



The Red Cow

Menu & Prices

A Traditional Country Pub serving Cask Ales and Fine Wines
renowned for its Excellent Food and Hospitality.

www.theredcowpub.com

All food and hot drinks available to take away.



Mike, Janet & Andrew
Welcome you to
The Red Cow

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Light Bites

Garlic Mushrooms **V** £7.50
Breaded & served with a Crisp Salad Garnish & Homemade Garlic Dip.

Devilled Whitebait £7.50
Deep Fried & Garnished with Cayenne Pepper.

Prawn Platter **GFO** £8.00
Luxury Royal Greenland Prawns in our Marie Rose Sauce.

Red Cow Favourites

All served with one of your choice of Chips, Jacket Potatoes, New Potatoes, Croquettes, Salad or Basmati Rice (except Prawn Salad.)

Prawn Salad **GF** £15.50
Luxury Royal Greenland Prawns served with a generous Mixed Salad.

Baked Jacket Potato **GF** £12.50
Served with Prawns in Marie Rose Sauce.

Battered Cod Goujons £13.50
Succulent Cod in a Crispy Light Batter served with Lemon & Tartare Sauce.

Chicken Fillets £14.50
Deep Fried Mildly Spiced Breaded Fillets.

Chicken **GF** £14.50
Chargrilled Butterfly Chicken Breast with a choice of dip.

Steak & Kidney Pie £15.00
A Rich Homemade Steak & Kidney Encased in a Short Crust Pastry.

Breaded Wholetail Scampi £13.50
Deep Fried & served with Lemon & Tartare Sauce.

Vegetable Lasagne **V** £14.50
A Tasty Vegetarian Dish.

Beef Lasagne £14.50
Authentic Italian Lasagne made with layers of Pasta, British Beef & topped with Cheddar Cheese.

Locally Cooked Ham **GF** £13.50
Served with Fried Egg or Chargrilled Pineapple.

Beef Burger 6oz £14.00
Served with Coleslaw, Relish & Salad Garnish.
With Cheese £15.00

Any **Allergens, Food Intolerances or Dietary Requirements**; please ask a member of staff for details.

From the Char Grill

All served with Garden Peas, Grilled Tomato, Grilled Mushrooms and your choice of Chips, Jacket Potato, New Potatoes, Croquettes, Salad or Basmati Rice.

Fillet Steak 8oz **GF** £30.00

T Bone Steak 16oz **GF** £30.00

Rump Steak 8oz **GF** £19.50

Sirloin Steak 8oz **GF** £22.00

Gammon Steak 8oz **GF** £17.00
Served with Fried Egg or Chargrilled Pineapple.

Lamb Cutlets **GF** £20.00

Junior Choice

Suited to Children 7 years and under.

All served with a choice of two from the following:

Chips, New Potatoes, Fresh Vegetables, Baked Beans or Salad Garnish.

Chicken Nuggets £9.00

Battered Cod Fish Fingers £9.00

Breaded Wholetail Scampi £9.00

Sausages £9.00

Beef Burger 4oz £9.00
Served with Relish & Salad Garnish.

Extras

Salad £4.00

Beer Battered Onion Rings £4.00

Chips £4.00

Grilled Mushrooms £3.50

New Potatoes £3.00

Baked Beans £3.00

Jacket Potato £3.50

Homemade Coleslaw £3.50

Peas £2.50

Basmati Rice £3.00

Garlic Bread £4.00

Cheesy Garlic Bread £5.00

Fresh Vegetables £4.00

Freshly Baked White or Granary Bread £2.00

Suitable for Vegetarians **V**

Suitable for Vegans **VG**

Gluten Free **GF**

Gluten Free Options **GFO**



Weights where specified are approximate and before cooking.

VAT is included in all prices.