

Cowfish

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SMALL

ROASTED OLIVES 4.25

BURRATA & PROSCIUTTO 13.75

cherry tomato, house-made pesto, focaccia

PORK CROQUETTE 12.50

sour apple pickle, fig chutney

CRAB CROQUETTE 13.75

horseradish, avocado purée, pickled fennel, orange, rocket, lemon dressing

MACKEREL & BEETROOT 9.50

seared mackerel, chilled beetroot apple salad, pickled & boiled baby beets and beetroot hummus

WINGS 9.50

dried-spice rub, citrus salt, coriander and lime aioli

PAN SEARED SCALLOPS 13.75

pea & squash purée, asparagus tip, black pudding

SWEET POTATO GNOCCHI 12.50

broccoli, spinach, garlic, sage

TAGLIATA 13.75

charred sirloin steak pieces, house-dried tomatoes, rocket, aged parmesan, focaccia

LAMB CUTLETS 13.75

tabbouleh, baba ganoush

HOUSEMADE MUSHROOM RAVIOLI 12.50

oyster mushroom, cream reduction, truffle oil

VEGETARIAN ANTIPASTI 13.75

josper grill vegetables, roasted olives, red quinoa, roast artichoke tapenade, baba ganoush dip, focaccia; good for sharing (v)

CHEESEBOARD 14.75

please ask your server for details

(v) denotes vegan friendly
please ask a member of staff for information on allergen

At Cowfish, we love fresh, seasonal, local ingredients.
Everything you see has been prepped in-house.

LARGE

† steaks can be served sliced to share

10oz SIRLOIN 27.25 †

among the most flavoursome cuts, almost as tender as fillet

10oz RIB EYE 29.25 †

nicely marbled producing a tasty melt in the mouth succulence

8oz RUMP 21.00 †

lean and deep in flavour

8OZ FILLET 34.50 †

our most tender cut of beef, bursting with juice and flavour

MOROCCAN SPICED SEABASS 18.75

giant couscous, pickled radish, pickled candied beets, homemade pomegranate gel

SPICED BUTTERNUT SQUASH TAGINE 12.50

lentils, pomegranate & toasted almonds, focaccia (v)

A NOTE ON OUR STEAKS:

all steaks come with a choice of Josper fired baked potato or hand cut fries and a choice of peppercorn sauce or garlic butter.

steaks are cooked in a Josper charcoal oven at 350 degrees for great flavour and to seal in juiciness. they are cooked to order and rested after cooking.

how do you like your steak?

rare: very red, cool centre. **medium-rare:** red, warm centre.

medium: warm, pink centre. **medium-well:** slight pink

centre. **well-done:** cooked through.

SIDES

HAND CUT FRIES 4.25

parmesan, salt

JOSPER FIRED BAKED POTATO 5.75

CRISPY ONION NEST 5.25

CHARRED VEGETABLES 4.75

broccoli, leafy greens, heirloom carrots, finished in butter

GREEN BEANS 4.25

hollandaise sauce, toasted almonds

HOUSE SALAD 4.25

chargrilled courgette, rocket, ricotta, lemon dressing, chimichurri

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