

MAIN MEALS

BOWEN BIG BREAKFAST - \$20

Double Smoked Bacon, Poached Eggs, Grilled Haloumi, Spinach, Roasted Tomato, Roasted Button Mushrooms, w/ Homemade Relish topped together on a Toasted Poppy Seed Bagel

BOWEN ARROW EGGS BENEDICT - \$17 *

Poached Eggs, Spinach, Homemade Hollandaise Sauce topped together on Toasted White Bagel w/ choice of: Double Smoked Bacon, Leg Ham, Grilled Haloumi or Smoked Salmon (\$3 extra)*

***Hollandaise only available til 11am Mon- Fri*

BELGIAN WAFFLES - \$14

Hot Waffle Stack, served w/ Vanilla Ice-cream, icing Sugar & Double Smoked Bacon topped w/ Maple Syrup or Choc Syrup (your choice!)

BOWEN AVO-CAN-DO - \$14

Smashed Avocado, Fresh Cut Tomatoes, Crumbled Feta, Rocket, House made Lemon Vinaigrette, topped together on a Toasted White Bagel

BOWEN ARROW WRAP - \$14

Double Smoked Bacon (Can be substituted for HALOUMI), Fried Eggs, Spinach, Tomatoes & Cheddar Cheese melted together on a Toasted Tortilla Wrap. Topped w/ House Relish

BUILD YOUR OWN BREKFAST- \$11

Start w/ Eggs your way (Poached, Scrambled or Fried), Type of Bagel

Add as many extras as you wish!

<i>BACON, HALOUMI, SALMON, AVOCADO, LEG HAM</i>	<i>\$4</i>
<i>MUSHROOMS, CAPSICUM, TOMATOES, EXTRA EGGS</i>	<i>\$3</i>
<i>HOUSE RELISH, HOLONDAISE SAUCE, MAYO</i>	<i>\$2</i>

ALL DAY BAGELS

BENDER BAGEL ("Hangover Delight!")- \$12

Double Smoked Bacon, Egg, Cheddar Cheese w/ BBQ sauce

MESSY BENNY BAGEL*- \$12

Eggs, Cheddar, Spinach & hollandaise w/ choice of Bacon, Leg Ham, Haloumi or Smoked Salmon

CHICKEN BACON BAGEL- \$12

Chicken Breast, Bacon, Lettuce, Tomato, Cheddar Cheese topped w/ Homemade Mayo

VEGAN BAGEL- \$14

Roasted Capsicum, Tomatoes & Button Mushroom, w/ Rocket & Homemade Hummus

SMOKED SALMON BAGEL- \$14

Salmon, Cream Cheese, Mayo & Rocket topped w/ House Mayo

HALOUMI BAGEL- \$14

Grilled Haloumi, Fresh Tomatoes & Spinach topped w/ Homemade Pesto

BLT BAGEL- \$14

Double Smoked Bacon, Cos Lettuce & Fresh Tomatoes topped w/ House Relish

LIGHT MEALS

CINNOMON & RAISON BAGEL \$5

Served w/ choice of Condiments

BOWEN BRUFFIN \$8

Egg, Bacon & Cheese on an English Muffin w/ BBQ Sauce

HAM CHEESE TOMATO CROISANT \$9

Served Melted

TOASTED S/W & COFFEE DEAL \$10

Ham, Cheese, Tomato Toastie w/ choice of any Mug/Med Coffee

BOWEN ARROW MUESLI \$12

Toasted Muesli, Fresh Seasonal Fruit & Greek Yogurt Drizzled w/ Honey & topped w/ Toasted Almond Flakes

FRESH BOWLS

ACAI BOWL \$12

Acai Berry, Banana & Coconut Water blended together & topped w/ House Muesli, Coconut Flakes, Seasonal Fruit & Passionfruit

PEANUT BUTTER BOWL \$10

Peanut Butter, Banana Almond Milk blended together & topped w/ Apricots, Coconut Flakes, Muesli & Almonds

BANANA-BERRY BOWL -\$10

Banana, Assorted Berries and Coconut Water blended together Topped with Banana, Green Apple, Shredded Coconut, Passionfruit Drizzle, Muesli

BUILD YOUR OWN BOWL \$10

Create your own personal Bowl w/ toppings of your choice!