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. We have 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 | CRISPY WHITEBAIT 5 | MIXED PITTED OLIVES (NG)(DF) 5
ROASTED SPICED NUT MIX (VE)(NG)(DF) 6

TO START

SOUP OF THE DAY (V)(NGO) 7
sourdough bread

TORCHED MACKEREL (NG) 12
cured in gin & sea salt, horseradish creme, pea salad, charred lemon

PAN-SEARED SCALLOPS (NGO) 15
pea purée, hogs pudding, bacon jam

FRESH CORNISH MUSSELS (NGO) ..... 13 | 19
white wine sauce, sourdough

THE CATCH FISHCAKE 10.5
cucumber salad, lemon mayonnaise, dressed rocket

PAN-FRIED MUSHROOMS ON TOAST (V)(NGO) 9.5
parmesan butter, toasted brioche, garlic & thyme aioli, dressed herbs

PANCETTA WRAPPED COD CHEEK (NG)(DF) 11
smoke spiced tomato vinaigrette, rocket & herbs

MAINS

CRISPY BEER BATTERED HAKE 19
house chips, minted crushed peas, tartare sauce, lemon

CLASSIC FISH PIE (NG) 19
Gruyère infused mash, minted crushed peas

ROAST TURKEY (NG) 19.5
pan roast turkey steak, sage & onion gravy, pan-fried brussels, next day roasties, carrot & cranberry

ROAST SQUASH (DF)(GF)(VE) 17.5
vegan feta, roasted peppers & tomatoes, spinach pilaf

ROOT GNOCCHI (VE)(DF) 18
potato & beetroot gnocchi, braised ratatouille, vegan parmesan, dressed herbs

COASTAL CURRY (NG) 20.5
hake, salmon, king prawns, light curry sauce, basmati, roast cumin poppadom

BAKED CORNISH SOLE (NGO) 28
samphire, brown shrimp, burnt butter, champ potato, greens

STEAK

8OZ PRIME RIBEYE STEAK (DFO) 30
house chips, grilled tomato & mushroom

7OZ FILLET STEAK (DFO) 38
house chips, grilled tomato & mushroom

add peppercorn or stilton sauce.....£3.5

THE CATCH SURF & TURF 45
7oz fillet steak, garlic butter king prawns, skinny fries, mixed leaf salad

SIDES

House Chips (DF) 5

French Fries (DF) 5
add truffle parmesan 2

Seasonal Greens with Seaweed & Black Pepper Butter (VE)(NG)(DFO) 4.5

Roasted Sprouts with Tallow & Truffle Mayo, Hazelnut Crumble (VEO)(DFO)(NG) 6

Crab Mac & Cheese topped with Gremolata 8.5

Spiced Red Cabbage (VE) 5

Buttered New Potatoes (V) 5

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 DAY 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 TO VIEW TODAY'S CATCH!

DESSERTS

SPICED APPLE & ROAST PEAR CRUMBLE (VE)(NGO) ..9
warm vanilla custard

PAN-ROAST PUDDING (V) 8.5
christmas pudding, rum butter, clementine eggnog

BLACK FOREST GATEAU (V) 9
dark chocolate sponge, cherry gel, whipped chocolate mousse, kirsh cherry

CHOCOLATE POSSET (V)(NG) 9.5
pistachio & mint, roasted chocolate

SELECTION OF YORVALE ICE CREAM (VEO) 6

THE COW CHEESE SELECTION (V) 12
Chef's selection of premium British cheeses with house chutney, grapes & Fudges' biscuits

SOMETHING TO ACCOMPANY?

PORT

	70ML	BOTTLE
CROFT, LATE BOTTLED VINTAGE 2013	4.9	39
WARRE OTIMA 10 YR OLD TAWNY 50CL	6.9	49
FONSECA, GUIMARAENS 2008	8.5	75

SHERRY

	70ML
AMONTALLADO ANANTONIO BARBADILLO	4.5
PX SAN EMILIO PEDRO JIMENEZ	5.9

DESSERT WINES

	70ML	BOTTLE
MONBAZILLAC (750ml)	4.5	35
CORNEY & BARROW SAUTERNES (375ml)	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.

THE CATCH

AT THE COW