



# welcome to Cowshed

Seel St · LPL

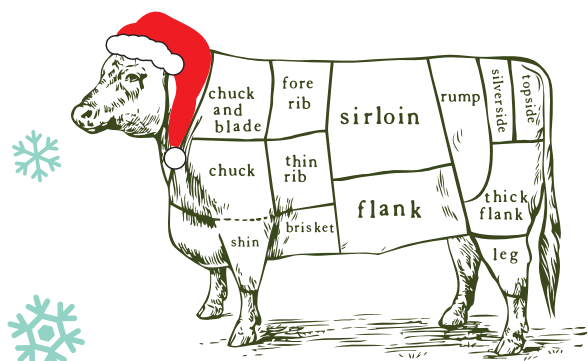


A place born from our love of beef, especially steaks. Choose from either one of our favourite steaks on the menu or something from our wonderfully created specials, lovingly prepared by our small but exceptional kitchen team.

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.



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Cowshedlpl



## GRAZING BITES

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

TOASTED BRIE, TRUFFLE &  
MOZZARELLA BREAD (V) £7.00  
Roasted Pecan And Cranberry Syrup

ROAST DUCK AND VEGETABLE  
SPRING ROLL £7.50  
Orange & Plum Relish

ATLANTIC PRAWN & FRIED SESAME  
SEED CROQUETTES £7.50  
Sweet Chilli Jam



## STEAKS

WHAT'S YOUR BEEF?

All steaks are chargrilled and served with a rocket and parmesan garnish (Add bone marrow for only £1)

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FLAT IRON 8oz £12  
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 £13.50  
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 £16.50  
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*

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

Ribeye flavoured Biltong 35g	£3.25
BBQ Jerky 35g	£3.25
Gold Standard Wagyu Biltong 25g	£3.75
Platinum Edition Wagyu Jerky 25g	£3.75



THE GREEDY COW(S) £47  
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 £22.50  
From the tenderloin and as suggested, the most tender cut of beef, with little to no fat content.  
*Best served medium rare/medium*

SPICED CAULIFLOWER FLORETS (Vv) £12  
Served with mange tout, vine tomatoes, toasted pine nuts, cauliflower purée and tahini sauce



## SAUCES

£2 each.

PEPPER SAUCE  
BLUE CHEESE SAUCE (V)  
BÉARNAISE (V)  
RED WINE GRAVY (V)  
BOURBON BBQ (Vv)

## SIDES



FRIES (Vv) £3  
SWEET POTATO MASH (Vv) £3.50  
WAFFLES & EGGS (V) £2.80  
BRAISED CABBAGE & SPROUTS  
WITH SMOKED BACON &  
CINNAMON CREAM £3.85  
GARLIC MUSHROOMS WITH  
TRUFFLE BUTTER (V) £3.85  
CARROTS WITH HONEY &  
GINGER BUTTER (V) £3.85

## DESSERTS

MILK CHOCOLATE & OREO  
CHEESECAKE £6.75  
Minted Chantilly Cream  
  
STICKY TOFFEE PUDDING £6.75  
Butterscotch sauce, vanilla ice cream  
  
WHITE CHOCOLATE  
PANNA COTTA £6.50  
Crushed Frosties, poached strawberries

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

