



# LUNCH MENU

## STARTERS

Spicy King Prawns (2, 7, 12) €16.00  
White wine, smoked paprika, chilli, garlic butter

Winter Radicchio Salad (7, 8 pistachios, 10) €14.00  
Citrus, Ardsallagh Goat's Cheese, Dates

Beetroot Soup (7, 8 hazelnut, 12) €8.00  
Tipperary Crème Fraiche, Crumbled Feta, Toasted Hazelnuts

## MAINS

Poke Bowl (1 wheat, 6, 11) €18.00  
Sushi rice, edamame beans, wakame salad, cucumber, avocado, green beans, cherry tomato, radish, pickled cabbage, sesame seeds, gyoza dressing  
Add: Chicken €7 | Prawns (2,7) €7 | Feta (7) €4

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)

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 Katsu Curry Burger €22.00  
Frickles, Baby Gem, Katsu Mayo, Tomato, Sesame Seeds, Coriander (1 wheat, 3, 7, 11, 12)

Confit Barbary Duck Leg (7, 12) €26.00  
Potato Pave, Gubbeen Chorizo Spiced Lentils, Chicory, Butternut Squash

Smoked Haddock & Jerusalem Artichokes Risotto €25.00  
Poached Egg, Peas, Baby Spinach, Artichoke Crisps (3, 4, 7, 12)

Steak Sandwich (1 wheat, 3, 7) €17.00  
Grilled Irish sourdough bread, Sauteed Mushrooms, Cashel Blue Cheese, Rocked

Open Flatbread Sandwich €15.00  
Beetroot Hummus, Almond Falafel, Baby Beetroot, Cucumber Riata, Dukkah, Pomegranate (1 wheat, 7, 8 almonds, hazelnuts, 11)

## BREAD

€3

Homemade Bread  
Per Person (1 wheat, 7)

## ON THE SIDE

€6

Patatas Bravas (3)  
Roasted Hispi Cabbage, miso emulsion, dukkah (3, 6, 8 almond, hazelnut, 11)  
Twice Cooked Chips (1 wheat, 4)  
Onion Rings (1 wheat, 4, 14)  
Roasted Broccoli Florets  
confit garlic yoghurt, cranberry (7)  
Baby Caesar Salad (1 wheat, 3, 4, 10)

## DESSERTS

€10

Sticky Toffee Pudding (1 wheat, 3,7)  
Salted Caramel Sauce, Vanilla Ice Cream  
Chocolate & Praline Opera Cake  
Raspberry Sorbet (1 wheat, 3, 7, 8 hazelnut)  
Pistachio & Coconut Sponge  
Amaretto Cherries, (3, 7, 8,  
Pistachio ice cream pistachio, almond)  
Selection of Ice Cream (7)

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