

Welcome to The Cowrie Restaurant. Our tradition of fine seafood began at Pearl Beach in 1971. We moved to our present location in 1981 and took on the level of excellence Terrigal demands.

Our specialty seafood is market fresh and our chefs make their own pasta, pastries, stocks and sauces in house. We source only the freshest produce to ensure your dining pleasure. Our wine list includes a wide selection from Australia and New Zealand's premium wine regions.

Relax and enjoy The Cowrie view, cuisine and overall dining experience.

Ray, Bec and staff

## **AWARDS**

The Cowrie has been proud winners of numerous awards. Some of our most recent accolades include:

2009 Winner R.C.A Regional Corporate Caterer of the Year  
2009 Winner R.C.A Caterer of the Year  
2009 Winner R.C.A Wedding Caterer of the Year  
2009 Winner R.C.A Corporate Caterer of the Year  
2009 Winner R.C.A Tourism Restaurant of the Year  
2009 Winner R.C.A Regional Wine List of the Year  
2008 Winner R.C.A Caterer of the Year  
2008 Winner R.C.A Wedding Caterer of the Year  
2008 Winner R.C.A Corporate Caterer of the Year  
2008 Winner R.C.A Tourism Restaurant of the Year  
2007 Winner R.C.A Corporate Caterer of the Year  
2007 Winner R.C.A Regional Wine List of the Year  
2007 Winner R.C.A Tourism Restaurant of the Year  
2007 Winner R.C.A Seafood Restaurant of the Year  
2006 Winner R.C.A Australian Caterer of the Year  
2006 Winner R.C.A Australian Wedding Caterer of the Year  
2006 Winner R.C.A Regional Wedding Caterer of the Year  
2006 Winner R.C.A Regional Caterer of the Year  
2006 Winner R.C.A Caterer of the Year  
2006 Winner R.C.A Wedding Caterer of the Year  
2006 Winner R.C.A. Tourism Restaurant of the Year

## **CHEFS David Gregor and Paul Hargreaves**



## OYSTERS

Our oysters are selected from premium regions renowned for their fresh clean water and oyster quality

Pacific Coffin Bay SA  
Sydney Rock Port Stephens NSW North Coast

Oysters are served natural with lemon

Half doz	24
Dozen	45
Mixed dozen	48
Dozen with 200ml piccolo Moet & Chandon	70

### Condiments

Spicy horseradish and tomato sauce  
White wine vinegar and eschallot

## BREAD 9

Organic La Tartine sourdough with virgin olive oil  
and skordalia

## SIDES

Beer battered fries with aioli	9
English spinach and blue cheese salad with warm bacon vinaigrette	12
Garlic and chilli tossed broccolini	12
Roasted baby beetroot, candied walnut and endive salad with goat cheese vinaigrette	12

## **DEGUSTATION MENU**

### **5 Course Set Menu**

Our aim is to serve small portions of menu items, concentrating on refined presentation, variety and combination of flavours.

Citrus cured salmon with shaved fennel and rocket salad, pink grapefruit and salmon pearls

2007 Nightingale Night Owl Shiraz Rose Hunter Valley NSW

Pan roasted blue eye cod fillet on a clam veloute with vongoli, chat potato, bacon and melted leeks

2008 Ingoldby Chardonnay McLaren Vale SA

Crispy roulade of pork belly with apple and pepper chutney, honey and mustard salad and calvados jus

2009 Phaedrus Pinot Noir Mornington Peninsular VIC

Roast beef eye fillet on red wine braised beetroot with kipfler potatoes, onion and horseradish puree

2008 Angus 'The Bull' Multi Regional SA/Vic

Chef's selection of dessert or a cheese plate for one

2009 Brown Brothers Orange Muscat Flora, Milawa Vic  
Or Morris Liqueur Muscat Rutherglen Vic

Tea or Coffee served with Petit fours

\$110.00 per guest

\$150.00 per guest including wine

## ENTREES

Citrus cured salmon with shaved fennel and rocket salad, pink grapefruit and salmon pearls GF	29
2007 Nightingale Night Owl Shiraz Rose Hunter Valley NSW	
Sautéed asparagus, leek and mushrooms served over savory sage brioche with porcini oil V	27
2009 Chapel Hill Verdelho McLaren Vale SA \$10	
Crispy roulade of pork belly with apple and pepper chutney, honey and mustard salad and calvados jus GF	28
2009 Phaedrus Pinot Noir Mornington Peninsular VIC \$10	
Seared scallops, cannellini bean and thyme puree with garlic saffron butter GF	28
2009 Philip Shaw No 19 Sauvignon Blanc Orange NSW \$10	
Cowie crab cakes with spicy leek remoulade and chive oil	32
2009 Chapel Hill Verdelho McLaren Vale SA \$10	
Tasting plate – citrus salmon, pork belly and seared scallops GF	36

Wine suggestions have been included from our "by the glass" section of our wine list. For bottle suggestions please ask your waiter.

