

# ***The Spotted Cow - Menu***

## ***Starters***

### **Torpedo Prawns - £8**

Served with a Sweet Chilli Sauce and Salad Garnish.

### **Soup of the Day (GF Option Available) (V) - £6**

Served with Crusty White Bloomer Bread.

### **Traditional Prawn Cocktail (GF Option Available) - £8**

Prawns in Marie Rose Sauce, served on a Bed of Lettuce and Brown Bread.

### **Pate & Toast (GF Option Available) – £7**

Pate served with Onion Chutney and a Salad Garnish.

### **Baked Flat Mushroom – £7**

Served with Glazed Goats Cheese.

### **Vegan Beetroot Terrine (VE) – £7**

Served with Mixed Leaves and Toast.

### **Breadbasket - £5**

Selection of Breads with Olive Oil and Balsamic Vinegar

### **Antipasto (GF Option Available) - £7**

Served with Humous, Chilli Pepper Pearls, Olive Oil and Balsamic Vinegar and Grilled Focaccia Bread.

## ***Mains***

### **Traditional Beer Battered Fish and Chips - £15 (GF Option Available) / Smaller Plate - £11**

Served with Triple Cooked Chunky Chips, Tartare Sauce, and Garden Peas or Mushy Peas.

### **Steak & Ale Pie - £15**

With Creamed Mashed Potato, Gravy and Garden Peas.

### **Scampi and Chips - £15 / Smaller Plate - £11**

Wholetail Breaded Scampi served with Triple Cooked Chunky Chips, Tartare Sauce, and Garden Peas or Mushy Peas.

### **Sussex Smokey (GF Option Available) - £15**

Smoked Haddock, New Potatoes and Spinach in a Wholegrain Mustard and Cream Sauce finished with Grated Cheese and Crusty White Bloomer Bread.

### **Toad in the Hole - £14**

Butchers Sausages in a Homemade Yorkshire Pudding, served with Creamed Mashed Potato, Garden Peas, and Gravy. – (Please allow 15 minutes cooking time)

### **Chicken Breast (GF) - £16**

Served with a Wild Mushroom Cream Sauce, Garlic Roasted New Potatoes and Tenderstem Broccoli.

**Please inform a member of staff if you have any allergies or intolerances.**

# *The Spotted Cow - Menu*

## **Lamb Shank - £22**

Cooked in a Red Wine and Rosemary Gravy, Served with Wholegrain Mustard Mashed Potato and Tenderstem Broccoli.

## **Beef Bourguignon - £18**

Served with Creamed Mashed Potato and Tenderstem Broccoli.

## **Moules Mariniere – (GF Option Available) £17**

Served with Frites, and Crusty Bloomer Bread.

## **8oz Rump Steak (GF) - £22**

8oz Rump Steak chargrilled to your taste, accompanied with a Grilled Tomato, Flat Mushroom, Triple Cooked Chunky Chips and Garden Peas.

(Peppercorn Sauce for £2)

## **Spotted Cow Burger (GF Option Available) – £16 (Add Cheddar Cheese - £1.00)**

6oz Burger with Bacon in a Seeded Bun with Lettuce, Tomato, Gherkin, Mayonnaise and Homemade Coleslaw, served with Triple Cooked Chunky Chips.

## *Vegetarian and Vegan*

### **Vegan Mushroom, Spinach & White Truffle Oil Suet Pudding (VE) (V)- £15**

Served with New Potatoes, Tenderstem Broccoli and Vegan Gravy.

### **Mushroom & Dolcelatte Risotto (V) - £15**

Topped with Parmesan Cheese and Served with Garlic Bread.

### **Quorn Spaghetti Bolognese - £15**

Served with Garlic Bread.

### **Quorn Buttermilk Style Burger (V) (VE) (GF Option Available) - £15**

Served in a Seeded Bun with Vegan Mayonnaise, Lettuce, Homemade Coleslaw, served with Triple Cooked Chunky Chips.

### **Moving Mountain Vegan Burger (V) (VE) (GF Option Available) - £15**

Served in a Seeded Bun with Vegan Mayonnaise, Lettuce and Tomato, Gherkin and Homemade Coleslaw, served with Triple Cooked Chunky Chips.

## *Sides*

Chips – Small - **£3.50**

Cheesy Chips Small - **£5.00**

Garlic Bread - **£3.00**

Chips Large - **£5.00**

Cheesy Chips Large - **£6.50**

Cheesy Garlic Bread - **£4.00**

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# ***The Spotted Cow - Menu***

## ***Children's Menu - £7.50***

Homemade Cod Goujons, Chips and Peas or Baked Beans  
Chicken Goujons, Chips and Peas or Baked Beans  
Burger, Chips and Peas or Baked Beans (GF Option Available)  
Sausages and Chips served with Peas or Baked Beans  
Scampi, Chips served with Peas or Baked Beans

All Kids Meals include a Scoop of Ice Cream for Dessert.



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