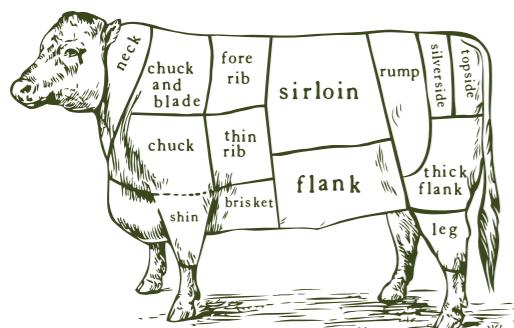




welcome to  
**Cowshed**  
Seel St · LPL

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

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

**GARLIC, GOATS CHEESE & MOZZARELLA BREAD (V) £9.25**  
Hot Honey Drizzle, Toasted Walnuts

**CHILLI & GARLIC PANKO FRIED TIGER PRAWNS £9.75**  
Bang Bang Sauce

**SESAME HALLOUMI BITES (V) £8.50**  
Sweet Chilli Soy Dip

**CROQUETTE SPECIAL £9.75**  
Ask your server for more information

## SAUCES

£3.30 each.

**PEPPER SAUCE**  
**BLUE CHEESE SAUCE (V)**  
**BÉARNAISE (V)**  
Served at room temperature  
**GARLIC & HERB CREAM (V)**  
**BOURBON BBQ (Vv)**

## STEAKS

### WHAT'S YOUR BEEF?

All steaks are chargrilled and served with a rocket, parmesan and homemade dressing garnish (Excluding Specials)

**FLAT IRON 8oz £16**  
Comes from the shoulder blade of the cow.  
A tender and flavoursome cut of beef.  
Best served medium rare  
Served sliced  
Due to the structure of this steak, we are unable to serve it less than rare or past a medium cooking temperature, please ask your server for advice if unsure.

**RUMP 8oz £17**  
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  
Served sliced

**RIBEYE 8oz £22.50**  
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

**THE GREEDY COW(S)**  
Indecisive? Why not try the 3 steaks to the left on one plate?  
**FOR 2 PEOPLE £68.50**  
Comes with 2 sauces and 2 sides of your choice  
**FOR 3 PEOPLE £75.50**  
Comes with 3 sauces and 3 sides of your choice  
Want to upgrade? Substitute our 8oz Fillet for any steak and just pay the price difference

**FILLET 8oz £31**  
From the tenderloin and as suggested, the most tender cut of beef, with little to no fat content.  
Best served medium rare/medium

**FILLET SPECIAL**  
Ask your server for more information.

**SPICED ROASTED CAULIFLOWER (Vv) £14**  
Coconut-tomato sauce, new potatoes and parsnip crisps

## SIDES

**FRIES £4.50**  
**POTATO WAFFLES & EGGS £4**  
**SWEET POTATO MASH (Vv) £4.50**  
**SAVOY CABBAGE & GREEN BEANS IN CHORIZO CREAM £5.25**  
**GARLIC MUSHROOMS WITH TRUFFLE BUTTER (V) £5**  
**CARAMELISED CARROTS & RED ONION IN HONEY & THYME BUTTER (V) £5**  
**BONE MARROW £3.50**

## DESSERTS

**CHEESECAKE SPECIAL**  
Ask your server for more information  
**STICKY TOFFEE PUDDING £8.75**  
Toffee Sauce, Vanilla Ice Cream  
**CINNAMON ROLL PANNA COTTA £8.75**  
Mulled Winter Berry Compote, Brownie Crumb

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!