

# Cowfish

#cowfish

---

## SMALL

### ROASTED OLIVES 4.00

### BURRATA & PROSCIUTTO 13.00

cherry tomato, house-made pesto, focaccia

### PORK CROQUETTE 12.00

sour apple pickle, fig chutney

### CRAB CROQUETTE 13.00

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

### MACKEREL & BEETROOT 9.00

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

### PRAWN PIL PIL 10.00

josper fried stretched tiger prawns, garlic, ginger, chilli oil, homemade rosemary sea salt focaccia

### WINGS 9.00

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

### PAN SEARED SCALLOPS 13.00

pea & squash purées, asparagus tip, black pudding

### SWEET POTATO GNOCCHI 12.00

broccoli, spinach, garlic, sage

### TAGLIATA 13.00

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

### LAMB CUTLETS 13.00

tabbouleh, baba ganoush

### HOUSEMADE MUSHROOM RAVIOLI 12.00

oyster mushroom, truffle beurre blanc

### VEGETARIAN ANTIPASTI 13.00

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

### CHEESEBOARD 14.00

please ask your server for details

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 26.00 †

among the most flavoursome cuts, almost as tender as fillet

### 10oz RIB EYE 28.00 †

nicely marbled producing a tasty melt in the mouth succulence

### 8oz RUMP 20.00 †

lean and deep in flavour

### 8OZ FILLET 33.00 †

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

### MOROCCAN SPICED SEABASS 18.00

giant couscous, pickled radish, candied beets

### SPICED BUTTERNUT SQUASH TAGINE 12.00

lentils, pomegranate & red onion relish, 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 4.00

parmesan, salt

### JOSPER FIRED BAKED POTATO 5.50

### CRISPY ONION NEST 5.00

### CHARRED VEGETABLES 4.50

broccoli, leafy greens, heirloom carrots

### GREEN BEANS 4.00

hollandaise sauce, toasted almonds

### HOUSE SALAD 4.00

chargrilled courgette, rocket, ricotta, lemon dressing

(v) denotes vegan friendly

please ask a member of staff for information on allergen