

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

Tomato Bruschetta (v) with garlic herb tomatoes.	V	8.00
Add Parma ham		3.00
Halloumi Fries (v) with sweet chilli sauce & salad garnish	V	8.00
Whitebait with a lemon wedge, side salad & tartare sauce		8.00
Temura Prawns served with a side salad and sweet chilli sauce		8.00
Hot and Spicy Chicken Tenders served with salsa		8.00

'SCROCCHIARELLA' ITALIAN FLAT BREADS

Garlic and Herb Butter – please feel free to add cheese just ask your server		9.00
Gorgonzola, Bacon, Balsamic caramelised red onions , served on a tomato sauce base		12.00
10hr Smoked Brisket, Cheddar cheese, Jalapeños on a homemade BBQ sauce base		13.00
Peppers and Onions on a tomato sauce base		11.00
Fresh Tomato, Rocket and Parma Ham served on a pesto base		13.00

Great to share

'Scrocchiarella' is from Italian where it's used to describe 'something light & crispy'

MAINS

Cod and Chips homemade beer battered cod with hand cut chips, mushy peas & tartare sauce		17.00
Wholetail Scampi © with fries, garden peas & tartare sauce		16.00
King Prawns (gf) Pan seared in garlic and herb butter with fries, salad and coleslaw. (Prawns served shell on)		18.00
Three Addison's Lamb Koftas served with flat bread, salad, sour cream & fries		16.00
Pie of the Day © with mash/chips, seasonal veg & homemade gravy		16.00
Mediterranean Tart served with salad & fries, hand cut chips or mash	V VG	15.00
Southern Fried Chicken & Bacon Salad with lettuce, tomato, cucumber and red onion		14.00
Apple, Gorgonzola & Walnut Salad with lettuce, tomato, cucumber and red onion		14.00
Full Rack or Half Rack of Ribs smoked at the Cowpers for 8 hours with chef's homemade rub and BBQ sauce, served with fries and slaw.		27.00 17.00
Cheese & 10 hour Smoked Brisket in a ciabatta roll served with BBQ liquor, BBQ mayo, caramelised onion, fries & slaw		15.00
Mountain of Nachos served with smoked brisket, cheese, jalapeños, salsa, crispy onion & sour cream		15.00
Loaded Fries served with smoked brisket, cheese jalapeños, salsa, crispy onion & sour cream		15.00

Smoked in house



Any smoked dishes that we offer are smoked on site using our authentic imported American smokers

NEED A LITTLE EXTRA ?

Homemade Cowboy Beans, Fries, Mash, Onion Rings or Seasonal Vegetables	3.50
Home Made hand cut chips	4.50

**Don't miss the COWPERS OAK BURGERS
and our LUNCHTIME SANDWICH SELECTION overleaf**

COWPERS OAK BURGERS

Our burgers are served in a burger bun loaded with tomato, lettuce, & BBQ mayo, with our own homemade slaw on the side. Add your choice of our own hand cut chips or fries and one topping (excluding brisket)

6oz Chargrilled Beef Burger © 16.00

Homemade Southern Fried or Plain Chicken Burger © 16.00

Halloumi Burger © served in a burger bun with BBQ mayo, tomato, lettuce, guacamole & coleslaw on the side **V 16.00**

Moving Mountains Burger © Served in a vegan bun with tomato, lettuce & salsa **V VG 16.00**

BURGER TOPPINGS & ADD ONS

Mature Cheddar /Gorgonzola /Bacon/ Jalapenos/

Caramelised onions **per topping 1.00**

BBQ brisket **per topping 3.00**

Double Up (or more) per extra burger 4.00

SANDWICH SELECTION

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

Posh Fish Finger beer battered cod with tartare sauce **10.00**

Southern Fried Chicken & Bacon Club with BBQ mayo, lettuce & tomato **11.00**

Classic BLT Bacon, lettuce, tomato & BBQ mayo **8.00**

Sausage with caramelised onions **8.00**

Tuna Mayo & Cucumber **8.00**

Cheese and Tomato **7.00**

OUR DESSERTS

Affogato a vanilla ice-cream topped with a shot of espresso & crushed amaretti biscuits **V 8.00**

Homemade Crumble of the Day served with custard or ice-cream. Please ask your server for details **V 8.00**

Homemade Tiramisu 8.00

Homemade Chocolate Brownie served with ice-cream & chocolate sauce. **8.00**

Nutella Doughnuts Served with ice cream, cream and topped with chocolate sauce **8.00**

Ice Cream 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 **V 4.50**

Vegan Ice Cream two scoops. Extra scoop £1.50 Please ask your server for details of flavours **V VG 4.50**

OUR SUNDAES

Mars in the Stars Chocolate & vanilla ice-cream, chopped mars bars, milky way stars topped with cream & chocolate sauce **V 8.00**

Biscoff Sundae with honeycomb ice cream, Biscoff biscuits, topped with cream and chocolate sauce. **V 8.00**

WHY NOT DROP IN FOR SUNDAY LUNCH?

A selection of British Meats, Chef's hand peeled Roast Potatoes, Homemade Yorkshires & seasonal vegetables, with Chef's homemade gravy. We also offer a Special Sunday Menu as an alternative.

For the 'Hungry Guys' - Unlimited Roasties & Yorkies with Sunday Lunch – just ask and we'll keep serving. Then try one of our homemade puds or sundaes to complete your perfect day.

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