

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

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

## 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.

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

## SAUCES

Peppercorn | Garlic Butter | Blue Cheese **£3**

# MAINS

## CHEESESTEAK SANDWICH £20

Flattened 4oz Rump steak served medium rare, with Emmental cheese, fried onions & mushrooms, rocket & aioli in a ciabatta with rosemary salted skin on fries.

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

## FOOD ALLERGIES & INTOLERANCES

If you would like more information regarding allergies & 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**

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

## CALVES MENU

£8

We recommend our Calves Menu for ages 8 and under

## NIBBLY BITS



Carrot, cucumber, cherry tomatoes, cheddar, bread sticks & aioli dip.

## MINI CHICKEN

Breaded chicken goujons with fries & salad.

## MINI DOG



Butcher's chipolata sausage in a soft white roll with fries & salad.

## MINI VEGGIE DOG



Veggie sausage in a soft white roll with fries & salad.

## MINI VEGGIE BURGER



Beyond meat patty in a brioche bun with fries & salad.  
Add cheese £1

Gluten & dairy free buns available

## MINI MAC



Pasta in cheesy sauce with garlic bread.

## MINI BURGER

Hand pressed beef patty in a brioche bun with fries & salad.  
Add cheese £1 Add bacon £1  
Add extra patty £2

Gluten & dairy free buns available

# DESSERTS

## BROOKIE £8

Warm vanilla cookie dough with milk chocolate chips topped with rich chocolate brownie, whipped cream, cookie ice cream & chocolate sauce.

Vegan & gluten free option available



## Rex's Range £3.50

Dog friendly ice cream that's lactose free.

## KIDS ICE CREAM POTS

£3.50

TRIPLE CHOCOLATE  
STRAWBERRY  
VANILLA

MINT CHOC CHIP  
SALTED CARAMEL

VEGAN SALTED CARAMEL 