

SUNDAYS

FREDS AT THE COW

ROASTS

60 DAY AGED BELTED GALLOWAY BEEF With beef shin croquette (GFO)	22
SLOW ROAST TAMWORTH PORK BELLY With Ham hock croquette and charred apple sauce (GFO)	20
LEMON AND HERB CONFIT CHICKEN With stuffing (GFO)	20
MUSHROOM NUT ROAST With vegan stuffing (V, VGO)	18
THREE MEAT (BEEF, PORK, CHICKEN) (GFO)	24

All roasts are served with sweet potato puree, braised red cabbage, garlic & rosemary roast potatoes, spiced honey fondant parsnips & carrots, lemon buttered Tenderstem broccoli & Yorkshire pudding.

BURGERS

ROAST BELTED GALLOWAY BEEF With horseradish and chive mayo, kale, potato rosti & braised red cabbage in a brioche bun	17
SHREDDED LEMON AND HERB ROAST CHICKEN With smashed stuffing, rosemary mayo, kale, potato rosti & braised red cabbage in a brioche bun	17
TAMWORTH HAM HOCK With charred apple sauce, kale, potato rosti & braised red cabbage in a brioche bun	17
SMASHED NUT ROAST With garlic and herb roast carrot, house gravy, kale, potato rosti and braised red cabbage in a brioche bun (VG)	17

All burgers are served with a choice of rosemary salted potatoes or fries.

SIDES

BEEF SHIN CROQUETTES With horseradish and chive mayo	8.5	ROAST POTATOES With garlic and rosemary salt (VG, GF)	6
HAM HOCK CROQUETTE With charred apple sauce	7	JUMBO PIGS IN BLANKETS With charred apple sauce	6.5
TRUFFLED CAULI CHEESE With parsley breadcrumb (V, GFO)	6.5	SAUSAGE MEAT STUFFING	6
SPICED HONEY ROASTED CARROTS AND PARSNIPS (V, GF)	6	VEGAN STUFFING (VG)	6
		FRIES (VG, GF)	4.5

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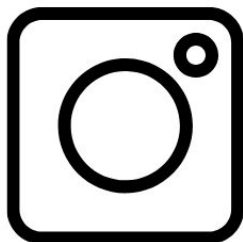
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KIDS MENU

ROAST BEEF (GFO)	11	NUT ROAST (V, VGO)	9
ROAST PORK (GFO)	10	BEEF BURGER (GFO)	9
ROAST CHICKEN (GFO)	10	MAC & CHEESE (V)	9

DESSERTS

STICKY TOFFEE PUDDING With toffee sauce and madagascan vanilla ice cream (V)	8.5	VEGAN CHEESECAKE With caramel drizzle and honeycomb crumb (VG)	8
HOMEMADE CHOCOLATE BROWNIE With vanilla ice cream and honeycomb crumb (V, GF)	8.5	VANILLA ICE CREAM Two scoops, with caramel drizzle and honeycomb crumb (V, GF)	6



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