



# The Red Cow

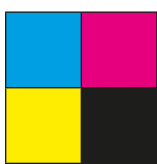
Sunday & Bank Holiday

## Menu

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

[www.theredcowpub.com](http://www.theredcowpub.com)

All food and hot drinks available to take away.



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**Andrew & the Team**  
**Welcome you to**  
**The Red Cow**

The Red Cow is situated just to the west of the ancient landmark known as The Knoll. It is rumoured that The Knoll in times past was an island and there are many fossils which supports this theory.

Today The Red Cow is renowned for its excellent food and hospitality.

All food and hot drinks available to take away.

**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 ..... £9.50
  - Breaded Wholetail Scampi ..... £9.50
  - Sausages **GF** ..... £9.50
  - Locally Cooked Ham **GF** ..... £9.50
- Served with Fried Egg or Chargrilled Pineapple.

**Red Cow Favourites**

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

- Luxury Royal Greenland Prawn Salad ..... £18.00  
Layered with a Crisp Mixed Leaf Salad, Golden Croutons, and finished with Marie Rose Sauce.
- Chicken Fillets ..... £16.50  
Deep Fried Mildly Spiced Breaded Fillets.
- Steak & Kidney Pie ..... £18.00  
A Rich Homemade Steak & Kidney Encased in a Short Crust Pastry.
- Vegetable Lasagne **V** ..... £17.00  
A Tasty Vegetarian Dish.
- Beef Lasagne ..... £17.00  
Authentic Italian Lasagne made with layers of Pasta, British Beef & topped with Cheddar Cheese.
- Breaded Wholetail Scampi ..... £16.50  
Deep Fried & served with Lemon & Tartare Sauce.
- Locally Cooked Ham **GF** ..... £15.50  
Served with Fried Egg or Chargrilled Pineapple.

**From the Char Grill**

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

- Sirloin Steak 8oz **GF** ..... £28.00
  - Gammon Steak 8oz **GF** ..... £20.00
- Served with Fried Egg or Chargrilled Pineapple.

**Roast Of The Day**

Served with Fresh Vegetables, Roast Potatoes, Yorkshire Pudding and Gravy.

- Large ..... £18.00
  - Medium ..... £16.00
  - Small ..... £14.00
- Vegetarian Choice and Gluten Free options available.

**Hot Drinks**

- Cappuccino ..... £3.30  
Traditional Italian-Style Coffee topped with Whipped Milk.
- Espresso ..... £3.30  
Strong Black Italian-Style Coffee.
- Café Latté ..... £3.30  
French-Style White Coffee.
- Coffee ..... £3.30  
Freshly-Brewed Black Coffee.
- Mocha ..... £3.30  
Hot Milk Chocolate topped with Espresso Coffee.
- Hot Chocolate ..... £3.30
- Chocomilk ..... £3.30  
Hot Milky Chocolate.
- Tea ..... £3.00

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

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.

**Wi-Fi: Red Cow Guest**  
**Password: RedCowGeorge**

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