



THE COW
BAR & KITCHEN

Sample Sunday Lunch

SERVED 12-6PM PLEASE ORDER AT THE BAR

Small

HOMEMADE HUMMUS WITH CHARGRILLED BREAD (V)(VG) (VGO)	4.-
BBQ CHICKEN WINGS, BLUE CHEESE, SESAME, SPRING ONIONS	4. ⁵⁰ / 8.-
GARLIC & PARSLEY ROASTED TIGER PRAWNS (GF)	6.- / 11.-
SALT & PEPPER SQUID WITH SAFFRON AIOLI	5.- / 9.-
BBQ PORK BAO WITH HOISIN SAUCE, SPRING ONIONS & PEANUT	5. ⁵⁰
BAKED CAMEMBERT, CHUTNEY, CROUTES(V)(GFO)	8.-

Mains

All roasts are served with roast potatoes, seasonal vegetables, red wine jus & Yorkshire pudding. (VGO) (GFO)

ROASTS

SLOW ROAST PORK BELLY	14.
SLOW ROAST SHOULDER OF LAMB	14.
DRY AGED RUMP OF BEEF	14
ROAST FREE RANGE ENGLISH CHICKEN	12.
MUSHROOM, FETA & NUT ROAST (VG)	10.

SIDES

STUFFING / ROAST POTATOES / PIGS IN BLANKETS	3.-
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LARGE PLATES

CHARGRILLED RIBEYE STEAK With hand cut chips, roasted tomatoes, garlic butter & red wine jus (GFO)	20.-
SPICED FISH CURRY, With basmati rice, coconut & poppadum (GFO)	15.-
THREE CHEESE MAC With rosemary crumb, artichokes & tender stem broccoli (V)	13.-
BEER BATTERED FISH & CHIPS With crushed minted peas, hand cut chips, tartar sauce & lemon (GFO)	13. ⁵⁰

Dessert

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.-