



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 5 | HONEY & CHILLI CHORIZO (NG) 5 | MIXED PITTED OLIVES (NG)(DF) 5

## TO START

SOUP OF THE DAY (VE)(NGO) ..... 7 sourdough bread	WHIPPED BRIE, RED ONION & CANDIED ..... 9 WALNUT BRUSCHETTA (V) rocket & pomegranate molasses
GIN & ORANGE CURED SALMON ..... 9.5 wasabi caviar, black garlic mayo, lemon cream, cavolo nero, crostini	BOUILLABAISSE FISH SOUP (NGO)(DF) ..... 10.5 aioli, charred sourdough
ST IVES SMOKED HADDOCK ARANCINI ..... 10.5 pea purée, cardamom dust, saffron aioli	HAM HOCK & PHEASANT ROULADE (DFO) (NGO) ..... 8 spiced tomato chutney, toasted sourdough
PAN-SEARED SCALLOPS (NG) ..... 14 crab & celariac remoulade, Bloody Mary tomato sauce, micro celery	FRESH CORNISH MUSSELS (NGO) ..... 12.5   18 white wine sauce, sourdough

## MAINS

CRISPY BEER BATTERED HAKE ..... 19 house chips, minted peas, tartare sauce, lemon
CLASSIC FISH PIE (NG) ..... 17 Gruyère infused mash, minted peas
BANANA BLOSSOM (VE) ..... 14 house chips, minted peas, tartare sauce, lemon
ROASTED PACKINGTON CHICKEN SUPREME (DFO)(NGO) ..... 18 parsley mash, wilted spinach, silver skin onions, bacon & mushroom jus
TERIYAKI GLAZED PACKINGTON PORK BELLY (DF) ..... 19 wild rice, pak choi, pickled pink ginger, crispy shallots
CREAMY WILD MUSHROOM, SPINACH (VE) ..... 14 & TRUFFLE LINGUINE crispy sage

## STEAK

8OZ HEART OF RUMP STEAK (DFO) ..... 24 house chips, grilled tomato & mushroom, peppercorn or stilton sauce
7OZ FILLET STEAK (DFO) ..... 35 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 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) 4.5	Mixed Salad (VE) 5
French Fries (DF) 4.5	Sprouting Broccoli (VE) 5
Sweet Potato Fries (DF) 4.5	Spiced Red Cabbage (V) 5
Mac & Cheese 6	Star Anise & Honey Roasted Chantenay Carrots (V) 5

## DESSERTS

VERY BERRY OAT CRUMBLE (VEO) ..... 8 spiced apple, pear & winter berry, oat crumble topping, warm vanilla custard	TRADITIONAL CREAMY VANILLA RICE PUDDING (VEO) (NG) ..... 7 mixed berry compote
RASPBERRY, WHITE CHOCOLATE & CLOTTED CREAM CHEESECAKE ..... 8.5 raspberry pearls, raspberry cheesecake ice cream	SELECTION OF YORVALE ICE CREAM (VEO) ..... 6.5
IRISH CREAM CRÈME BRÛLÉE (NGO) ..... 9 chocolate shortbread, chocolate truffle	THE COW CHEESE PLATTER (V) ..... 11.5 Cornish Yarg, Somerset Brie, Colston Bassett Blue with house chutney, grapes & Fudges' biscuits

## TO FINISH

PORT	70ML	BOTTLE	SHERRY	BOTTLE
CROFT, LATE BOTTLED VINTAGE 2013	4.9	39	AMONTALLADO ANANTONIO BARBADILLO	4.5
WARRE OTIMA 10 YR OLD TAWNY SOCL	6.5	44	PX SAN EMILIO PEDRO JIMENEZ	5.9
FONSECA, GUIMARAENS 2008	7.9	75		
			DESSERT WINES	70ML 375ML
			MUSCAT DE SAINT JEAN DE MINERVOIS DM LAS TAILHADES 2014	4.5 19
			CORNEY & BARROW SAUTERNES	7.5 35

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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THE

CATCH

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AT THE COW