

FINEST HOME-GROWN & LOCALLY SOURCED PRODUCE



THE COW

S I N C E 2 0 1 5



M A I N M E N U



BURGERS



All burgers are served in a toasted brioche bun with rosemary salted skin on fries | Dairy & gluten free buns available

FANTASTIC 4 Any 4 mini versions of our beef burgers below served with dirty fries £35	
Classic £16 <i>Hand pressed beef patty with lettuce, ketchup, burger sauce & gherkins.</i>	Portobello £16  <i>Roasted portobello mushroom, chill jam, tomato & beetroot chutney, sun blushed tomatoes, cheddar cheese, aioli, avocado salsa & rocket. Vegan option available.</i>
Big Smoke £20 <i>Hand pressed beef patty with smoked applewood cheese, smoked streaky bacon, smokey BBQ sauce, aioli, lettuce & gherkins.</i>	Where's The Beef £18  <i>Beyond meat plant based smash patties with cheddar cheese, mayonnaise, ketchup, lettuce & gherkins. Vegan option available.</i>
Moo Blue £20 <i>Hand pressed beef patty with blue cheese, tomato & beetroot chutney, lettuce, aioli & gherkins.</i>	Louisiana Chicken £18 <i>Buffalo marinated bbq chicken breast, chilli & lime mayo, lettuce & coleslaw.</i>
Matador £20 <i>Hand pressed beef patty with Mexicana cheese, diced confit chorizo, aioli, chorizo mayonnaise, lettuce & jalapenos.</i>	Dirty Upgrade £2 <i>Fries with shredded lettuce, spring onions, cow signature cheese sauce, crispy onions & jalapenos.</i>
Spicy Shinny Shin Shin  £20 <i>Hand pressed beef patty with shredded beef shin, sriracha mayonnaise, jalapenos, butterhead lettuce & Mexicana cheese.</i> <i>Add bloody hell hot sauce £1 </i>	Mini Upgrade £8  <i>Add a mini version of any of our beef burgers to the top of your burger.</i>

EXTRAS Extra beef patty **£3** Remove bun **-£1** Add cheese **£2** Add bacon **£2**



STEAKS

All steaks are served with chunky chips, onion rings, grilled portobello mushroom, tomatoes & smoked carrot puree.

10oz Sirloin Steak £35	32oz Tomahawk Sharing Steak £100
10oz Ribeye Steak £40	<i>(Must be pre ordered 48 hours in advance - see website for details)</i>

SAUCES

Peppercorn | Garlic Butter | Blue Cheese **£2**

MAINS

Mac & Cheese £16  <i>The Cow 3 cheese macaroni with emmental, cheddar & mozzarella, topped with herb crumb & served with garlic bread.</i>	Tomato Salad £14  <i>Isle of Wight heritage tomatoes, buffalo mozzarella, rocket & basil leaves, balsamic, herb croutons & basil oil.</i>
Mac Upgrades £2 Each Add Chorizo, Bacon or Sun Blushed Tomatoes to your Mac & Cheese	Chicken Caesar Salad £16 <i>Cos lettuce, poached chicken, crispy bacon, shaved parmesan, soft boiled egg, herb croutons, anchovies & Caesar dressing.</i>

FOOD ALLERGIES & INTOLERANCES

If you would like more information regarding allergies and intolerances, please speak to a member of the team.

 Vegetarian  Vegan  Gluten Free



SIDES

MAGNIFICENT 7

Onion rings, baby back ribs, hot wings, chicken goujons, halloumi fries, honey & bbq wedges & garlic bread served with BBQ, ranch & sweet chilli dips **£35**

Honey & BBQ wedges £8	Coleslaw £4  
Mac & Cheese £8  <i>With emmental, cheddar & mozzarella with herb crumb.</i>	Rosemary Salted Fries £4  
Spicy Chicken Wings £10  <i>Spicy hot wings drizzled with sweet chilli sauce & served with homemade ranch dip.</i>	House Salad £6   <i>Mixed leaves, cherry tomatoes, grated carrot & cucumber with French dressing.</i>
Baby Back Ribs £10  <i>18 hour slow-cooked baby back ribs in a lightly spiced BBQ marinade.</i>	Garlic Bread £8  <i>Add cheese £2</i>
Onion Ring Tower £10  <i>With BBQ, sweet chilli & ranch dip.</i>	Halloumi Fries £10  <i>With sweet chilli dip.</i>
Chicken Goujons <i>with BBQ dip.</i> £10 	Dirty Fries £7  <i>Fries with shredded lettuce, spring onions, The Cow signature cheese sauce, crispy onions & jalapenos.</i>

We recommend our Calves Menu for ages 8 and under **CALVES MENU £8**

NIBBLY BITS £4  <i>Carrot, cucumber, cherry tomatoes, cheddar, bread sticks & aioli dip.</i>	MINI CHICKEN <i>Breaded chicken goujons with fries & salad.</i>	MINI DOG <i>Butcher's chipolata sausage in a soft white roll with fries & salad.</i>	MINI VEGGIE DOG £4  <i>Veggie sausage in a soft white roll with fries & salad.</i>
			
MINI VEGGIE BURGER £4  <i>Beyond meat patty in a brioche bun with fries & salad. Add cheese £1</i> <i>Gluten & dairy free buns available</i>	MINI MAC £4  <i>Pasta in cheesy sauce with garlic bread.</i>	MINI BURGER <i>Hand pressed beef patty in a brioche bun with fries & salad. Add cheese £1 Add bacon £1 Add extra patty £2</i> <i>Gluten & dairy free buns available</i>	

DESSERTS

BROOKIE £8 <i>Warm vanilla cookie dough with milk chocolate chips topped with rich chocolate brownie, whipped cream, cookie ice cream & chocolate sauce.</i> <i>Vegan & gluten free option available</i>	KIDS ICE CREAM POTS £3.50 TRIPLE CHOCOLATE STRAWBERRY VANILLA MINT CHOC CHIP SALTED CARAMEL VEGAN SALTED CARAMEL 
	