

# Valentines Menu

  
**THE**  
**COW & PLOUGH**

## Starter

**Moules Frites** £10.95

**Grilled Prawns** £12.95

*Harissa Butter, Lime (GF)*

**Tartlet** £9.95

*Heritage Tomatoes, Tofu, Agave Dressing (VE)*

**Tuna Tartar** £12.95

*Avocado, Sriracha, Ponzu, Mirin, Toasted Brioche Sesame*

## Main

**Pan Roasted Stone Bass** £19.95

*Celeriac Puree, Shrimps, Brown Butter (GF)*

**Chicken Supreme** £18.95

*Glazed Carrots, Potato Pave, Chicken Butter Sauce (GF)*

**Agllo Olio** £10.00

*Chilli, Parsley, Crispy Garlic (VE)*

**32oz Cote De Beouf** £80 *(limited availability)*

*Chimichurri, Peppercorn Sauce, Garlic Butter, Fries,*

*Roasted Tomatoes, Garlic Focaccia, Rocket and Parmesan Salad*

## Dessert

**Lemon Tart** £8.00

*Candied Lemons, Meringue (VE)*

**Chocolate Fondant** £8.50

*Vanilla Ice Cream, White Chocolate (GF)*

Please notify your server of any dietary or allergen requirements  
(VE) vegan (GF) gluten free