



# 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 / 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