V – vegetarian

GF – gluten free

## **MAINS**

### **SEAFOOD**

Pan roasted blue eye cod fillet on a clam veloute with vongoli, chat potato, bacon and melted leeks 39

2008 Ingoldby Chardonnay McLaren Vale SA \$10

Seared Hiromasa kingfish served over Japanese eggplant and fennel caponata with basil buerre blanc GF 39

2007 Nightingale Night Owl Shiraz Rose Hunter Valley NSW \$9

Roulade of salmon with grilled king prawns on zucchini gratin, finished with a Thai green curry sauce GF 39

2008 Brown Brothers Pinot Grigio Milawa Vic \$9

Seafood paella of scallops, mussels, prawns, chicken and chorizo with roasted capsicum and peas 45

2009 Chapel Hill McLaren Vale SA \$10

Fresh live lobster served half or whole Market Price

### **NON-SEAFOOD**

Roast beef eye fillet on red wine braised beetroot with kipfler potatoes, onion and horseradish puree GF 38

2008 Angus 'The Bull' Cabernet Sauvignon SA/Vic \$10

Roast duck supreme and confit leg with sweet potato fondant, honey and Dijon braised witlof finished with rosemary and orange jus GF 37

2007 Nightingale Night Owl Shiraz Rose Hunter Valley NSW \$9

Chicken and mushroom ballotine with confit kipfler potatoes and a parsnip puree GF 36

2009 Phaedrus Pinot Noir Mornington Peninsular VIC \$10

Asparagus and mushroom risotto with white truffle oil and Parmesan shavings V GF 35

2008 Ingoldby Chardonnay McLaren Vale SA

*All main meals are served with fresh seasonal greens*

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## THE COWRIE CLASSICS

### ENTREES

- Spicy or Traditional Garlic Prawns** 34  
Cooked in sizzling olive oil, with feta and sun dried tomato salad
- Oysters Cowrie** (per dozen) 45  
Béchamel sauce, shallot tips and bacon, glazed with Tilba cheese

### MAINS

- Grilled Seafood Platter for 1** 54  
A hot and cold selection of fresh blue swimmer crab, scampi, oysters, king prawns, Balmain bugs, smoked salmon, fish, calamari, fries and seasonal fruit
- Avocado Seafood** 48  
A cold selection of fresh blue swimmer crab, king prawns, Balmain bugs, scampi, oysters, smoked salmon, avocado and seasonal fruit
- Grilled Seafood platter for 2** 125  
A three tiered selection of market fresh seafood including: blue swimmer crab, fresh king prawns, Balmain bugs, WA scampi, natural oysters, Tasmanian smoked salmon, fresh water yabbies and char-grilled fish and tiger prawns  
(subject to availability of fresh quality seafood)

## **GLOSSARY**

<b>Aioli</b>	Garlic flavoured mayonnaise
<b>Caponata</b>	Aubergines and onions with tomatoes, anchovies, capers and olives
<b>Celeriac</b>	Globular root vegetable with a celery like flavour
<b>Chantilly</b>	Slightly sweetened whipped cream
<b>Gratin</b>	Layered with cheese sauce and browned in the oven
<b>Paella</b>	Spanish savoury rice dish of seafood, chicken, chorizo and vegetables
<b>Pomegranate</b>	Sweet red fruit with a tart finish
<b>Roulade</b>	A type of presentation of food usually by cutting, moulding or rolling into a shape
<b>Roquefort</b>	A soft blue cheese
<b>Tartare</b>	Raw marinated meat or fish
<b>Tartine</b>	A small open faced tart
<b>Veloute</b>	A white sauce made from stock, flour and butter
<b>Vongoli</b>	Clam, small seafood shellfish
<b>Wasabi</b>	Japanese horseradish



## **GIFT VOUCHERS**

The perfect gift at any time of year is a gift voucher. Available in any denomination, shopping has never been easier!

## **LIMOUSINE PACKAGES**

Perfect for that special occasion is The Cowrie Limousine Package. Be chauffer driven in a stretch limousine followed by a delicious three course select menu. Receive a gift wrapped bottle of Sparkling wine with our compliments before being returned home.

**Available 7 days - bookings essential - \$230 per couple**

(plus surcharge for some areas)

## **EXPERIENCE FINE EUROPEAN CUISINE**

Did you know we also own Onda Restaurant at Terrigal? Onda was judged Best Italian Restaurant 2005, 2006, 2007 and 2008. Ask our staff to make a reservation for you.

## **EX HMAS ADELAIDE**

Target scuttling date is the morning off the 27<sup>th</sup> March 2010, depending on weather conditions. The EX HMAS Artificial Reef Project is an exciting initiative to create an internationally acclaimed dive site on the NSW Central Coast to be finally located off Avoca Beach near Terrigal

## **FUNCTIONS AND WEDDINGS**

The Cowrie offers the ideal venue for your next event. With seating for up to 65 in our main dining room and 30 in the smaller room, your wedding, conference or celebration will be one to remember.

## **SHUTTLE SERVICE**

Enquire about The Cowrie's complimentary guest transfer. Bookings are essential for this service, our shuttle seats up to 11. Available 7 days, lunch and dinner - from Avoca, North Avoca, Terrigal and Wamberal

**For all current menus and further information please visit our website [www.thecowrie.com.au](http://www.thecowrie.com.au)**