

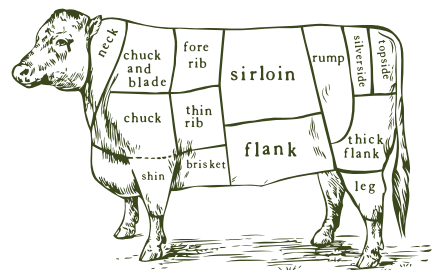


# welcome to Cowshed

Seel St · LPL

A place born from our love of 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 each steak should be cooked; these are beautiful cuts of meat and cooking them any more may (probably will) affect 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.



Want to know what we're up to? Follow us:



Cowshedlpl

## GRAZING BITES

More of an appetiser than a starter, something to keep you moooving whilst waiting for your steaks to cook

**FOCACCIA MELTS (V) £4.50**  
Toasted garlic and truffle focaccia, tomato and red onion salsa, melted buffalo mozzarella.

**SESAME HALLOUMI BITES (V) £4.25**  
Chilli & soy dip.

**CROQUETTE SPECIAL**  
Ask your server for more information

**BILTONG & JERKY**  
Cured beef.  
Supplied by Kings Elite Snacks.  
Chose from the following:

Ribeye flavoured Biltong	£3.25
BBQ Jerky	£3.25
Gold Standard Wagyu Biltong	£3.75
Platinum Edition Wagyu Jerky	£3.75

## STEAKS

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

**FLAT IRON 8oz £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 8oz £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 8oz £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) £42**  
Indecisive? Why not try the 3 steaks to the left on one plate? Comes with 2 sauces and 2 sides of your choice.  
*For a maximum of 2 people*

**FILLET 8oz £20**  
From the tenderloin and as suggested, the most tender cut of beef, with little to no fat content.  
*Best served medium rare/medium*

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

## SAUCES

£2 each, all (V)

PEPPER SAUCE  
BLUE CHEESE SAUCE  
BÉARNAISE  
GARLIC & HERB CREAM  
BOURBON BBQ

## SIDES

FRIES (Vv) £2.50  
SWEET POTATO MASH (Vv) £3.25  
WAFFLES & EGGS (V) £2.50  
SAVOY CABBAGE & GREEN BEANS  
IN CHORIZO CREAM £3.50  
GARLIC MUSHROOMS WITH  
TRUFFLE BUTTER (V) £3.50  
CARAMELISED BUTTERNUT SQUASH,  
RED ONION & PARMESAN (V) £3.50

## DESSERTS

NUTELLA CHEESECAKE £5.50  
Topped with roasted crushed meringue pieces, caramel sauce.

BREAD & BUTTER PUDDING £6.00  
Vanilla custard, crushed pecans.

GREEN APPLE PANNA COTTA £5.50  
Cinnamon crumb, salted caramel  
Chantilly cream.

CHEESEBOARD £8.00  
Celery, grapes, biscuits,  
homemade chutney.

If you have any allergen or dietary requirements, speak to your server who will be happy to discuss.