

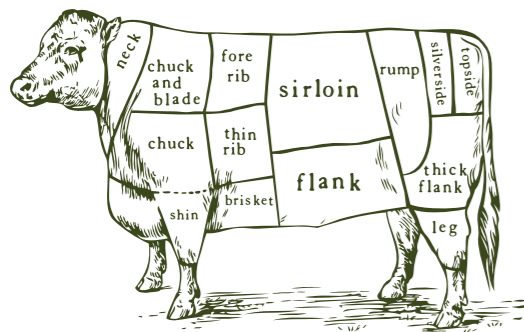


welcome to Cowshed

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:



GRAZING BITES

Something to keep you mooving whilst waiting for your steaks to cook!

3 CHEESE TRUFFLE & GARLIC BREAD (V) £8
Chilli, red onion & tomato salsa

FRIED BLACKENED CAJUN PRAWNS £9.50
Chilli & Garlic Aioli

CROQUETTE SPECIAL
Ask your server for more information.

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

Gold Standard Wagyu Biltong 25g £4.10
Platinum Edition Wagyu Jerky 25g £4.10

STEAKS

WHAT'S YOUR BEEF?
All steaks are chargrilled and served with a rocket and parmesan garnish.

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FLAT IRON 8oz £13
Comes from the shoulder blade of the cow.
A tender and flavoursome cut of beef.
Best served medium rare
Due to the structure of this steak, we are unable to serve it past a medium cooking temperature, please ask your server for advice if unsure.

RUMP 8oz £15
Comes from the bovine's backside. Works harder than most other parts of the cow, leading to a greater amount of flavour.
Best served medium rare

RIBEYE 8oz £19
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)
Indecisive? Why not try the 3 steaks to the left on one plate?
FOR 2 PEOPLE £56.50
Comes with 2 sauces and 2 sides of your choice
FOR 3 PEOPLE £62.50
Comes with 3 sauces and 3 sides of your choice

FILLET 8oz £26
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) £12.50
Served with parsnip purée, toasted pine nuts and a sun dried tomato pesto

SAUCES

£2.75 each.

PEPPER SAUCE
BLUE CHEESE SAUCE (V)
BÉARNAISE (V)
GARLIC & HERB CREAM (V)
BOURBON BBQ (Vv)

SIDES

FRIES (Vv) £3.50
SWEET POTATO MASH (Vv) £3.80
WAFFLES & EGGS (V) £3.75
SAVOY CABBAGE & GREEN BEANS IN CHORIZO CREAM £4.40
GARLIC MUSHROOMS WITH TRUFFLE BUTTER (V) £4.40
CARAMELISED CARROTS & RED ONION IN A GINGER & MAPLE BUTTER (V) £4.40
BONE MARROW £2.60

DESSERTS

CHEESECAKE SPECIAL
Ask your server for more information
PECAN TOFFEE PUDDING £8
Vanilla Bean Ice Cream
LEMON MERINGUE PANNA COTTA £7.75
Blueberry Compote

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

For groups of 5 or more, we add an optional 10% service charge. Let us know if you'd like it removed!