



**THE COW**  
BAR & KITCHEN

## SAMPLE Menu

12-3/5-10PM MONDAY-THURSDAY / 12-10PM FRIDAY-SATURDAY

PLEASE ORDER AT THE BAR

### Snacks

HOMEMADE HUMMUS WITH CHARGRILLED BREAD (V)(VG) (gfo)	4.-
BBQ CHICKEN WINGS, BLUE CHEESE, SESAME, SPRING ONIONS	4.5 <sup>0</sup> /8.-
GARLIC & PARSLEY ROASTED TIGER PRAWNS (gf)	6.-/11.-
SALT & PEPPER SQUID WITH SAFFRON AIOLI	5.-/9.-
VEGAN LOADED FRIES WITH AVOCADO, JALAPENOS & CRISPY ONIONS (VG)	5.5 <sup>0</sup> /10.-
BBQ PORK BAO WITH HOISIN SAUCE, SPRING ONIONS & PEANUT	5.5 <sup>0</sup>
BAKED CAMEMBERT, RED ONION MARMALADE, CROUTES(V) (gf)	8.-

### Plates

CHARGRILLED RIBEYE STEAK, HAND CUT CHIPS, TOMATO, GARLIC BUTTER (gf)	20.-
BEER BATTERED LOCALLY CAUGHT FISH, CHIPS. TARTAR, PEAS, LEMON (gfo)	13.5 <sup>0</sup>
SPICED FISH CURRY, BASMATI RICE, COCONUT, POPPADUM (gf)	8.-/15.-
MAC & CHEESE, CRUMB, ARTICHOKE, TOMATO, BROCCOLI (V)	7.50/14.-
HARISSA COUSCOUS, ROASTED CAULIFLOWER & SWEET POTATO, TENDERSTEM BROCCOLI & POMEGRANATE(VG) (gfo)	6.-/11.-

### To Share

<b>MEAT SHARING BOARD</b>	<b>32.-</b>
Ribeye steak, BBQ chicken wings, boudin noir, pork belly, lamb shoulder, garlic mushroom, roasted tomatoes, buttered green vegetables, jus & hand cut chips (gfo)	
<b>FISH SHARING BOARD</b>	<b>28.-</b>
Herb crumbed cod fillet with roasted new potatoes, garlic tiger prawns, salt & pepper squid, breaded white bait & smoked salmon	
<b>VEGETARIAN SHARING BOARD</b>	<b>24.-</b>
Baked camembert, Padron peppers, hummus, olives, roasted sweet potato, chargrilled bread, dressed mix leaves, marinated artichoke (V)(VGO) (GFO)	

### Burgers

13.-

All burgers are served with hand cut chips & salad

BEEF BURGER with Monterey jack, bacon jam, caramelised onions, beer mustard mayo (GFO)
CHICKEN BURGER with Caesar dressing, streaky bacon & shredded gem (GFO)
FALAFEL BURGER with halloumi, jalapenos, black olive & yoghurt (V) (VGO)

### Sides

Hand cut chips	3.5
Buttered seasonal green vegetables	3.-
Dressed leaves	2.5
Garlic roasted mushrooms	3.5

### Desserts

Dark chocolate brownie with berry compote & Mint chocolate Ice cream	7.-
Sticky toffee pudding with toffee sauce & vanilla ice cream	7.-
Selection of British cheeses with quince jelly, chutney and biscuits	7.-

We take bookings for groups of 6 or more only, Monday - Saturday and of any size on Sundays.  
If you have any allergies or dietary requirements please inform a member of the team when placing your order.  
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