



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.

## NIBBLES

POPCORN PAPRIKA COCKLES..4.5 | HONEY & CHILLI CHORIZO (GF)..4.5 | MIXED PITTED OLIVES (GF)(DF)..4.5

## TO START

SOUP OF THE DAY (VE).....5.9 sourdough bread	PAN-FRIED SCALLOPS (GF).....13.9 pea purée, chorizo, sauce vierge, micro coriander
HOUSE CURED SALMON (GF).....8.5 pickled cucumber salad, wasabi mousse, green apple gel, caviar	VEGAN TERRINE WITH BEETROOT (VE).....7.5 toasted sourdough, onion chutney, watercress
PANKO COATED CRAB CAKE.....11.9 crab chutney & shrimp fritters, sweet chilli sauce	CREAMY ST IVES SMOKED HADDOCK CHOWDER.....9.5 crispy poached egg, crusty bread
PAN ROASTED PIGEON.....8.5 roasted shallot, celeriac purée, blackberry vinaigrette, parsnip crisp	FINEST CORNISH MUSSELS (GFO).....9.5/14.5 white wine sauce, sourdough

## MAINS

CRISPY BEER BATTERED HAKE.....17.5 house chips, minted peas, tartare sauce, lemon
BANANA BLOSSOM (VE).....13.5 house chips, minted peas, tartare sauce, lemon
CLASSIC FISH PIE (GF).....14.5 Gruyère infused mash, minted peas
WILD MUSHROOM & BASIL GNOCCHI (V).....12 creamy mushroom sauce, parmesan crisp
GARLIC ROASTED FREE RANGE PACKINGTON.....16.5 CHICKEN SUPREME (GF) wholegrain mash, spinach, parsley cream sauce, crispy pancetta
TRIO OF PORK.....16.5 herb crusted fillet, side of braised belly, black pudding mash, baby leeks, cider jus, crackling

## STEAK

8OZ HEART OF RUMP STEAK (DFO).....22 house chips, grilled tomato & mushroom, peppercorn or Béarnaise sauce
7OZ FILLET STEAK (DFO).....34 house chips, grilled tomato & mushroom, peppercorn or Béarnaise 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 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 BOARD TO VIEW TODAY'S CATCH!

## SIDES

House Chips (DF).3.9	Mixed Salad.4.5
French Fries (DF).3.9	Sprouting Broccoli.4.5
Sweet Potato Fries (DF).4.5	Braised Red Cabbage.4.5
Mac & Cheese.4.9	Buttered Savoy Cabbage.4.5

## DESSERTS

COFFEE CRÈME BRÛLÉE (GF)(V).....6.9 gingerbread biscuit, berry compote	WARM STICKY TOFFEE PUDDING (V).....7.25 vanilla ice cream, caramel sauce & caramelised banana
WHITE CHOCOLATE MOUSSE (GF).....6.9 raspberry jelly & blackcurrant sorbet	SELECTION OF DALTONS DAIRY ICE CREAM (V)...6.5
VEGAN LEMON CHEESECAKE (VE).....6.9 granola, lemon curd & berry compote	THE COW CHEESE PLATTER (V).....10.5 house chutney, Fudges biscuits

## TO FINISH

PORT		70ML	BOTTLE
6135CB	CROFT LATE BOTTLED VINTAGE 2013	4.90	39.00
6155CB	FONSECA. GUIMARAENS 2008	7.90	75.00
DESSERT WINES			
5110CB	CHÂTEAU SEPTY MONBAZILLAC. BORDEAUX (750ML)	4.50	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.



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THE

CATCH

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AT THE COW