



# SUNDAY LUNCH MENU

## STARTERS

Red Lentil Soup (7)  
Green Lentils, Baby Spinach, Greek Yogurt, Sumac

Grilled Cheese Salad (7)  
Tzatziki, Rocket, Kalamata, Olives, Cucumber, Red Onion, Sunflower Seeds

Seared King Prawns (2,7,12)  
White Wine, Smoked Paprika, Chilli, Garlic Butter

Slow Cooked Baby Back Pork Ribs  
Maple and Chipotle Glaze, Roasted Peanuts, Homemade Slaw (1 wheat, 3,5,6, 8 peanuts)

Crispy Fried Aubergine (1 wheat, 7,8 walnut,11)  
Yogurt s/w Toasted Walnuts, Cardamom Apricots, Mint

## MAINS

10oz Irish Dry-Aged Angus Ribeye  
Grilled Broccolini, Caramelized Onion Puree, Twice Cooked Chips, Pepper Sauce (1 wheat, 3,4,7,9,14)

Pan Fried Atlantic Cod  
Spiced Butternut Squash & Shellfish Velouté, Mussels, Shrimp, Pickled Squash Spheres, Pak Choi, Green Beans, Gnocchi (1 wheat, 2,3,4,7,9,12,14)

Classic Fish & Chips  
Fresh Fishin Light Tempura Butter, Twice Cooked Chips, Tartar Sauce, Mushy Peas (1 wheat, 3,4,7,14)

Corn Fed Chicken Supreme  
Wild Mushroom & Cep Risotto, Curly Kale, Red Wine Jus (7,9,12)

Venison House Pie  
Roast Carrots & Peas (7,9,10,12)

The Cow Signature Sunday Roast  
Roast Rib of Beef, Yorkshire Pudding, Parsnip Puree, Duck Fat Roasties, Mash Potato, Buttered Carrots, Cabbage & Beef Jus (1 wheat, 3,7,9,12)

**12.5% service charge on tables of 5 or more.**

## BREAD

Homemade Bread €3.00  
Per Person (2,3,12)

## ON THE SIDE €6

Patatas Bravas (3)  
Colcannon Mash (7)  
Twice Cooked Chips (1 wheat, 4,14)  
Onion Rings (1 wheat, 4,14)  
Mixed Greens (6)  
Baby Caesar Salad (1 wheat, 3,4,10)  
Padron Peppers  
Truffle Mac & Cheese (1 wheat, 7)  
Yorkshire Pudding (1 wheat, 3)

## DESSERTS

Chocolate & Baileys Mousse (3,7,8)  
s/w Homemade Biscotti €10.00  
Sticky Toffee Pudding (1 wheat, 3,7)  
s/w Vanilla Ice Cream €10.00  
Cheese Board (1 wheat, 3,7,8)  
Selection of Irish Cheese €17.00  
Selection of Ice Cream (7)  
€10.00

### 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