



The Cow Shed Menu

BREAKFAST

Full English Breakfast £12

3 chipolatas, 3 rashers streaky bacon, tomato, mushrooms, beans, sourdough toast with 2 eggs either scrambled, fried or poached - Gluten free bread and dairy free butter available

Allotment Breakfast £12

Vine tomatoes, mushrooms, avocado, with 2 eggs scrambled, fried or poached on sourdough toast - Gluten free bread and dairy free butter available

Mushrooms or Eggs on Sourdough £8

Gluten free bread and dairy free butter available

Crumpets £8

2 crumpets served with a choice of cheese and bacon or bacon and eggs or mushroom and eggs.

High Protein Nut Granola with Fruit Compote and Greek Yoghurt £7

A drizzle of honey

Over Night Oats £7

Oats soaked in oat milk with chia seeds and cinnamon and topped with bananas and maple syrup or mixed berries and honey.

Freshly made Omelette £8

With your choice of 3 fillings - Cheddar cheese, brie, mushrooms, tomatoes, red pepper, onion and ham

OPEN SOURDOUGH, TOASTIE, BAP, SALAD OR JACKET POTATO

(All served with a side salad of mixed salad leaves and our house salsa)

Tomato Mozzarella and Basil

Fresh tomatoes, balled mozzarella and basil pesto. Gluten free bread available

Eat in £10 Take away £8

Chicken and Bacon

Chicken and bacon mixed with mayonnaise. Gluten free bread available

Eat in £10 Take away £8

Hummus and Beetroot

Gluten free bread available

Eat in £10 Take away £8

Tuna Melt

Tuna mayonnaise mix with cheese. Gluten free bread available

Eat in £10 Take away £8

Cheese, Ham and Chutney

Cheddar cheese, ham and tomato chutney. Gluten free bread available

Eat in £10 Take away £8

Brie, Bacon and Cranberry

Gluten free bread available

Eat in £10 Take away £8

Chicken Club

Chicken and bacon in mayo, sliced egg, lettuce and tomato

Eat in £10 Take away £8

Cheese and Beans

Gluten free bread available

Eat in £10 Take away £8

ADD ONS

Coleslaw £2 | Avocado £2

DEALS

Breakfast Deal - £8

A bacon or sausage bap with any drink. (excluding milkshakes)

Cake & Drink - £6

Any of our homemade cakes or scones with a hot drink

Lunch Time Takeaway - £10

Take away meal deal: any bap or sandwich, crisps and drink

Children's half
portion half price
on all main meals

Children's Nibble Platter - £6

Ham, cheese, raisins, bread sticks, cucumber and apple

Please make us aware of any allergies and/or intolerances before you order



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SPECIALS

Hummus Platter £10

Hummus, olives, carrots, cucumber and pitta bread

Soup with Crusty Roll £8

Gluten free bread and dairy free butter available

Huevos Rancheros (baked eggs) £10

Vegetarian Mexican beans with baked eggs, avocado and salsa.

Cheese Scone Ploughman's £10

Cheese scone, butter, brie, cheddar cheese, cucumber, tomato, olives, chutney and apple

Chicken Protein Grain Bowl £10

Chicken, mixed grains, salad and sweet chilli dressing

Butternut Squash Dahl with Rice £10

Butternut squash, chickpea and lentil dahl with rice

DRINKS

All drinks can be served with semi skimmed milk, whole milk, oat milk or soya milk

Cappuccino £3.50

Flat White £3.50

Latte £3.50

Espresso £3.50

Americano £3.50

Iced Coffee £3.50

Cafe Bon Bon £3.50

English Breakfast Tea £3

Early Grey £3

Fruit Infusion £3

Peppermint £3

Italian Hot Chocolate £3.50

Luxury Italian Hot Chocolate £4

Hot chocolate with whipped cream and marshmallows

SMOOTHIES

Immune £6

orange juice, carrot, apple and ginger

Protein £6

raspberry, strawberries, blueberries, yogurt, oats and apple juice

Energiser £6

mango, pineapple and orange juice

CAKES

Sausage Roll £4

Brownie £4

Peanut butter and £4

dark chocolate protein bars

Scone £4

Croissant with butter and jam £4

Cheese & Ham croissant £7

Cupcake £2

Coffee and Cake deal £6

LUXURY MILKSHAKE

Strawberry £5

Frozen strawberries, homemade ice-cream, milk, whipped cream and strawberry sauce- dairy free ice-cream and milk available

Chocolate £5

Choco treat, homemade ice-cream, milk and whipped cream- dairy free ice-cream and milk available

Vanilla £5

homemade ice-cream, milk and whipped cream- dairy free ice-cream and milk available

Banana £5

frozen bananas, homemade ice-cream, milk and whipped cream- dairy free ice-cream and milk available

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