

## The Red Cow Menu

### Nibbles

Marinated olives, homemade bread, balsamic and olive oil £5.95  
(2,14) (GF)

Roasted garlic and herb pizza bread £5.50, Add mozzarella £1.50  
(2,7)

Sticky Honey, Chilli and pepper popcorn chicken topped with  
sesame seeds. £5.50 (2,7,12,13)

Halloumi fries with Siracha mayo £5.50 (4,13,14)

Roasted sausages with chilli, tomato and chorizo £5.50  
(2,7, 13,14)

Mini cured meat board, salami, pepperoni, prosciutto, pastrami  
£7.50 (7,14)

Selection of locally sourced warm bread, churned butter and  
balsamic & olive oil £4.95 (2,7)

*Choose any 3 nibbles for £14.95.*

### To Start

Smoked salmon, honey & caper marinated red onions, garlic  
butter king prawns, toasted ciabatta £7.95 (3,5,7,14)

Southern fried chicken strips, spiced hot honey glaze, purple slaw  
and salad £6.50 (1,2,4,7,9,13,14)

Sauteed garlic wild mushrooms, toasted ciabatta, Brie and truffle  
herb sauce and herb oil. £6.95 (2,7,14) (GF)

Home made soup of the day, bread and dairy butter £5.95  
Please ask for allergens in this dish

## MAIN COURSES

Beer battered cod, mushy peas, chunky chips, homemade tartare sauce £15.50 Small portion £8.95 (2,4,5,9,13,14) (GF)

Homemade individual pie of the day, creamy mash or chunky chips, seasonal vegetables and gravy £15.95 (2,4,7,13,14)

Sauteed King Prawn, smoked salmon & chorizo Linguine, roasted cherry tomatoes, chillies and peppers served with garlic ciabatta £16.50 (2,3,4,7,14)

Homemade beef lasagne, garlic & rosemary focaccia, dressed salad £14.95 (1,2,7,14)

Pan seared chicken supreme, garlic and herb roasted potatoes, roasted vegetables, tenderstem broccoli, smoked applewood cheese sauce. £16.95 (2,7)

Butter chicken curry, tomato and coconut curry sauce, rice, mango chutney & poppadom £14.95 (1,2,7,9,13,14)

Sweet potato, red lentil, chickpea, spinach & coconut curry, rice, mango chutney and poppadom £13.45 (1,2,9,13,14)

Cajun spiced fajitas, pan fried peppers & onions with tortilla wraps, guacamole, tomato & pepper salsa, cheddar cheese & sour cream.

Choose from Chargrilled chicken £13.95, Chargrilled Steak £15.95, sautéed king prawns £14.50 (2,3,4,7) extra tortilla £1.25

## SIDES

Creamy Mash £3.50 (7) Battered Onion rings £4.50 (2,13,14)  
Chunky Chips (13) £4.25, House Fries £4.25 (13), House Salad £4.50, Salt & Pepper Chips or fries (13) £4.85

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. (GF) Can be made Gluten free

## Burgers and Steaks

All our burgers are served with beer battered onion rings, little gem lettuce, tomato, homemade burger sauce, purple slaw in a toasted brioche bun with our house fries. Upgrade to salt & pepper fries or chips £1.25

Southern fried chicken burger, Monterey Jack cheese, smoked bacon, crispy onions £14.95 (1,2,4,7,9,13,14)

\*\*Add BBQ pulled pork £2.50 (1,9) Add Double Stack £2.50

Chargrilled homemade Red Cow beef burger, Monterey Jack cheese, smoked bacon, crispy onions £14.95 (2,4,7,9,13,14) (GF)

\*\*Add BBQ pulled pork £2.50 (1,9) Add Double Stack £2.50

Grilled halloumi and red pepper burger, sweet chilli mayo, roasted red onions £13.95 (2,4,7,9,14) (GF)

Chargrilled gammon steak, free range fried eggs, chunky chips, garden peas £13.95 \*\*Add pineapple £1.50 (4,13,14) (GF)

Chargrilled 8oz rump steak, oven baked flat mushroom and cherry vine tomatoes, battered onion ring, chunky chips, garden peas £22.95 (2,13) (GF)

\*\*Add Pepper sauce or Blue cheese sauce £2.95 (7,14) (GF)

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

## *The Pizza Oven at The Red Cow*

*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 & pastrami with buffalo sauce and fresh chillies, tomato sauce and fresh mozzarella £13.50 2,7*

*THE BBQ CHICKEN. Grilled chicken, red onions, prosciutto, toasted peppers, tomato sauce, fresh mozzarella and smoked smoky BBQ sauce £12.15 2,7,9*

*THE PEPPERONI. With tomato sauce and fresh mozzarella £10.95 2,7*

*THE HAWAIIAN. Prosciutto, ham, fresh pineapple, tomato sauce and fresh mozzarella £11.45 2,7*

*THE BBQ PULLED PORK. red onion, pulled pork, fresh chillis, roasted peppers, cherry tomatoes, mozzarella, Cajun spiced BBQ sauce £13.50 (1,2,7,9,14)*

*THE VEGETARIAN. Mozzarella, fresh peppers, olives, cherry tomato, red onion, field mushroom, tomato sauce and balsamic £11.95 with vegan cheese £12.95 2,7,14*

*Most of our pizzas can be Gluten Free with a £2.25 surcharge*

*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 delay so please understand and be patient with us.*

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