

# THE SPOTTED COW SUNDAY MENU

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

---

## TRADITIONAL PUB CLASSICS

### Traditional Beef Bourguignon (DF options)

Slow cooked prime beef chunks in a Burgundy red wine beef & herb stock with smoked bacon, button mushrooms & shallots, served with steamed French beans & silky Maris Piper mash. £17.95

### Lamb Shank in Red Wine & Rosemary Jus (GF) (DF options)

Slow cooked in our rich red wine sauce, served with seasonal vegetables & creamy mash. £22.95

### Gnocchi all' Arrabbiata & Warm Crusty Bread (VE) (DF options)

Potato Gnocchi in a tomato, chilli, roasted red pepper & garlic sauce drizzled with basil oil. £15.95

### Local Butchers Cumberland Sausages & Mash (DF options)

Three sausages on creamy Maris Piper mash, garden peas, topped with red wine onion gravy. £14.75

### Goan Vegetable Curry & Clay Baked Naan Bread (VE) (GF/DF options)

Cauliflower, sweet potato, peppers, onions, tomato & ginger in a spicy creamy curry sauce with basmati rice £17.50

### Steak Burger or Chicken Burger with Smoked Bacon & Melted Jack Cheese

Our own recipe of seasoned pan-fried steak mince burger or crispy breaded chicken breast topped with melted jack cheese, bacon, vine tomato, crunchy lettuce in a toasted gourmet bun with French fries & chipotle sauce. £16.95

## TASTE OF THE SEA

### Luxury Oven Baked Fish Pie

Made fresh daily, chunks of fresh salmon, haddock, smoked haddock & king prawns baked in a creamy white wine sauce on a bed of spinach leaves topped with mash and melted cheddar cheese. £17.50

### Ale Battered Fresh Haddock & Chips (GF/DF option available)

Fresh Atlantic Haddock coated in our **ESB** ale batter recipe, deep fried & served with chunky chips, & your choice of garden peas or mushy peas & our homemade tartare sauce. £16.95

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

Steamed in our white wine, garlic, onion & parsley cream sauce served with frites & Dijon mayo  
½ kilo £15 ~ one kilo £26 great to share as a starter too!

## PAN FRIED BRITISH STEAKS

Our steaks are locally sourced and cooked to your liking, served with your choice of chunky chips or skinny fries served with steamed green beans, grilled plum tomato & sautéed chestnut mushroom with your choice of sauce: Brandy Peppercorn ~ Warm Garlic Butter & Parsley ~ Creamy Blue Cheese ~

**8oz Fillet Steak £35 ~ 10oz Rib-Eye £30** (GF) (DF options)

## LOCAL 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. £16.95 (VE/V)

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.