

THE COW

Traditional Sunday Roasts

Starters

Sweet potato & coconut Soup, with freshly baked bread. 7 vgo/gfo

Charred tiger prawns, lime & chili butter. 9 gfo

Grilled halloumi, roast figs & local honey. 8 v/gf

Ham hock terrine, apple & chili chutney, charred sourdough. 9

Roast Lunches

Suffolk, Slow Roasted Pork Belly. 17 gfo

Holmes Farm, Sous Vide Top Rump of Beef. 17 gfo

Free-range Gold Label Chicken Breast, Smoked Bacon & Leek Stuffing. 16

Pevensey Marsh, Rolled Lamb Shoulder. 19 gfo

Cashew & mushroom En Croute. 14 v

Walnut, Hazelnut & Veggie Roast. 14. gf/vg/n

Kids Roast 10/Veggie or Vegan 10

Lunches are served with garlic & rosemary roast potatoes, roast carrots, root vegetable mash, Savoy cabbage, fine green beans, herby Yorkshire pudding and real roast gravy.

Sides

Honey Glazed Pigs in Blankets. 4 Cauliflower Cheese. 4v Smoked Bacon,
Pork & Leek Stuffing 4Extra Yorkie 1.5

Puddings

Chocolate brownie sundae, with fudge sauce. 6 v/gf

Apple & pear crumble, with custard or cream. 6 v/gf

Dairy free biscoff cheesecake, vegan peanut butter ice-cream. 6 vg

Sticky toffee pudding salted toffee sauce & vanilla ice-cream. 6 v/gf

allergen information, please be aware, that all our dishes are prepared in an environment where nuts and traces of nuts may be present. v = vegetarian vg = vegan vgo = vegan option gf = gluten free gfo = gluten free option. For any further allergen information, please ask a member of our team.