

THE SPOTTED COW MENU

Monday to Thursday Lunch 12to3pm Dinner 5to8pm Friday 12to3 5to9pm Saturday 12to9pm Sunday 12to7pm PDF

STARTERS

Soup of the Day

Served with fresh baked baguette & salted butter. £6.75

Salt & Pepper Calamari Fritti

Crispy seasoned pineapple cut squid pieces with aioli dip & fresh lemon wedge. £7.95

Our Chef's Pate of the Week

Toasted sourdough baguette slices, chutney, mixed leaves & dressing. £7.65

Crispy Panko Breaded French Brie (V)

Creamy soft ripened French cheese, deep fried in crispy breadcrumbs served with redcurrant & port jam & mixed leaves tossed in a honey mustard dressing. £7.75

Garlic Chestnut Mushrooms & Creamy Shropshire Blue (V)

Pan fried chestnut mushrooms in Chef's creamy blue cheese, garlic, parsley & butter sauce served with warm baked crusty bread. £8.95

Crispy Breaded Butterfly King Prawns

Six succulent prawns served with sweet chilli sauce & lemon mayo dip. £8.50

Mesquite Grilled BBQ Chicken Wings

Tossed in a rich BBQ sauce served with blue cheese dressing. £8.75

CHEF'S SALADS

King Prawn Marie Rose & Smoked Salmon Salad

Scottish smoked salmon, King prawns & a crevette with mixed leaf, vine tomato, cucumber & lemon wedge, served with fresh baked baguette & butter. £17.50

Traditional, Chicken or Salmon Caesar Salad (V. option available)

Your choice of a traditional Caesar salad or add Southern fried chicken breast or pan fried salmon fillet, served on a bed of crunchy gem & mixed leaves tossed in our vegetarian Caesar dressing with homemade croutons, vegetarian parmesan shavings & marinated anchovies

Traditional £11.95 (V) Breaded Chicken Breast £15.95 Salmon Fillet £16.95

CHEF'S SPECIALS

Please ask one of our team for today's specials which vary from meat, fish, vegetarian & dessert dishes. Our chefs endeavour to offer more variety to your dining experience with already a menu of great choice!

If you require information regarding the presence of allergens in any of our food or drink, please ask your server who will be happy to provide this information. Whilst a dish may not contain a specific allergen due to the wide range of ingredients used in our kitchen foods may be at risk of cross contamination by other ingredients.

(DF) Dairy Free (GF) Gluten Free (V) Vegetarian (VE) Vegan. Ask your server for other options on our menu.

Do not forget to book for Sunday roast to avoid disappointment, due to high demand!

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OUR PUB CLASSICS

Puttanesca Style Penne Pasta (v)

Penne pasta in a rich spicy tomato & olive sauce, finished with chilli, capers & black olives, topped with wild rocket leaf & grated parmesan with garlic bread £15.25

Pan Fried Lambs Liver & Crispy Bacon

Served on creamy mash, topped with onion gravy, crispy bacon & fresh seasonal vegetable medley. £14.95

Local Butchers Cumberland Sausages & Mash

Three sausages on creamy Maris Piper mash, garden peas, topped with red wine onion gravy. £13.95

Vegan Burger & Applewood Cheese (VE)

Grilled plant base patty served in a gourmet toasted bun topped with smoked vegan cheese, tomato salsa, crispy onion rings, plum tomato and crunchy lettuce served with sweet potato fries. £15.95

10oz Smoked British Gammon Horseshoe Steak (GF)

Pan fried & served with chunky chips, grilled beef tomato, garden peas and two fried eggs. £15.50

Beef Steak or Southern Fried Chicken Burger in a Gourmet Bun

Steak mince burger pan fried or crispy breaded chicken breast, topped with melted jack cheese, smoked bacon, sliced vine tomato, crunchy gem lettuce, French fries and served with Mexican chipotle sauce. £15.75

FRESH SEAFOOD DELIGHTS

Luxury Oven Baked Fish Pie

Made fresh daily, chunks of fresh salmon, cod, smoked haddock & King prawns baked in our seasoned white wine sauce on a bed of spinach leaves topped with mash and melted cheddar cheese. £16.50

Seafarers Ale Battered Fresh Cod & Chips (GF option)

Fresh large Atlantic cod coated in our Chefs ale batter recipe, deep fried & served with chunky chips & your choice of garden peas or mushy peas and our homemade tartare sauce. £15.95

Our Popular Rope Grown Steamed Fresh Shetland Mussels & Frites (GF)

Steamed in our Chef's white wine, garlic, onion & parsley cream sauce served with frites & Dijon mayo
½ kilo £14 one kilo £24 great to share as a starter too!

Grilled Gambas in Garlic and Parsley Butter *Great to share as a starter!*

Whole King prawns cooked in parsley and garlic butter with a hint of fresh chilli & lemon
served with crusty baked sour dough: 6 prawns £14 ~ 12 prawns £26

PAN FRIED BRITISH STEAKS

Our steaks are sourced from the West Country and cooked to your liking, served with your choice of chunky chips or skinny fries served with grilled beef tomato, rocket leaves & parmesan salad with your choice of sauce:

Brandy Peppercorn ~ Warm Garlic Butter & Parsley ~ Creamy Blue Cheese ~

8oz Fillet Steak £30 ~ 10oz Rib-Eye £26 (GF)

GOURMET ARTISAN PIES

A selection of award winning, locally made artisan pies, including a vegetarian/vegan option, served with creamy mash or chunky chips, seasonal vegetables and red wine gravy.

Please ask your server for today's choices. £15.95 (VE/V)