

Starters / Nibbles

- Soup of the day with fresh bread roll and whipped butter. £5.95 **Ask for allergens**
- Creamy garlic mushrooms in a white wine and fresh spinach sauce, topped with melted parmesan and served on toasted sourdough bread £6.95 **2,7,14 Can be GF**
- Smoked Salmon and prawns in Marie rose sauce with salad and crusty bread £7.25 **2,5,7,9**
- Chicken liver Parfait with red onion chutney, salad and toasted bread £6.45 **2,7,9,14**
- Crispy battered chilli chicken bites in plum sauce with spring onion £6.95 **2,7**

Sharing boards

- The Red Cow Fish board:** Battered Cod goujons, homemade fishcake, smoked Salmon, crispy whitebait and prawns in Marie rose sauce, served with bloomer bread & whipped butter, paprika mayo and homemade tartar sauce. **For one** £14.25 **To share** £19.95 **2,3,4,5,7**
- The Red Cow Mezze Board:** Olives, hummus, Balsamic Dip, Halloumi fritters, Greek salad, tzatziki and dipping bread **To share** £15.95 **2, 7**
- Homemade Nachos:** Served with jalapenos, fresh chillies, melting cheese, tomato salsa, guacamole and sour cream **For one** £5.95 **or to share** £9.95 **2,7**

Traditional Favourites

- Beer battered fillet of cod, chunky chips, mushy peas, tartare sauce and lemon wedge £13.95
Small portion £7.95 Allergens **2,5, 9, 14 Can be GF**
- Homemade steak and Red Cow Ale pie, with chunky chips or creamy mashed potato, seasonal vegetables, and a pot of chefs gravy £13.45 **1, 2, 7,14**
- Homemade beef lasagne topped with fresh mozzarella and served with garlic focaccia £13.75 **2,4,7**
- Lambs liver and bacon, with creamy mash, garden peas and red onion gravy £11.95, Small portion £8.95
1,7 GF
- Butterflied chicken breast in a creamy chorizo and chilli sauce served with mashed potato and sauteed asparagus £14.25 **7 GF**

Please see our specials board for this weeks choices

Sandwiches/ Salads

Open steak sandwich. Pan fried Owen Taylors rump steak in a creamy red wine and peppercorn sauce on chargrilled bloomer served medium rare with house fries. £11.95 **2,7,14**

Prawn and smoked salmon sandwich with crispy iceberg lettuce, Marie rose sauce and paprika, served on fresh Bloomer with house fries. £10.45 **2,3,4,5,7**

Greek salad: Red onions, cucumbers, cherry tomatoes, fresh olives and feta cheese with dipping bread and balsamic dip. £10.95 **2** **Add salmon fillet £3.45**

Chefs spicy crispy chicken Caesar salad with crisp lettuce, anchovies, pancetta, croutons and classic Caesar dressing £12.95 **2,4,5,7**

Chargrilled Burgers

The Red Cow Beef Burger. Cheese and bacon burger with homemade burger sauce and crispy onions £13.95 **2,4,7** **Can be GF**

The Holy Cow Beef Burger. Firecracker cheese and bacon burger, red pepper sauce, jalapenos, fresh chillies and crispy onions. £14.95 **2,4,7** **Can be GF**

All with lettuce, tomato, battered onion rings, corn cob and coleslaw in a toasted bun with house fries.

Owen Taylors pan cooked steaks

Choose from 100z Rump £19.45 80z Sirloin £20.95 80z Ribeye £21.95

All served with chunky chips, confit mushroom, cherry vine tomato, beer battered onion rings and garden peas **2** **Can be GF**

The Cow-A-Bunga Steak !! Choose from 100z Rump £21.45 80z Sirloin £22.95 80z Ribeye £23.95

All Served with garlic chilli prawns, chunky chips, confit mushroom, cherry vine tomato, beer battered onion rings, corn cob and garden peas **2,3,7** **Can Be GF**

Add a steak sauce. Creamy peppercorn, blue cheese or Diane sauce for £2.95 **Please ask about allergens**

Sides and extras

Seasoned fries £3.45

Chunky chips £3.45 House salad £2.95 **9**

Salt and pepper chips £4.45

Chunky chips with melted cheese £ 4.45 **7**

Beer battered Onion rings £3.95 **2 Can be GF** Creamy mash £3.25 **7**

Halloumi fritters with sweet chilli sauce £4.95 **2,7,11,14 Can be GF**

The Pizza Oven at The Red Cow (All of our Pizzas can be made gluten free)

THE MARGHERITA, Tomato sauce, fresh tomatoes, fresh basil, fresh mozzarella £9.95 **2,7**

THE SPICY MEAT FEAST Spicy Italian salami, pepperoni, prosciutto, spicy chicken and fresh chillies, tomato sauce and fresh mozzarella £11.95 **2,7**

THE PEPPERONI. Pepperoni, spicy tomato sauce, fresh mozzarella £10.95 **2,7**

THE BBQ CHICKEN. Grilled chicken, red onions, prosciutto, toasted peppers, tomato sauce, fresh mozzarella and smoked smoky BBQ sauce £11.95 **2,7,9**

THE CHICKEN TIKKA. Chicken breast in a homemade tikka and hot pepper sauce with fresh mozzarella and mint yogurt £11.95 **2,7,9**

THE VEGETARIAN Mozzarella, fresh peppers, olives, cherry tomato, red onion, mushrooms, tomato sauce and balsamic £10.45 **with Vegan cheese** £10.95 **2,7,14**

Garlic and herb dough balls £4.95 **2,7** Cheesy garlic bread £5.95 **2,7**

Allergens Key: 1-celery. 2-cereals, 3-crustaceans. 4-eggs. 5-fish. 6-lupin. 7-dairy. 8-molluscus. 9-mustard. 10-nuts. 11-peanuts. 12 sesame seeds. 13-soya. 14-sulphur dioxide.

PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES OR INTOLERANCES BEFORE PLACING YOUR ORDER.

GF= Gluten Free option. All our food is prepared fresh to order in a kitchen where allergens are present, whilst every effort is made to prevent cross contamination, we cannot guarantee that products are 100% allergen free. During busy times there may be a slight delay so please understand and be patient with us.