

FINEST HOME-GROWN

THE COW

TAPNELL FARM

LOCALLY SOURCED PRODUCE



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

The Fantastic Four

£30
Mini versions of our 4 beef burgers; Classic, Big Smoke, Moo Blue & Shiny Shin Shin, served with dirty fries.

Naked Classic

£12
Our award winning hand pressed beef patty, simply served with no extras.

Classic

£15
Hand pressed beef patty with lettuce, ketchup, burger sauce & gherkins.

Louisiana Chicken

£16
Buffalo marinated bbq chicken breast, chilli & lime mayo, lettuce & cajun slaw.

Portobello (V)

£16
Roasted portobello mushroom, chilli jam, tomato & beetroot chutney, sun blushed tomatoes, cheddar cheese, aioli & avocado salsa. Vegan option available.

Naked Beyond (V)

£12
Beyond meat plant based patty, simply served with no extras.

Big Smoke

£18
Hand pressed Beef patty with smoked applewood cheese, smoked streaky bacon, smokey BBQ sauce, aioli, lettuce & gherkins.

Moo Blue

£18
Hand pressed Beef patty with blue cheese, tomato & beetroot chutney, lettuce, aioli & gherkins.

Spicy Shiny Shin Shin (V)

£19
Hand pressed beef patty with shredded beef shin, sriracha mayonnaise, jalapenos, butterhead lettuce & Mexicana cheese. Add bloody hell hot sauce £1 (V)

Where's The Beef (V)

£16
Beyond meat plant based patty with cheddar cheese, vegan mayonnaise, ketchup, lettuce & gherkins. Vegan option available.

Dirty Upgrade (V)

£2
Fries with shredded lettuce, spring onions, smoked cheese sauce, crispy onions & jalapenos.

Mini Upgrade

£7
Add a mini version of any of our beef burgers to the top of your burger.

EXTRAS

Extra beef patty £3 Remove bun -£1 Add Cheese £2 Add Bacon £2



All steaks served with chunky chips, grilled flat mushroom, smoked carrot puree & watercress

10oz Ribeye Steak (Gf)

£30

32oz Tomahawk Steak (for 2 to share) (Gf)

£65

Subject to availability

SAUCES (Gf)

Bearnaise | Peppercorn
Black Garlic Butter | Blue Cheese £2

MAINS

Mac & Cheese (V)

£15
The Cow Signature macaroni & cheese with Gruyere, Blue Cheese, Smoked Applewood & Cheddar, topped with herb crumb & served with garlic bread.

Beef Stew

£15
Slow cooked beef with root vegetables, herb dumpling with torn baguette & salted butter.

Vegetable Stew (V)

£14
Root Vegetables & green lentils with parsnip crisps with torn baguette & salted butter. Vegan option available.

Butternut Squash Salad (V)

£12
Roasted butternut squash, poached pear, blue cheese, candied walnuts, quinoa & rocket leaves with pomegranate dressing. Vegan option available.



Chicken Goujons with BBQ dip.

£8
Gluten free option available on request.

Halloumi Fries with sweet chilli dip. (V)

£8
Gluten free option available on request.

Dirty Fries (V)

£6
Fries with shredded lettuce, spring onions, smoked cheese sauce, crispy onions & jalapenos.

House Salad (Vg Gf)

£6

Cajun Coleslaw (V Gf)

£4

Fries (Vg Gf)

£4

Garlic Bread (V) add cheese £1

£7

Onion Rings (V)

£7

Medley of Veg (V)

£7

FOOD ALLERGIES & INTOLERANCES

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

(V) Vegetarian (Vg) Vegan (Gf) Gluten Free

COCKTAILS

Bloody Mary

IW Mermaid salt vodka with big tom tomato juice, fresh lemon, celery and spices.

Blackberry Mojito

Barnacle Brothers rum, lime wedges, blackberries, blackberry syrup & mint leaves, topped with soda, dehydrated lime & blackberry skewer. Classic version available.

Grapefruit Margarita

Cazcabel Blanco tequila, Cointreau, grapefruit juice, fresh lime juice & grapefruit bitters, shaken & finished with salt & dehydrated grapefruit. Classic version available.

