50

### Ham & Pineapple Pizza

8.50

### Fish & chips

7.95

### Bowl chips

small 5.00

large 7.00

### Scotch Fillet Steak 300gm

28.50

### Porterhouse Steak 250gm

24.95

### Grilled Chicken Breast

21.95

## SCHNITZELS

### Chicken Schnitzel

17.95

### Beef Schnitzel

16.95

## SAUCES

Gravy, Mushroom, Dianne, Pepper, Hollandaise

2.50

Seafood sauce, Malibu Prawn

6.00

## SIDES

Seasonal Steamed Vegetables with garlic butter

10.00

Mash Potato

3.00

Sweet Potato Wedges

4.00