



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

SOUP OF THE DAY (VE)..... sourdough bread	5.5	PAN-FRIED SCALLOPS (GFO)..... apple emulsion, hogs pudding, bacon dust, peppercorn sauce	13.5
CORNISH GAME & PORT TERRINE (GFO)..... spiced fruit chutney, croutons	6.9	BETROOT & DILL CURED SALMON (GF)..... goat's cheese and chive mousse, radishes, watercress, pickled cucumber	7.5
SOFT SHELL CRAB (DF)..... Asian slaw, Jalapeño mayo	10.9	GRILLED CORNISH MACKEREL (GF)(DF)..... Celeriac, beetroot & apple remoulade, caper dressing	7.5
PEA & BROAD BEAN CROQUETTES (V)..... Thai sweet chilli sauce, beansprouts, cucumber slaw	6.5	FOWEY BAY'S FINEST MUSSELS (GFO)..... white wine sauce, sourdough	9.5/14.5

MAINS

CRISPY BEER BATTERED HAKE..... house chips, minted peas, tartare sauce, lemon	17.5
BANANA BLOSSOM (VE)..... house chips, minted peas, tartare sauce, lemon	12.9
CLASSIC FISH PIE (GF)..... Gruyère infused mash, minted peas	14.5
7OZ FILLET STEAK (DFO)..... house chips, grilled tomato & mushroom, peppercorn or Béarnaise sauce	32.5
8OZ HEART OF RUMP STEAK (DFO)..... house chips, grilled tomato & mushroom, peppercorn or Béarnaise sauce	22.5
ROASTED HERITAGE TOMATO LINGUINE (V)..... tarragon pesto	11.5
FREE RANGE PACKINGTON..... CHICKEN SUPREME (GF) dauphinoise potatoes, buttered spinach, red wine jus	15.5

DAILY CATCH

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

GRILLED CORNISH SOLE..... lemon caper butter, sautéed new potatoes, seasonal greens	MARKET PRICE
PAN-FRIED LINE-CAUGHT SEABASS..... celeriac dauphinoise potatoes, buttered greens, dill cream sauce	MARKET PRICE
BAKED WHOLE JOHN DORY..... salsa verde, rosemary and thyme, Charlotte potatoes, seasonal greens	MARKET PRICE
THE CATCH CHOWDER..... creamy cider chowder, hasselback potatoes, sweet pea purée	MARKET PRICE

SIDES

ALL SIDES - 3.75

HOUSE CHIPS (DF)	SWEET POTATO FRIES (DF)	MAC AND CHEESE	BUTTERED SAVOY
FRENCH FRIES (DF)	MINI CAESAR SALAD	MIXED SALAD	SPROUTING BROCCOLI

DESSERTS

WHITE CHOCOLATE CRÈME BRÛLÉE (GF)(V)..... seasonal berries, lemon shortbread	6.9	WARM TREACLE TART (V)..... clotted cream, study of strawberries	7.25
CHOCOLATE & AVOCADO MOUSSE (VE)(DF)..... chocolate shell, seasonal berries, raspberry coulis	6.9	SELECTION OF DALTONS DAIRY ICE CREAM (V).....	6.5
CARAMELISED APPLE CHEESECAKE..... salted caramel ice cream, baby apple	6.9	THE COW CHEESE PLATTER (V)..... house chutney, fudges, biscuits	8.5

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.