

THE  
COW & PLOUGH

# Breakfast

served until 12pm

Full English 12.95

smoked bacon, breakfast sausage, black pudding, hash brown, baked beans, grilled tomato,  
fried Stoughton Farm eggs, white or granary toast (GFA)

Half English 6.95

smoked bacon, breakfast sausage, grilled tomato, fried Stoughton Farm egg, white or granary toast (GFA)

Baked Shakshouka 9.95

chilli roasted squash, spinach, tomato, cumin, coriander, Stoughton Farm eggs (GF)

Poached Stoughton Farm eggs 10.95

smoked salmon, toasted English muffin, brown butter, hollandaise, spinach

Stoughton sausage muffin 6.95

fried egg, cheese, chives

(V) Smashed avocado on sourdough toast 7.95

dukkah, poached Stoughton Farm eggs, harrisa oil (GFA)

*372 calories*

# Lunch

Soup of the day 6.50

toasted loaf (GFA)

(V) Kitchen garden salad 8.00

selection of the weeks finest and freshest salad ingredients from our gardens (GFA)

Beer battered cod 13.50

crushed peas, tartar sauce, malt vinegar powder

(V) Brussel sprout salad 7.50

apple, caramelised walnut, Orsom Winston cheddar, vinaigrette (GFA)

*342 calories*

Roast chicken sandwich 9.50

garlic aioli, crispy bacon, lettuce, tomato, Stoughton salad

Toasted Ruben sandwich 10.50

pastrami, sauerkraut, mustard, Swiss cheese, pickle, Stoughton salad

Roast beef sandwich 9.50

our horseradish sauce, garden roquette, Stoughton salad (GFA)

House cured salmon sandwich 10.50

dill crème fraîche, salted cucumber, lemon, Stoughton salad (GFA)

(VE) Carrot hummus sandwich 8.50

coriander, pickled red onion, Stoughton salad (GFA)



Please advise your server of any dietary or allergen requirements  
(V) vegetarian (VE) vegan (GF) gluten free (GFA) gluten free adaptable