Disaronno Sour

Disaronno, fresh lemon juice, egg whites, sugar syrup.

Morello Cherry Negroni

Vaudville cherry gin, campari & vermouth & morello cherry liqueur. Classic version available.

British Martini

Vaudville raspberry gin, raspberry liqueur, pineapple juice & fresh lemon juice.

Caramel Espresso Martini

Black Cow vodka, Island roasted coffee, Kaluha & caramel syrup. Classic version available.

Nutty Cow

Frangelico, Baileys, Black Cow vodka, vanilla ice cream & local milk.

Aperol Spritz

Aperol, soda & prosecco, served over ice with frozen orange.

Kir Royale

Chambord and prosecco with frozen blackberries.

All Cocktails and G&Ts **£10 each** or **two for £18**

GIN & TONICS

The Cow G&T

Our signature G&T, IW Mermaid gin, cucumber & watermelon tonic, served over ice with frozen watermelon & cucumber.

Zest & Tonic

IW Mermaid Zest Gin, topped with Mediterranean tonic, served over ice with singed rosemary and frozen lemon slices.

Grapefruit & Tonic

Vaudville white grapefruit gin, topped with indian tonic water, served over ice with dehydrated grapefruit & rosemary.

Cherry & Tonic

Vaudville morello cherry gin, topped with indian tonic water, served over ice with cherries & mint.

Raspberry & Tonic

Vaudville raspberry gin, topped with indian tonic, served over ice with raspberries & mint.

MOCKTAILS & MILKSHAKES

Virgin Cow G&T

£7

Salcombe NLL, cucumber & watermelon tonic served over ice with frozen cucumber & watermelon.

No-Jito

£7

Lime wedges, sugar syrup, eager apple juice, fresh homegrown mint leaves and soda with dehydrated limes

Cow Lemonade

£7

Fresh lemon juice, sugar syrup served over ice with soda & frozen lemon.

Midnight Sun

£7

Midnight Sun 0% gin, fevertree lemonade, mint and red berries served over ice.

Chocolicious Milkshake

£7

IW chocolate fudge brownie ice cream, IW milk and chocolate syrup served with a flake.

Go Bananas Milkshake

£7

IW banoffee ice cream, IW milk & butterscotch syrup with mini bananas.

Winter Berry Smoothie

£7

Mixed winter berries, apple juice and sugar syrup with a sprig of mint.

BEER & CIDER

Corona Lager 4.5% ABV

Pint £6 ½ £3

Camden Hells Lager 4.6% ABV

Pint £7 ½ £3.50

Mahou Lager 5.1% ABV

Pint £7 ½ £3.50

Camden Pale Ale 4.0% ABV

Pint £6 ½ £3

Camden Off Menu IPA 5.8% ABV

Pint £7 ½ £3.50

Orchard Pig Cider 4.5% ABV ^{Gf}

Pint £6 ½ £3

Wight Gold 4% ABV

500ml £6

Planet Lager 4.6% ABV ^{Gf}

500ml £6

Berries & Cherries 4.0% ABV

500ml £6

Corona 0% ABV

330ml £5

Lucky Saint 0.5% ABV

330ml £5

Berries and Cherries 0.0% ABV

500ml £5

SOFTS

Lime & Soda

Lrg/Sml £2.50 / £1.50

Coca Cola, Coke Zero, Lemonade, Fanta,

£4 / £3

Dr Pepper Zero, Sprite Zero & Juices

Still & Sparkling Water

£4.50 / £2.50

Tonic Water

£2

Red Bull

£3.50

Sparkling Elderflower

£3.50

Appletiser

£3.50

Frobishers Orange & Passionfruit

£3.50

Frobishers Apple & Mango

£3.50

Big Tom Tomato juice

£3.50

KIDS SOFTS

Coca Cola, Coke Zero, Lemonade, Fanta,

£2.50

Dr Pepper Zero, Sprite Zero & Juices

Mini Shake - Chocolate or Banoffee.

£4

Add Flake

£1

Milk

£2

Pip Organic Cloudy Apple

£3

Pip Organic Blackcurrant & Raspberry

£3