

THREE COWS

BAR & RESTAURANT

.....
LUNCH MENU

LIGHT MEALS AND SALADS

EGGS BENEDICT

poached eggs, bacon, mushrooms, baby spinach and hollandaise sauce served on ciabatta 15

SALMON BENDICT

poached eggs, smoked salmon, baby spinach and hollandaise sauce served on ciabatta 15

VEGETARIAN BENEDICT

poached eggs, mushrooms, baby spinach and hollandaise sauce served on ciabatta 12

THE ORIGINAL SEAFOOD CHOWDER

The original recipe seafood chowder has been around since we opened, has people travelling for miles to taste, served with breadsticks SML 10 LRG 16

EGG OMELETTE

bacon, mushrooms, cheese, baby spinach and green salad (V, GF) 13

CHICKEN TORTILLA

cheese, lettuce, julienne vege salad, avocado salsa and pickles served with chips (V) 14

SALMON TORTILLA

cheese, lettuce, julienne vege salad, avocado salsa and pickles served with chips (V) 16

CHICKEN AND BACON SALAD

lettuce mix with cashews, avocado salsa, croutons, bound with an Italian vinaigrette (GF, DF, V) 19

VEGE SALAD

grilled mushrooms, veges, lettuce mix with cashews, avocado salsa, croutons, bound with an Italian vinaigrette (GF, DF, V) 18

CAJUN FISH AND PRAWN SALAD

lettuce mix, cucumber, red onion, mandarins and feta bound topped with roast garlic aioli (GF, DF) 22

FAMOUS FRITTERS

Kumara, sun dried tomato & sweet corn fritters layered on a gourmet salad with streaky bacon or salmon in between finished with sweet corn sour cream BACON 19 SALMON 23

LUNCH

OPEN CHICKEN SANDWICH

Grilled Chilli and lime chicken on a toasted foccoccia with salad, pickles, roasted tomato and pineapple, streaky bacon and brie cheese finished with sweet corn sour cream with a side of golden fries 18

OPEN PORK BELLY SANDWICH

The three cows famous pork belly on a toasted foccoccia with salad, pickles, roasted tomato and pineapple, streaky bacon and brie cheese finished with mango chutney with a side of golden fries 20

OPEN STEAK SANDWICH

Ribeye steak cooked to preference on a toasted foccoccia with salad, pickles, roasted tomato and pineapple, streaky bacon and brie cheese finished with beetroot pesto with a side of golden fries 22

CRISPY CHICKEN

Crispy, tasty deep fried chicken pieces marinated overnight in chef's special sauce, served with golden fries, a garden salad and a side of sweet chilli sauce 6PC 16.50 10PC 22

THREE COWS BREAKFAST

Toast, mushrooms, tomatoes, streaky bacon, hash browns and eggs cooked to your preference of fried, poached or scrambled 19

FOCCOCIA MELT

Cream cheese, cranberry sauce, chicken and mozzarella on foccoccia oven baked and finished with a honey basil sauce with your choice of golden fries or garden salad 21

BEER BATTERED FISH

Fish of the day cooked in a golden beer batter served with golden fries, a garden salad and a side of tartare sauce 19

LAMB FRY

Pieces of lamb fry pan-seared served with crispy bacon, horseradish onion jam, cracked peppercorn and mushroom gravy finished with a side of toasted garlic bread 20

SIRLOIN STEAK

Premium sirloin steak cooked to your preference served with golden fries, a garden salad and fried eggs finished with a side of jus gravy 25

PASTA OF THE DAY

Please ask wait staff for todays special 18.50

SIDES

PRAWN TWISTERS 7

GOLDEN FRIES 5

2 x EGGS 3

HOMEMADE WEDGES 5.5

GRILLED VEGETABLES 5

BREAD 2

GREEN SALAD 5

MUSHROOMS 4

EXTRA SAUCE 1.5

ONION RINGS 5

PEPPERCORN SAUCE 3

SALSA 1.5

PEPPERCORN SAUCE WITH
MUSHROOMS 5

BACON 3