

THE COW



PUB & KITCHEN

To reserve a table: info@thecow.ie | 01 660 2390
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ALL OUR MEAT & POULTRY IS 100% IRISH
AND IS TRACEABLE FROM FARM TO FORK

APPETISERS & SHARING

BREAD

HOMEMADE BREAD (1 wheat, 7) €3.50

BITES

CRISPY SALT & CHILI SQUID €6
(1 wheat, 3, 4, 14)

WASABI CREAM, POMEGRANATE

MEDITERRANEAN MIX OLIVES €6

PADRON PEPPERS €6

CORN RIBS (3, 4, 7, 11, 14) €6

SRIRACHA BUTTER, LIME EMULSION, SESAME SEEDS

STARTERS

SEARED KING PRAWNS (2, 7, 12) €16

WHITE WINE, SMOKED PAPRIKA, CHILLI, GARLIC BUTTER

TZATZIKI & HALLOUMI SALAD (7) €14

ORGANIC LEAVES, KALAMATA OLIVES, CHERRY TOMATO, RED ONION

SWEET POTATO & COCONUT SOUP €10

(1, 5, 7, 8 almonds, 11)

TIPPERARY CRÈME FRAICHE, CHILI RAYU, MINT, TOASTED ALMONDS

SALADS

POKE BOWL (1 wheat, 6, 11) €18

SUSHI RICE, EDAMAME BEANS, WAKAME SALAD, CUCUMBER, AVOCADO, GREEN BEANS, CHERRY TOMATO, RADISH, PICKLE CABBAGE, SESAME SEEDS, GYOZA DRESSING

ADD: CHICKEN PRAWNS (2, 7) HALLOUMI CHEESE (7)

CRISPY CHICKEN CAESAR SALAD €22

(1 wheat, 3, 4, 7, 10)

BABY GEM, CROUTONS, PANCETTA, ANCHOVY, PARMESAN

MAIN COURSE

STEAK SANDWICH (1 wheat, 7, 12) €17

HORSERADISH CRÈME CHEESE, CHIMICHURRI, ROCKET, GRILLED IRISH SOURDOUGH BREAD

10 OZ IRISH DRY-AGED ANGUS RIBEYE €46

(1 wheat, 3, 4, 7, 9, 14)

GRILLED BROCCOLINI, CARAMELIZE ONION PURÉE, TWICE COOKED CHIPS, PEPPER SAUCE

FLATBREAD SANDWICH €15

(1 wheat, 7, 8 almond)

TAHINI YOGURT DRESSING, HARISSA CHICKPEAS, SPRING ONION, CUCUMBER, TOMATOES, AVOCADO, ALMONDS, POMEGRANATE

CLASSIC FISH & CHIPS €22

(1 wheat, 3, 4, 7, 14)

FRESH FISH IN LIGHT TEMPURA BATTER, TWICE COOKED CHIPS, TARTAR SAUCE, MUSHY PEAS

SALTEE ISLAND FILLET OF COD €28

(4,7,12)

PEA PURÉE, CRUSH NEW POTATO, CAULIFLOWER COUS COUS, FENNEL & ORANGE SEGMENTS

ON THE SIDE

ONION RINGS (1 wheat, 4, 14) €7

ROASTED SWEETHEART CABBAGE €7

(3,8 hazelnut, almonds, 11)

KIMCHI EMULSION, DUKKAH

BABY CAESAR SALAD €7

(1 wheat, 3, 4, 10)

DESSERTS

STICKY TOFFEE PUDDING (1 wheat, 3, 7) €10

SALTED CARAMEL SAUCE, VANILLA ICE CREAM

PISTACHIO & COCONUT SPONGE €10

(3, 7, 8 pistachio, almond)

AMARETTO CHERRIES, PISTACHIO ICE CREAM

CHOCOLATE & PRALINE OPERA CAKE €10

(1 wheat, 3, 7)

RASPBERRY SORBET

SELECTION OF ICE CREAM (7) €10

CHEESE BOARD (1 wheat, rye, 3, 7, 8 walnut) €10

SELECTION OF IRISH CHEESES

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