



Most of our fish and seafood is delivered on ice, supplied from day boats in the South West of England and is subject to availability based on the previous day's catch. We have sourced supply from selected fishing boats operating from Cornwall and Devon based ports to bring the freshest and finest quality produce from undoubtedly England's best fishing grounds.

THE
CATCH
AT THE COW

NIBBLES

WHITEBAIT IN A CAJUN SPICES, SALT & LIME WEDGE 6 | LEMON & HERB MARINATED OLIVES 5.5 (VE)(NG)(DF)
HOUSE COOKED CRACKLING - SMOKED SALT & BLACK PEPPER 5.5 (NG)(DF)
BIJOU COW COCKTAIL - PRAWNS & CRAYFISH, HOUSE SAUCE & GEM 6 (NG)
CRISPY FRICKLES - HONEY MUSTARD DIP 5 (V)

TO START

CHEF'S SOUP (V)(NGO) 7.5
warm bread, paprika & herb butter

PAN-FRIED SCALLOPS (NG) 16.5
roast celeriac puree, black pudding crumble, sweet & sour apple, herb salad

CHEESE & CRAB POT (NGO) 11
creamy blue cheese, fresh crab meat, crisp breads, apple & frisse salad

FRESH CORNISH MUSSELS 14 | 19.5
baked in a sauce of your choice:

slow roasted tomato, garlic & parsley (DF)

white wine & cream velouté (NGO)

HOT SMOKED SALMON (NG)(DF) 13.5
tartare dressed cucumber & rocket salad

BACON & GREENS (NG)(DF) 11
tenderstem broccoli, asparagus & green onions wrapped in smoked bacon on a bed of romesco sauce

BAKED PORTOBELLO MUSHROOM (NG)(V)(DF) 9
aubergine, tomato, feta, rocket & herb salad, tarragon dressing

CRISPY PORK SALAD (NG)(DF) 13
soy & chilli glazed pork chunks, pickled cucumber salad, roasted peanuts

MAINS

THE COW CLASSIC FISH PIE (NG) 19.5
fresh Cornish fish & king prawns in a herb & white wine cream sauce, cheddar mash potato & seasonal greens

HAWKSTONE BEER BATTERED CORNISH HADDOCK 19
house seasoned thick cut chips, mushy peas & tartare sauce

THAI INFUSED FISH CURRY (NG)(DFO) 19
fresh Cornish fish & king prawns in a creamy spice-infused sauce, steamed rice, charred lime, sugar snap peas & beans

SOLE 'N' FRITES 26
roast Cornish Sole, house seasoned fries, lemon, garlic & parsley butter, green salad with citrus dressing

CRAB, CRAYFISH & PRAWN LINGUINE 19.5
fennel, white wine velouté, rocket & endive salad

CHARGRILLED CHICKEN GUMBO 19
marinated chicken thigh, chorizo, bell pepper & roasted tomato sauce, steamed rice

SLOW BRAISED SHIN OF BEEF (NG) 21.5
Derbyshire beef braised in dark beer, bay, garlic and shallots, crispy potato & celeriac, glazed carrots, seasonal greens, parsnip crisps

PAN-ROASTED POLLACK (NG) 26
samphire, tomato, new potatoes, herb pesto, crispy capers

TWICE BAKED POTATO (NG)(VEO) 16
green onion, bell pepper, charred corn, vegetarian parmesan & herb crust, baby spinach, garlic & vegetarian parmesan sauce

PERUVIAN BEAN BAKE (V)(NGO)(DF) 17
Lima beans & vegetable stew, free-range eggs, garlic crisp breads, rocket salad

SIDES

House seasoned thick cut chips (VE) 5

House seasoned fries (VE) 4.5

Crispy aubergine fries (VE) 6

Buttered seasonal greens (V)(NG) 4

Hot new potato salad (VE)(NG) 4.8

Creamed garlic & parsley mash (NG)(VE) 5

FROM THE GRILL

all with house seasoned thick cut chips, grilled flat mushroom, oven roast tomato, grill butter, dressed greens

12OZ PORK CHOP (DF) 23

10OZ RIBEYE STEAK (DF) 36

7OZ FILLET STEAK (DF) 38.5

TUNA LOIN STEAK (DF) 25

SAUCES & BUTTERS

All £2.2 each

Mixed peppercorn & shallot (ng)(v)

Chimichurri (ng)(ve)

Dovedale blue & thyme (ng)(v)

Mushroom, Tomato & Dijon (ng)(v)

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!

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.



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