Most of our fish and seafood is delivered, on ice, overnight from Cornwall and is subject to availability based on the previous day's catch. We have sourced supply from selected fishing boats operating from Cornwall's ports to bring the freshest and finest quality produce from undoubtedly England's best fishing grounds.

THE CATCH AT THE COW

## NIBBLES

WHITEBAIT IN A CAJUN DREDGE & LIME WEDGE (NG) 5.5 | LEMON & HERB MARINATED OLIVES (NG)(V) 5
TALLOW POPCORN WITH GARLIC & THYME. SMOKED MALDON SALT 4.5
SPICE ROASTED NUTS, DRIED CRANBERRIES, CITRUS SALT (NG)(V) 5

## TO START

**CHEF'S SOUP** (V)(NGO) ..... 7
sourdough & seaweed butter

**PAN-FRIED SCALLOPS** ..... 16
hogs pudding, black pudding granola, roast apple & burnt butter dressing

**POTTED PRAWNS & CRAYFISH** (NGO) ..... 10.5
pink peppercorn & grapefruit butter. seaweed buttered toast

**FRESH CORNISH MUSSELS** (NGO) ..... 13.5 | 19.5
cider, braised leek & parsley cream sauce, chunk of bread

**CRISPY SOFT SHELL CRAB** ..... 14
pickled salad, Thai chilli mayonnaise

**HOT SMOKED SALMON** (NG) ..... 12.5
tartare dressed cucumber & rocket salad

**HAM & PARSLEY PÂTÉ** (NGO) ..... 11
pickled onions, shallot & mustard greens, crisp bread

**TOSTADAS** with corn & bean succotash, spiced apple ketchup
*Choose:*
Crispy Belly Pork. ..... 13
Roasted Cauliflower (VE) ..... 9

**MUSHROOMS ON TOAST** (NG)(V) ..... 9
parmesan buttered brioche, pan fried mushrooms, black garlic & thyme mayonnaise

## MAINS

**THE COW CLASSIC FISH PIE** (NG) ..... 19.5
fresh Cornish fish in a herb & white wine cream sauce, Cheddar mash potato & seasonal greens

**HAWKSTONE BEER BATTERED CORNISH HADDOCK** ..... 19.5
house seasoned thick cut chips, mushy peas & tartare sauce

**COASTAL CURRY** (NG) ..... 20.5
fresh Cornish fish & prawns in a rich spiced south Indian style sauce, basmati rice, roast cumin poppadom

**SOLE 'N' FRITES** ..... 26
pan roast Cornish sole, house seasoned fries, lemon, garlic & oregano grill butter, dressed greens

**BAKED CRAB & CRAYFISH MACARONI** ..... 18
rich cheese sauce, finished with toasted sourdough crumble

**PAN-ROASTED CHICKEN BREAST** (NG) ..... 19
sage & onion potato cake, French onion gravy, glazed baby vegetables. chive oil

**ROAST SQUASH** (NG)(VE) ..... 17
red pepper & tomato ragu, spinach pilaf, "parmesan"

**BEEFED UP HOT POT** (NG) ..... 21
derbyshire short rib of beef, braised in dark beer, bay, garlic & shallots, confit potato topping, butter glazed carrots & seasonal greens

**PAN-ROASTED HAKE** (NG) ..... 27
ndjua & wild mushroom, bean fricassée, spinach & parsley pesto

**BAKED POTATO & BEETROOT GNOCCHI** (VE) ..... 18
braised ratatouille, herb salad

## FROM THE GRILL

*all with house seasoned thick cut chips, grilled flat mushroom, oven roast tomato. grill butter, dressed greens*

12OZ PORK CHOP (DF) ..... 22

7OZ FLAT IRON (DF) ..... 24

8OZ PRIME RIBEYE STEAK (DF) ..... 31

7OZ FILLET STEAK (DF) ..... 38.5

SWORDFISH LOIN CHOP (DF) ..... 26

### SAUCES & BUTTERS

*All £2 each*

Peppercorn, brandy & shallot (ng)(ve)
Blue cheese & thyme (ng)(v)
Chimichurri (ng)(ve)
Grill butter (ng)(v)
Tarragon & caper butter (ng)(v)

### SIDES

House seasoned thick cut chips (VE) 5
House seasoned fries (VE) 4.5
Buttered seasonal greens (V)(NG) 4
New potatoes (VE)(NG) 4.5
Creamed parmesan mash (NG)(VE) 5

## PRE-ORDER SEAFOOD SPECIALS

IF YOU WOULD LIKE TO ORDER SOMETHING EXTRA SPECIAL PLEASE PROVIDE 72 HOURS NOTICE AND WE'LL DO OUR BEST TO SOURCE FROM OUR CORNISH DAY BOATS. A FEW TASTY SUGGESTIONS WOULD BE A WHOLE TURBOT, LOBSTER, OR A SEAFOOD PLATTER...

## DAILY CATCH

FRESH FROM CORNISH WATERS. THESE DISHES ARE SUBJECT TO AVAILABILITY. PLEASE SEE OUR SPECIALS TO VIEW TODAY'S CATCH!

v - vegetarian, ve - vegan, veo - vegan option, ng - non gluten, df - dairy free, ngo - non gluten option

*Nuts, allergies & dietary requirements: We regret we cannot guarantee any of our food is totally nut free. Some of our dishes contain nuts & other dishes may contain nuts or nut traces. We cannot guarantee the 100% removal of all bones in our dishes, so we do advise caution when consuming the fish meals as they may contain bones. For any guests with dietary requirements please make this known to your server.*

# THE CATCH

AT THE COW