



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.

NIBBLES

POPCORN PAPRIKA COCKLES 5 | SPICED CORN RIBS (V) 5 | MIXED PITTED OLIVES (NG)(DF) 5

TO START

SOUP OF THE DAY (VE)(NGO)7 sourdough bread	THE CATCH FISHCAKE.....10.5 mushy pea purée, crunchy batter bits, tartare sauce
SMOKED SALMON, KING PRAWN & DILL ROULADE (NG)12 pickled cucumber, caviar, endive	THAI FISH SOUP12 chilli, pepper, mushroom, bean sprouts
PAN-SEARED SCALLOPS (NG)14 Thai pea purée, crispy parma ham, parmesan crisp	MUSHROOM 'SCALLOPS' (VE)(NG).....10 butternut squash purée, crispy kale
FRESH CORNISH MUSSELS (NGO)13 18.5 white wine sauce, sourdough	CRISPY TEMPURA PRAWNS.....10 mixed leaf dressed with sweet chilli sauce

MAINS

CRISPY BEER BATTERED HAKE.....19 house chips, minted crushed peas, tartare sauce, lemon
CLASSIC FISH PIE (NG)17 Gruyère infused mash, minted crushed peas
ROASTED PACKINGTON CHICKEN SUPREME (NG)...19 wild mushroom, fine green beans, fondant potato
ROASTED CAULIFLOWER STEAK (NG)(VE).....16 grilled tomato & mushroom, house chips, peppercorn sauce
ORANGE CONFIT DUCK LEG (NG).....22 creamy mash, spiced red cabbage, rich wine gravy
SWEET POTATO & BUTTERNUT SQUASH THAI CURRY (NG)(VE).....18 wild rice, pickled ginger, peas, spinach

STEAK

8OZ HEART OF RUMP STEAK (DFO).....26 house chips, grilled tomato & mushroom, peppercorn or stilton sauce
7OZ FILLET STEAK (DFO).....38 house chips, grilled tomato & mushroom, peppercorn or stilton sauce
THE CATCH SURF & TURF.....45 7oz fillet steak, garlic butter king prawns, skinny fries, mixed leaf salad

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!

SIDES

House Chips (DF)	House Mixed Salad (VE) 5
French Fries (DF) 5 <i>truffle parmesan upgrade 2</i>	Sprouting Broccoli & Fine Green Beans (VE) 5
Crab Mac & Cheese topped with gremolata 8.5	Spiced Red Cabbage (V) 5
	Star Anise & Honey Roasted Chantenay Carrots (V) 5

DESSERTS

STICKY TOFFEE PUDDING (V).....9 toffee sauce, vanilla ice cream	POACHED PEAR (VE).....9 red wine poached pears, vegan vanilla ice cream, red wine reduction
RASPBERRY PANNA COTTA (NG)(V).....8.5 raspberry coulis & raspberry sorbet	SELECTION OF YORVALE ICE CREAM (VEO).....6.5
LOTUS BISCOFF CHEESECAKE9 salted caramel ice cream, Biscoff sauce & Biscoff crumb	THE COW CHEESE SELECTION (V).....12 Chef's selection of premium British cheeses with house chutney, grapes & Fudges' biscuits

SOMETHING TO ACCOMPANY?

PORT

	70ML	BOTTLE
CROFT. LATE BOTTLED VINTAGE 2013	4.9	39
WARRE OTIMA 10 YR OLD TAWNY 50CL	6.5	49
FONSECA. GUIMARAENS 2008	7.9	75

SHERRY

	70ML
AMONTALLADO ANANTONIO BARBADILLO	4.5
PX SAN EMILIO PEDRO JIMENEZ	5.9

DESSERT WINES

	70ML	BOTTLE
MONBAZILLAC (750ml)	4.5	35
CORNEY & BARROW SAUTERNES (375ml)	7.9	39

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 Cow Dalbury can not accept any responsibility for any allergen related intolerances you may have, if you have not asked for the dietary menu or informed us of your dietary needs. A discretionary service charge of 10% will be added to your bill. Please let a member of our team know, should you wish for this to be removed.



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C A T C H

AT THE COW