

Food available
Monday - Thursday 12-3 / 5-8pm
Friday - Saturday 12-9pm
Sunday 12-7pm




THE BROWN COW
COUNTRY PUB

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STARTERS

SOUP OF THE DAY 
gluten free toast,
herb butter £5.95

TRUFFLED MUSHROOM
& TARRAGON PATE 
homemade red onion
chutney, parsley oil,
gluten free toast
£6.50

PRESSED PORK BELLY
crispy bacon, stewed
cider apples, black
pudding crumb
£7.50





CHORIZO ON TOAST
sauteed chorizo,
peppers, red onion on
gluten free toast,
drizzled honey £7.50

SALT & PEPPER KING
PRAWNS
lobster bisque, fresh
coriander
£8

HALLOUMI FRIES 
smoked garlic aioli,
dressed rocket
£7

MOULES MARINIERE
mussels in white wine,
garlic & cream sauce,
gluten free toast
£8

SIDES

Chunky chips 
House salad 
Battered onion rings 
Seasonal vegetables 

All £2.50

Gluten Free Menu*



MAIN COURSES

FISH & CHIPS

gluten free battered cod fillet, chips, home made tartare sauce, mushy peas & lemon £13.95

CHICKEN BREAST

stuffed with chorizo, on crushed garlic potatoes, rich tomato stew, sauteed greens £16.50

SLOW BRAISED LAMB SHANK

fondant potato, roasted vegetables, redcurrant lamb gravy £17

ROASTED PORK LOIN

fondant potato, sauteed greens, shallot & wholegrain cream, crispy pork airbags £16

PAN FRIED SEABASS FILLETS

crushed new potatoes, tomato & olive ragout, steamed mussels £15

AUBERGINE, OLIVE & MOZZARELLA BAKE

rich tomato sauce, gluten free garlic toast, dressed rocket & red onion £14

POACHED SMOKED HADDOCK

garlic new potatoes, sauteed greens, coriander mornay sauce, poached egg £15

VEGAN 'FISH & CHIPS'

banana blossom, twice cooked chips, mushy peas, lemon £13

STEAKS

We source our steaks from Award Winning Butchers & cook them to your liking. Served with seasoned butter, chips, confit tomato, flat cap mushroom & watercress.


8OZ SALT AGED RUMP £20

8OZ SALT AGED SIRLOIN £24

Add peppercorn sauce, blue cheese sauce or garlic butter for £2

*All chips are cooked in the same oil as gluten products and are not recommended for coeliacs.

*If you have a food allergy please inform us before placing an order. As we handle many different foods in our kitchen and even though every care is taken, we cannot fully guarantee any of our dishes are completely free from allergens.

 signifies vegetarian dishes.