



SAMPLE MENU

THE
CATCH
AT THE COW

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.
Chef Nathan, himself a Cornishman, has 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.

TO START

CARROT AND CORIANDER SOUP (VE)..... 5.5 sourdough bread	PAN-FRIED SCALLOPS (GF)..... 12.75 seaweed pesto, chorizo cream, sea greens
HAM HOCK TERRINE (GFO)(DF) 6.9 pickled vegetables, Piccalilli sauce, croutons	KEDGEREE FISHCAKES..... 7.5 dressed leaves, poached eggs, crispy fried onion
SOFT SHELL CRAB..... 12.5 Asian slaw, Jalapeño mayo	GRILLED CORNISH MACKEREL..... 7.5 Celeriac, beetroot & apple remoulade, caper dressing
FRESH TOMATO & AVOCADO BRUSCHETTA (V)(DF) 5.9 basil, garlic	FOWEY BAY'S FINEST MUSSELS (GFO)..... 7.9/13.5 white wine sauce, sourdough

MAINS

CRISPY BEER BATTERED HAKE..... 14.9 house chips, minted peas, tartare sauce, lemon	DAILY CATCH
BANANA BLOSSOM (VE)..... 11.5 house chips, minted peas, tartare sauce, lemon	FRESH FROM CORNISH WATERS. THESE DISHES ARE SUBJECT TO THE FISHERMAN'S AVAILABILITY. PLEASE SEE OUR SPECIALS BOARD TO VIEW TODAY'S CATCH.
CLASSIC FISH PIE (GF)..... 15.9 Gruyère infused mash, minted peas	GRILLED CORNISH SOLE..... MARKET PRICE lemon caper butter, sautéed new potatoes, seasonal greens
7OZ FILLET STEAK (GF)..... 29.9 house chips, grilled tomato & mushroom, peppercorn or Béarnaise sauce	PAN-FRIED LINE-CAUGHT SEABASS..... MARKET PRICE celeriac dauphinoise potatoes, buttered greens, dill cream sauce
8OZ HEART OF RUMP STEAK (GF)..... 21.5 house chips, grilled tomato & mushroom, peppercorn or Béarnaise sauce	BAKED WHOLE JOHN DORY..... MARKET PRICE salsa verde, rosemary and thyme, Charlotte potatoes, seasonal greens
ROASTED PACKINGTON CHICKEN SUPREME (GF) 15.9 dauphinoise potatoes, buttered spinach, red wine jus	THE CATCH CHOWDER..... MARKET PRICE creamy cider chowder, hasselback potatoes, sweet pea purée
WARMING SEASONAL RISOTTO (V)(GF)..... 11.5	

SIDES (V)

HOUSE CHIPS (DF)...3	SWEET POTATO FRIES (DF)...3.5	MAC AND CHEESE...4.9	BUTTERED SAVOY...3.25
FRENCH FRIES (DF)...3	PICKLED ONION RINGS (DF)...3.5	MIXED SALAD...3.25	SPROUTING BROCCOLI...3.25

DESSERTS

VANILLA CRÈME BRÛLÉE (GF) 5.9 seasonal berries, lemon shortbread	APPLE AND BLACKBERRY CRUMBLE (GF)..... 6.75 vanilla custard
RICH CHOCOLATE AND RASPBERRY TORTE..... 6.25 raspberry sorbet, berry coulis	SELECTION OF DALTONS DAIRY ICE CREAM (GF). 4.9
WINTER BERRY ETON MESS CHEESECAKE 5.9 white chocolate curls, berries	THE COW CHEESE PLATTER..... 8.5 house chutney, Fudges biscuits

TO FINISH

PORT		70ML	BOTTLE
6115M	CROFT RESERVE TAWNY 7 YEARS	4.90	39.00
6135CB	CROFT. LATE BOTTLED VINTAGE 2013	4.90	39.00
6155CB	FONSECA. GUIMARAENS 2004	7.50	75.00
DESSERT WINES			
5110CB	CHÂTEAU SEPTY MONBAZILLAC. BORDEAUX (750ML)	3.90	35.00
5130CB	CORNEY & BARROW SAUTERNES (375ML)	6.90	35.00
5140CB	STICKY MICKEY LATE HARVEST SAUVIGNON BLANC ERADUS NZ (375ML)	6.90	35.00

v - vegetarian, ve - vegan, gf - gluten free, df - dairy free, gfo - gluten free 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.