

GLUTEN FREE FOOD MENU

NIBBLES

Olives & sun-dried tomatoes with gluten free bread & oil £4

Humous & gluten free crackers £4



STARTERS

Seasonal Soup £5 V

chef's choice of soup, based on the best locally sourced seasonal ingredients, served with wild garlic butter & gluten free bread

Firecracker Shrimp £6.50

butterflied king prawns fried in gluten free batter, served with sriracha mayo, sesame, spring onion, chives & lime

Mackerel Pate £6

with tomato chutney & gluten free bread

Charcuterie £7.50

chorizo, garlic sausage & parma ham, olives, sun-dried tomatoes & gluten free bread

Brown Cow Dirty Fries £7

low & slow pulled pork, bbq sauce, spring onions & three cheese sauce

Truffled Wild Mushrooms £6 V

on gluten free garlic toast with pickled crispy mushrooms & shaved parmesan

MAINS

8oz Yorkshire Ribeye Steak £22

Chef recommends med rare to medium, served with rosemary salted chips, chives & watercress, with a choice of peppercorn, blue cheese or wild garlic butter

8oz Yorkshire Flat Iron Steak £16

Chef recommends med rare to medium, served with rosemary salted chips, chives & watercress, with a choice of peppercorn, blue cheese or wild garlic butter

Mojo Chicken Burger £12

butterflied marinated chicken, splashed in mojo sauce, gluten free bread, wild garlic mayo, roasted red peppers, sliced tomatoes, pickle & skin on fries

Grilled Halloumi Salad £9 V

house salad with olives, herb oil, sliced tomatoes, red onion & gluten free toasted bread

Tomato Risotto £9.50 V

sun-dried tomato, buffalo mozzarella & pesto risotto topped with shaved parmesan

Chicken Breast £13

buttery mash, seasonal greens & streaky bacon with a wild mushroom & black pepper sauce

Chicken Caesar Salad £12

baby gem lettuce, Caesar dressing, gluten free garlic croutons & parmesan shavings

Fish and Chips £10

gluten free battered haddock, chips, mushy peas, tartare sauce & lemon

Blackened Salmon £13

cajun marinated salmon fillet, 'wildling' potatoes, pico de gallo, red pepper puree & sauteed greens

Smoked Haddock & Leek Risotto £11

topped with a poached egg & shaved parmesan



V - vegetarian
VE - vegan



Please advise a member of staff of any allergies when ordering.

Our fish is MSC certified and can be traced from sea to plate. Care has been taken to remove bones but small ones may remain.

Our chips are cooked in the same fryer as gluten products so please advise us of your intolerance level. We do not recommend our chips if you are coeliac.

SARNIES

All sandwiches are served between 12-2:30pm.
All served in gluten free sliced bread & served with a chopped house salad.

Grilled Bread

The G.O.A.T £4.50 V

Goat's cheese, caramelised onions, cherry tomatoes & roasted red peppers

BBQ Pulled Pork £5.50

low & slow pulled pork with bbq sauce, spring onion & mozzarella

Fresh Bread

Brown Cow Club £5.50

grilled chicken breast, streaky bacon, tomato chutney, baby gem lettuce & cheddar

SIDES

Fat chips £2.50

Fries £2.50 V

Posh fat chips with rosemary salt, truffle & parmesan £4

Gluten free battered onion rings & wild garlic mayo £3 V

House salad £4 V

Sweet potato fries £3.50 V

SWEET STUFF

Raspberry Frangipane Tart V VE

gluten free and vegan frangipane tart served with custard (suitable for vegans custard available)

Knickerbocker Glory £7 V

vanilla ice cream, raspberry coulis, freeze-dried raspberries, meringue, 100's and 1000's, white chocolate sauce, whipped cream & candied pecans



CHILDRENS MENU

Main meal and a selected drink £6.95, plus an activity sheet and crayons.

Just ask a member of our team & they'll be happy to get you one.

SUNDAY ROASTS

A choice of two meats with beef fat roasties, spring greens, honey roasted root veg, cauliflower cheese, creamy mash & rich bone marrow gravy

Vegetarian option available, please ask us for selection

1 course £ 12.50

2 course £17

3 course £21



Main course must be roast dinner for offer

HOW TO ORDER

Our staff are delighted to offer full table service. If you are seated outside in our beer garden, please grab the attention of a team member & we'll come to your table. All of our food is cooked to order & this may cause a short wait during busy times. We're so pleased to welcome you back to the Brown Cow.



THE BROWN COW

COUNTRY PUB

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