

# LUNCH MENU

Served Monday to Saturday 12h00 - 15h00

One Course £9.95

Two Courses £11.95

Three Courses £13.95

## STARTERS

HOMEMADE BREAD <sup>VEO</sup>  
*whipped butter*

CORNISH WHITEBAIT <sup>GF + DF</sup>  
*garlic aioli, lemon*

SOUP OF THE DAY <sup>GFO</sup>  
*crusty bread*

BUFFALO CHICKEN WINGS  
*slaw*

TERIYAKI PORK  
*sesame, house slaw*

## DESSERTS

COWSHED CRÈME BRÛLÉE <sup>GFO</sup>  
*shortbread*

CHOCOLATE TART

AFFOGATO <sup>GF</sup>

COWSHED CHEESE PLATE +£3.50 <sup>GFO</sup>  
*homemade chutney, crackers*

TEA BY CANTON OR COFFEE BY CLIFTON COFFEE

## SIDES

BEEF DRIPPING FRIES <sup>GF + DF</sup> £3.75

HAND CUT CHIPS <sup>GF + DF</sup> £3.75

SWEET POTATO FRIES <sup>DF</sup> £3.95

SEASONAL ROASTED VEGETABLES <sup>DF</sup> £3.50

FLAT MUSHROOMS, GARLIC, PARSLEY <sup>GF + DFO</sup> £3.50

GREEN BEANS, CONFIT GARLIC <sup>GF + DF</sup> £3.50

POTATO GRATIN <sup>GF</sup> £4.50

SMOKED APPLE WOOD MAC & CHEESE £5.50

CAESAR SALAD £3.75

ROCKET AND PARMESAN <sup>GF</sup> £3.50

CREAMED SPINACH £4.50

## MAINS

RUBY RED MINUTE STEAK <sup>GF + DF</sup>  
*fried eggs, skinny fries*

BEER BATTERED FISH & CHIPS <sup>DF</sup>  
*crushed peas, tartar sauce*

COWSHED BEEF BURGER <sup>GFO + DFO</sup>  
*topped with cheddar, lettuce and relish, served with skinny fries*  
add bacon + £1.00 supplement

PIE OF THE DAY  
*fries or mash*

COWSHED SEASONAL RISOTTO <sup>GF + VEO</sup>

SAUSAGE OF THE DAY

DRY AGED RUMP STEAK 200g <sup>GF + DF</sup>  
*served with skinny fries + £5.00 supplement*

## SAUCES

GREEN PEPPERCORN <sup>GF</sup> £2.75

CHIMICHURRI <sup>GF + DF</sup> £2.75

BÉARNAISE SAUCE <sup>GF</sup> £2.75

BLUE CHEESE SAUCE <sup>GF</sup> £2.75

MUSHROOM SAUCE <sup>GF + DF</sup> £2.75

## BUTTERS

TRUFFLE <sup>GF</sup> £1.75

GARLIC <sup>GF</sup> £1.75

GARDEN HERB <sup>GF</sup> £1.75

GF Gluten free GFO Gluten Free Option V Vegetarian DF Dairy Free DFO Dairy Free Option CN Contains Nuts VEO Vegan Option VE Vegan

Please note a discretionary 10% service charge will be added to your bill for tables of six or more. All dishes are prepared in a kitchen where products containing nuts, seeds and other allergens are handled and prepared. This means we may not be able to guarantee our food will not contain traces of specific allergen. Please be sure to inform your waiter or waitress of any allergies.

THE  
COWSHED  
RESTAURANT & BUTCHERS

EST. 2009