



# Cowpers Oak

## Lunch & Dinner Menu



Our food is locally sourced where possible, and freshly cooked for you by our kitchen team. For allergen advice & gluten free (gf) please ask / notify your server. Vegan(vg) and Vegetarian meals(v) are marked as indicated. Many of our meals can be adjusted; simply ask your server if you have any requirements.

### Starters

<b>Bread &amp; Olives (v)</b> with balsamic dip and a selection of white and brown bread	<b>8.00</b>	<b>The Oak Scotch Egg</b> with black pudding, salad & house dressing	<b>8.00</b>
<b>Mushroom &amp; Garlic Mini Spring Rolls</b> with salad leaves and a blue cheese sauce	<b>8.00</b>	<b>Halloumi Fries (v)</b> with sweet chilli sauce and salad garnish	<b>8.00</b>
<b>Whitebait</b> with a lemon wedge, side salad & tartare sauce	<b>8.00</b>		

### Pub Classics

<p><b>The Cowpers Oak Burger Selection</b> All our burgers are served in a seeded brioche bun loaded with tomato, lettuce, &amp; BBQ Mayo.</p> <p>Then add your choice of our own hand cut chips or fries. On the side we serve our own homemade slaw.</p>		<p><b>Sausage and Mash</b> Locally sourced sausages served with seasonal vegetables and homemade caramelised onion gravy</p>	<b>16.00</b>
<p><b>6oz Chargrilled Beef Burger (gf)</b></p>	<b>15.00</b>	<p><b>Cod and Chips</b> Homemade beer battered cod with hand cut chips, mushy peas &amp; tartare sauce</p>	<b>17:00</b>
<p><b>Homemade Southern Fried / Plain Chicken Burger</b></p>	<b>15.00</b>	<p><b>Wholetail Scampi</b> with fries, salad and tartare sauce</p>	<b>15.00</b>
<p><b>Halloumi &amp; Avocado Burger (v)</b> served in a brioche bun with BBQ mayo, tomato, lettuce, &amp; coleslaw on the side.</p>	<b>15.00</b>	<p><b>King Prawns (gf)</b> Pan seared in garlic and herb butter with fries, salad and coleslaw. (Prawns served shell on)</p>	<b>18.00</b>
<p><b>Moving Mountains Burger (v,vg)</b> served in a vegan bun with tomato, lettuce &amp; salsa.</p>	<b>15.00</b>	<p><b>Pie of the Day</b> with mash/chips, seasonal veg and homemade gravy.</p>	<b>16.00</b>
<p><b>Toppings Available:</b> Mature Cheddar /Gorgonzola /Bacon/ Jalapenos/ House Pickles/ Caramelised onions @ <b>£1.00</b> per topping BBQ Brisket /Mac &amp; Cheese @ <b>£3.00</b> per topping</p> <p><b>Why Not Double Up?</b> add a second burger for just <b>£4</b></p>		<p><b>Mediterranean Tart (v,vg)</b> served with salad &amp; fries, hand cut chips or mash</p>	<b>15.00</b>
		<p><b>Southern Fried Chicken and Bacon Salad</b> with lettuce, tomato, grated carrot, cucumber, red onion &amp; home made dressing</p>	<b>16.00</b>
		<p><b>Gorgonzola, Avocado &amp; Walnut Salad(v)</b> with lettuce, tomato, grated carrot, cucumber, red onion &amp; home made dressing</p>	<b>16.00</b>

### Extras

<b>Hand Cut Chips (+£1), Fries, Onion Rings, Mash, Seasonal Vegetables, Mac &amp; Cheese Bites</b> per portion	<b>3.50</b>
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**FOR SMOKEHOUSE AT THE COWPERS ... SEE OVER**



Our kitchen operates with standards and procedures to address the risks of cross contamination; however, it is a very fast environment so we cannot guarantee the total absence of allergens when preparing dishes. If you need any more information please ask one of our team members

If we are fully booked, try our sister pub **The Horseshoe**, Lavendon



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### SMOKEHOUSE AT THE COWPERS

Our Smokehouse Menu marries the British passion for BBQ foods and 'Smoking' from America's Deep South. Landlord Joe makes his own rubs, while Head Chef Dan uses a family recipe for the BBQ sauce. This, combined with superb meat from an independent local butcher, gives you the essence of our authentic Smokehouse.

