



VEGAN AND VEGETARIAN MENU

BREAD €3

Homemade Bread per person (1,7)

STARTERS

Cauliflower Soup €10

Edamame beans, Feta, Almonds, Mint and Lemon (6,7,8)
(Vegetarian)

Organic Salad €8

Organic Mix Leaves, Endive, Grapefruit Segments, Walnuts, Edamame Beans,
Pink Peppercorn Dressing (6,10)
(Vegan)

MAINS

Poke Bowl €18

Sushi Rice, Edamame Beans, Wakame Salad, Cucumber, Avocado, Green Beans,
Cherry Tomato, Radish, Sesame seeds, Pickled Cabbage, Gyoza Dressing (1,6,11)
(Vegan)

Almond Falafel €20

With Red Lentil Coconut Masala, Chick Pea, Peas, Mangetout,
Baby Spinach, Almond Flakes (8) (10)
(Vegan)

Homemade Gnocchi €20

Courgette Sauce, Peas, Mint & Parmesan Cheese (1,3,7)
(Vegetarian)

SIDES €6

Mixed Greens (6)

Green Beans, Edamame Beans, Mangetout, Fresh Mint, Olive Oil

Rosemary Baby Potatoes

Organic Leaves Salad (10,12)

ALLERGEN INFORMATION: 1=Wheat containing gluten 2=Crustaceans 3=Eggs 4=Fish 5=Peanuts 6=Soybeans 7=Milk 8=Nuts 9=Celery
10=Mustard 11=Sesame seeds 12= Sulphur Dioxide & Sulphites (>10mg per Kg) 13=Lupin 14=Molluscs

12.5% service charge on tables of 5 or more. To reserve a table: info@thecow.ie | 01 660 2390

2 Shelbourne Rd, Dublin 4, D04 V4K0 @ Follow @thecowdublin4