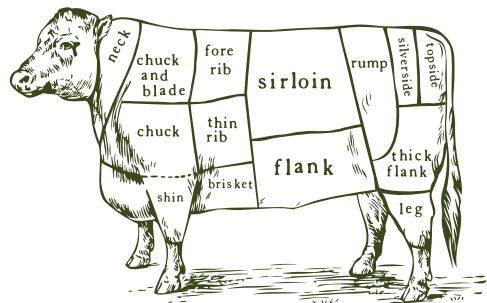




## welcome to Cowshed

A place born from our love with beef, especially steaks. Choose from either one of our favourite steaks on the menu or something from our wonderfully created specials, lovingly prepared by our small but exceptional kitchen team.

We advise how our steaks should be cooked; these are beautiful cuts of meat and by cooking them anymore, may (probably will), effect how the steak tastes and its' tenderness. Please trust us, well done is not the way forward! If you love beef as much as we do, then you're in the right place.



Seel St • LPL

## GRAZING BITES

**FRESH MEDLEY OF BREAD (V) £4.50**  
Served with our chef's selection of homemade oils and butter. Serves 2.

**DEEP FRIED HALLOUMI FINGERS (V) £3.50**  
Spiced red onion and tomato salsa.

**BILTONG £3.25**  
Cured beef. Supplied by the Chichester Biltong company.

**MACARONI & CHEESE CROQUETTES (V) £3.50**  
Tomato & jalapeño dip.

## STEAKS

**WHAT'S YOUR BEEF?**  
All steaks are 8oz, chargrilled and served with a rocket and parmesan garnish  
(Add bone marrow for only £1)

**FLAT IRON £10**  
Comes from the shoulder blade of the cow. A tender and flavoursome cut of beef.

*Best served medium rare*  
*Due to the structure of the steak we are unable to serve it past a medium cooking temperature, please ask your server for advice if unsure.*

**RUMP £12**  
Comes from the bovine's backside. Works harder than most other parts of the cow, leading to a greater amount of flavour.

*Best served rare / medium rare*

**RIBEYE £14**  
Cut from the fore rib of the cow. The key to its' flavour is marbling (little rivers of fat, that run through the beef).

*Best served medium rare*

**THE GREEDY COW(S) £40**  
Indecisive? Why not try all 3 steaks on one plate?  
Comes with 2 sauces and 2 sides of your choice.

**CAULIFLOWER STEAK (Vv) £8**  
Served with a tomato & red onion relish and cauliflower puree.

## SAUCES

All (V) £2

PEPPER SAUCE

CREAMY MUSHROOM SAUCE

BERNAISE

GARLIC & HERB CREAM

BOURBON BBQ

## SIDES

FRIES (Vv) £2.50

SWEET POTATO MASH (V) £3.25

WAFFLES & EGGS (V) £2.50

CREAMED SPINACH (V) £3.00

GARLIC MUSHROOMS WITH  
TRUFFLE BUTTER (V) £3.00

GINGER GLAZED CARROTS  
WITH PARSLEY BUTTER (V) £3.25

## DESSERTS

**BAKED APPLE AND RASPBERRY TARTLET £6.00**  
Honeycomb and clotted cream ice cream.

**CHEESECAKE SPECIAL £5.50**  
Ask your server for details.

**TOFFEE BAVARIAN CRÈME £6.00**  
Chocolate run-out and cinnamon plantain crisps.

**CHEESEBOARD £8.00**  
Celery, grapes, biscuits, red onion & quince chutney.