



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	HERBED FETA & BROAD BEANS (VE) ..... 9 charred sourdough, asparagus tips, chilli pesto
SMOKED SALMON, KING PRAWN & DILL ROULADE (NG) ..... 12 pickled cucumber, caviar, endive	TEMPURA BATTERED SOFT SHELL CRAB (DF) ..... 14 Asian chopped salad, sweet & sour mayo
POACHED POLLOCK & LEMON FISH CAKES ..... 10.5 mushy pea purée, crunchy batter bits, tartare sauce	SMOKED CHICKEN CAESAR SALAD ..... 8 baby gem, anchovies, parmesan shavings, croutons, Caesar dressing
PAN-SEARED SCALLOPS (NG) ..... 14 crab & corn chowder, charred corn, herb gratin	FRESH CORNISH MUSSELS (NGO) ..... 12.5   18 white wine sauce, sourdough

## MAINS

CRISPY BEER BATTERED HAKE ..... 19 house chips, house mushy peas, tartare sauce, lemon
CLASSIC FISH PIE (NG) ..... 17 Gruyère infused mash, house mushy peas
BANANA BLOSSOM (VE) ..... 14 house chips, house mushy peas, tartare sauce, lemon
ROASTED PACKINGTON CHICKEN SUPREME (NG) ..... 18 pommes Anna, spinach cream, fine beans
PAN-ROASTED SMOKED BACON CHOP (NG) ..... 18 colcannon mash, baby carrots, calvados & wholegrain mustard cream
COCONUT DAHL (VE) ..... 15 ras el hanout roasted cauliflower, pickled red onion, mint yoghurt, naan croutons

## 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	Caesar dressed baby gem (V) 5
Mac & Cheese 6	Star Anise & Honey Roasted Chantenay Carrots (V) 5

## DESSERTS

BAKED ALASKA (NG) ..... 9 chocolate sponge, cherry swirl ice cream, cherry purée, flambé meringue	WARM GUINNESS CHOCOLATE POT (VE) ..... 9 strawberries, vanilla ice cream
WARM TREACLE TART ..... 8.5 Roddas clotted cream, fresh blackberries	SELECTION OF YORVALE ICE CREAM (VEO) ..... 6.5
CARAMELISED BISCUIT CHEESECAKE ..... 8.5 honeycomb ice cream, raspberry dust, raspberry coulis	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
CROFT. LATE BOTTLED VINTAGE 2013	4.9	39
WARRE OTIMA 10 YR OLD TAWNY SOCL	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	375ML
MUSCAT DE SAINT JEAN DE MINERVOIS DM LAS TAILHADES 2014	4.5	19
CORNEY & BARROW SAUTERNES	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

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AT THE COW