



LUNCH MENU

STARTERS

Red Lentil Soup (7)	€8.00
Green Lentils, Baby Spinach, Greek Yogurt, Sumac	
Grilled Cheese Salad (7)	€14.00
Tzatziky, Rocket, Kalamata Olives, Cucumber, Red Onion, Sunflower Seeds	
Seared King Prawns (2,7,12)	€16.00
White Wine, Smoked Paprika, Chilli, Garlic Butter	

MAINS

Poke Bowl (1 wheat, 6, 11)	€16.00
Sushi Rice, Edamame Beans, Wakame Salad, Cucumber, Avocado, Green Beans, Cherry Tomato, Radish, Pickled Cabbage, Sesame Seeds, Gyoza Dressing	
Add: Chicken €7.00 Prawn €7.00 (2,7) Feta €4.00 (7)	
Classic Fish & Chips (1 wheat, 3,4,7,14)	€22.00
Fresh Fish in light Tempura Batter, Twice Cooked Chips, Tartar Sauce, Mushy Peas	
Crispy Chicken Parmigiana (1,3,7,9,12)	€22.00
Tomato Sauce, Mozzarella, Parmesan, Organic Mixed Leaf Salad, Cherry Tomato, Cucumber	
Smoked Haddock Risotto (3,4,7,12)	€24.00
Peas, Curly Kale, Poached Egg	
Steak Sandwich (1 wheat, 3,7,9)	€16.00
Grilled Irish Sourdough Bread, Sautéed Onions, Peppercorn Mayo, Organic Leaves Salad	
Open Flatbread Sandwich (1 wheat, 7, 8 almonds)	€15.00
Cucumber, Tomatoes, Spring Onion, Avocado Salad, Tahini Yogurt Dressing, Crispy Chickpeas, Almonds	
Add: Chicken €7.00 Prawn €7.00 (2,7)	
Silver Hill Duck Breast Salad	€24.00
Sweet Potato Purée, Pickled Fennel, Raspberry Vinaigrette, Almonds (8 almond, 12)	

BREAD

€3

Homemade Bread
Per Person (1 wheat, 7)

ON THE SIDE

€6

Patatas Bravas	(3)
Padron Peppers	
Twice Cooked Chips	(1 wheat, 4,14)
Onion Rings	(1 wheat, 4,14)
Mixed Greens	(6)
Baby Caesar Salad	(1 wheat, 3,4,10)

DESSERTS

Chocolate & Baileys Mousse	(1 wheat, s/w homeade biscotti 3,7,8 almond)
€10.00	
Sticky Toffee Pudding	(1 wheat, s/w vanilla ice cream 3,7)
€10.00	
Selection of Ice Cream	(1 wheat, 7)
€10.00	
Cheese Board	(1 wheat / selection of Irish cheese rye, 3,7,8 walnut)
€17.00	

12.5% service charge on tables of 5 or more.

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

ALL OUR MEAT & POULTRY IS 100% IRISH & IS TRACEABLE FROM FARM TO FORK.

To reserve a table: info@thecow.ie | 01 660 2390 | 2 Shelbourne Rd, Dublin 4, D04 V4K0 | Follow Us @thecowdublin4