<b>Half / Full Rack of Ribs</b> smoked for 8 hours. Served with fries and slaw.	<b>17.00 / 27.00</b>
<b>The Smokehouse Burger</b> 6oz beef burger, southern fried chicken breast, mac & cheese, hash brown, cheese, bacon & BBQ mayo. Served with fries & slaw ... <b>go on we dare you!</b>	<b>27.00</b>

<b>Cowpers Homemade Mac &amp; Cheese</b> our distinctive Gorgonzola and Red Leicester mac & cheese is served with salad or fries and can be topped off with smoked brisket, southern fried chicken or veg topping for just £3.00 each.	<b>15.00</b>	<b>Cheese &amp; nine hours Smoked Brisket in a ciabatta roll</b> served with BBQ liquor, BBQ mayo, caramelised onion, fries & slaw.	<b>15.00</b>
<b>Mountain of Nachos</b> served with brisket, cheese, guacamole, salsa & jalapeño.	<b>18.00</b>	<b>Loaded Fries</b> with cheese, bacon & onion. Includes one of these toppings: brisket, southern fried chicken or veg topping. Extra toppings @ £3.00	<b>10.00</b>

### Sandwiches

Available at Lunchtimes (except Sundays) on White or Brown Bread or as a warmed Panini

All of our sandwiches are served with tortilla crisps & coleslaw.

Why not upgrade to 'with fries' for £1.50 or with 'hand cut chips' for £2.50?

<b>Posh Fish Finger</b> beer battered cod with tartare sauce	<b>9.00</b>	<b>Sausage</b> with caramelised onions	<b>8.00</b>
<b>Southern Fried Chicken &amp; Bacon Club</b> with BBQ mayo, lettuce and tomato	<b>11.00</b>	<b>Tomato, Mozzarella, &amp; Pesto</b>	<b>8.00</b>
<b>Classic BLT</b> Bacon, lettuce, tomato and BBQ mayo	<b>8.00</b>	<b>Cheese and Tomato</b>	<b>7.00</b>

### Desserts

<b>Affogato (v)</b> A vanilla ice-cream topped with a shot of espresso and crushed amaretti biscuits	<b>7.00</b>	<b>Nutella Doughnuts (v)</b> served with cream, vanilla ice-cream and chocolate sauce	<b>8.00</b>
<b>Nonna's Tiramisu</b> Real Italian Tiramisu made in our kitchen to a recipe passed down by Joe's grandmother	<b>8.00</b>	<b>Traditional Sticky Toffee Pudding</b> served with custard or ice-cream	<b>8.00</b>
<b>Ice Cream (v)</b> Two Scoops of Noel's traditional Italian style ice cream. Choose from Madagascan Vanilla/Honeycomb/Belgian Chocolate/Strawberry/Sicilian pistachio / Sorbetto Raspberry or Coconut. Extra Scoop £2.00	<b>4.50</b>	<b>Crumble of the Day (v)</b> served with custard or ice-cream. Please ask your server for details.	<b>8.00</b>
<b>Cowpers Homemade Sundaes</b>	<b>8.00</b>	<b>Vegan Ice Cream (vg,v)</b> Two Scoops. Extra scoop £1.50. Please ask your server for details of flavours.	<b>4.50</b>
<b>Mars in the Stars (v)</b> Chocolate & vanilla ice-cream, chopped mars bars, milky way stars topped with cream & chocolate sauce		see below for Sundae choices	
<b>Crunchie Bites (v)</b> with Noel's honeycomb ice-cream, whippy ice cream topped with cream & chocolate sauce		<b>Aero Bubble (v)</b> with mint choc chip ice-cream, Aero bubbles, whippy ice-cream, topped with cream, Aero bubbles & choc sauce	