

The Red Cow Menu

Nibbles

Marinated olives, toasted bread, balsamic and olive oil, Netherton farm butter £5.95 (GF)

Roasted garlic and herb pizza bread £5.50 (2), 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 Sracha mayo £5.50 (4,7,13,14)

Crispy Calamari with sweet chilli mayo £5.25 (1,2,4,7,8,9,13)

Charred corn ribs with a smoky BBQ butter. £4.95(7)

Roasted chicken wings with sticky Korean BBQ sauce and sesame seeds. £5.50 (2,9,12,13,14)

Sauteed King prawns, Thai green butter sauce and sauteed peppers and onions. £5.95 (2,3,7)

Choose any 3 nibbles for £14.95.

To Start

Sauteed garlic and parmesan chestnut mushrooms, served on toasted ciabatta with herb oil. £6.95 (2,7)

Chargrilled Tandoori chicken flat bread, pineapple and chilli salsa, mint yogurt, hot honey, spiced crispy onions, curry mayo £7.95 (2,4,7,9,14)

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)

Pan seared Salmon fillet, garlic butter roasted new potatoes, tenderstem
broccoli, asparagus, sauteed cabbage and peas served with a herb butter sauce.
£17.50 (5,7,14)

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

Pan seared chicken supreme, crushed potatoes, green beans, tenderstem
broccoli, roasted leeks, Asparagus, chanteney carrots & cider and whole grain
mustard sauce £17.25 (7,9,14)

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

Homemade vegetarian lasagne, made with roasted butternut squash, sweet
potatoes and fresh Mediterranean vegetables served with a dressed salad and
garlic ciabatta. £13.95 (2,7,14)

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,
Truffle & parmesan fries or chips £4.85 (1,4,7,13)
Chargrilled tenderstem broccoli with garlic butter £4.50 (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. (GF) can be made Gluten free

Burgers and Steaks

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

Chargrilled Tandoori chicken burger with a pineapple and chilli salsa and curried mayo £14.95 (2,4,13,14)

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

**Add BBQ Beef Brisket £2.50 (2) 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 TANDOORI CHICKEN Chargrilled tandoori chicken, roasted red onions, peppers, chillies, mint yogurt, hot honey and curried mayo £13.50 (2,4,7,9)

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 BEEF. red onion, pulled beef, 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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