



# SUNDAY LUNCH MENU

## STARTERS

Red Lentil Soup (7)	€10.00
Green Lentils, Baby Spinach, Greek Yogurt, Sumac	
Grilled Cheese Salad (7)	€15.00
Tzatziki, Rocket, Kalamata, Olives, Cucumber, Red Onion, Sunflower Seeds	
Seared King Prawns (2,7,12)	€15.00
White Wine, Smoked Paprika, Chilli, Garlic Butter	
Slow Cooked Baby Back Pork Ribs	€16.00
Maple and Chipotle Glaze, Roasted Peanuts, Homemade Slaw (1 wheat, 3,5,6, 8 peanuts)	
Crispy Fried Aubergine (1 wheat, 7,8 walnut,11)	€14.00
Yogurt s/w Toasted Walnuts, Cardamon Apricots, Mint	

## MAINS

10oz Irish Dry-Aged Angus Ribeye	€46.00
Grilled Broccolini, Caramelize Onion Puree, Twice Cooked Chips, Pepper Sauce (1 wheat ,3,4,7,9,14)	
Pan Fried Atlantic Cod	€29.00
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	€22.00
Fresh Fishin Light Tempura Butter, Twice Cooked Chips, Tartar Sauce, Mushy Peas (1 wheat, 3,4,7,14)	
Corn Fed Chicken Supreme	€28.00
Wild Mushroom & Cep Risotto, Curly Kale, Red Wine Jus (7,9,12)	
Venison House Pie	€28.00
Roast Carrots & Peas (7,9,10,12)	
The Cow Signature Sunday Roast	€28.00
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	(1wheat, 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	(1wheat, 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=Wheatcontaining 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](mailto:info@thecow.ie) | 01 660 2390 | 2 Shelbourne Rd, Dublin 4, D04 V4K0 | Follow Us @thecowdublin4