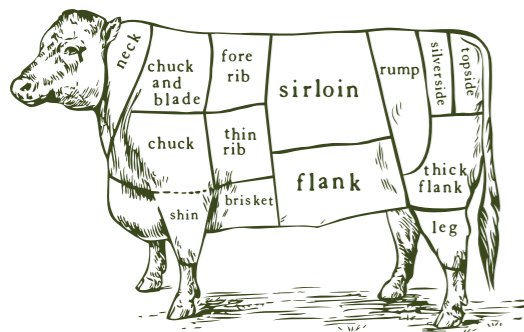




welcome to
Cowshed
Seel St · LPL

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 mooing whilst waiting for your steaks to cook!

3 CHEESE GARLIC BREAD (V) £9
Tomato & Jalapeño Salsa dip

SALT & PEPPER SEASONED PANKO
TIGER PRAWNS £10
Sweet Curry Dip

SESAME HALLOUMI BITES (V) £8.75
Sweet Chilli Soy Dip

CROQUETTE SPECIAL
Ask your server for more information

STEAKS

WHAT'S YOUR BEEF?

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

FLAT IRON 8oz £17
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 £17.50
Comes from the bovine's backside. Works harder than most other parts of the cow, leading to a greater amount of flavour.
Best served medium rare
Served sliced

RIBEYE 8oz £24
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

SIRLOIN 12oz £30
From the hindquarter, known for its leanness, and flavourful, beefy taste, with marbling on its side.
Best served medium rare

THE GREEDY COW(S)
Indecisive? Why not try our Flat Iron, Rump & Ribeye on one plate?
FOR 2 PEOPLE £71
Comes with 2 sauces and 2 sides of your choice
FOR 3 PEOPLE £78
Comes with 3 sauces and 3 sides of your choice
Want to upgrade? Substitute our 12oz Sirloin or 8oz Fillet for any steak and just pay the price difference

FILLET 8oz £32.50
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.

BLACK TIGER PRAWNS x2 £5
Pan fried in garlic butter

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

SAUCES

£3.40 each.

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

SIDES

FRIES £5
POTATO WAFFLES & EGGS £4
SWEET POTATO MASH (Vv) £4.50
SAVOY CABBAGE & GREEN BEANS
IN CHORIZO CREAM £5.50
GARLIC MUSHROOMS WITH
TRUFFLE BUTTER (V) £5.50
CAMELISED CARROTS & RED ONION
WITH MAPLE & ROSEMARY BUTTER (V) £5.50
BONE MARROW £4

DESSERTS

CHEESECAKE SPECIAL
Ask your server for more information
GOLD CARAMEL BLONDIE £8.75
White Chocolate Sauce, Honeycomb
Ice Cream
CRÈME BRÛLÉE PANNA
COTTA £8.75
Poached Rhubarb, Cookie Crumb,
Pistachio Chantilly

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!