

BREAKFAST

Served 8am to 11.45am Monday to Saturday,
9am to 11.45am on Sunday

Free range scrambled eggs on toast (v)* £6
with smoked salmon +£2
with bacon +£1.50

Free range poached eggs on toast (v)* £6
with chestnut mushrooms, tomatoes
or spinach +£1

Mushrooms or tomatoes on toast (v)* £6
Avocado with cayenne and lemon
on rye or sourdough toast (v)* £7
with a poached egg +£1
with bacon +£1.50

Bacon or sausage sandwich £6

Vegetarian sausage sandwich (v) £6
Two slices of toast, butter and jam
or marmalade* £3

Extra toast* £1

Croissant and Cowdray jam £3

Pain au chocolat £2.50

Almond croissant £3

Cowdray granola with Greek
yoghurt and summer berries £8

Cowdray porridge with a rhubarb compote
or banana and brazil nuts £6

Child's porridge £4

Cowdray full English £9.50

Cowdray breakfast sausage, bacon,
free range egg, grilled tomato, chestnut
mushrooms, bubble and squeak, Heinz
baked beans, toast

Cowdray full vegetarian £8.50

Cauldron vegetarian sausage, two free range
eggs, bubble and squeak, Heinz baked beans,
grilled tomato, chestnut mushrooms, toast

Cowdray child's full English £6

Sausage, bacon, beans, free range egg, toast

We use local suppliers where possible such as Nutbourne Nurseries for our tomatoes (seasonal) and Southdowns Water for our still and sparkling bottled water.

Our Cowdray Ale is produced exclusively for us by Langham's. They use leaf hops (not pellets) and cask condition their ales and are based on the Cowdray Estate itself.

Our coffee is roasted especially for Cowdray by Edgcumbes, an established local Sussex roaster. They are members of the Rainforest Alliance and Speciality Coffee Association, so all their beans are responsibly sourced from sustainable farms all over the world.

Our tea comes from Gadsden's, a traditional family tea merchants based in Hampshire.

We use only organic milk in the café, sourced from a local, family-run dairy.

Our ice cream comes from Simply Ice Cream which is handmade in Kent using only simple, natural and fresh ingredients.

A holistic estate which cares about the land

LUNCHES

Served from 12pm to 3pm

Soup served with potato and rosemary bread (v) £6.50

Croque monsieur served with house salad £8.50

Cowdray beef burger and triple cooked chips £12

Add Monterey Jack cheese +£2

Add bacon +£1.50

Honey roast winter roots, caramelised walnuts
and baby spinach with a wholegrain mustard dressing
£9.50

Cowdray fish and chips with tartare sauce
and mushy peas £12

Slow roasted field mushroom, goat's cheese and red onion
marmalade burger with vegetable crisps and salad £10.50

SIDES

Triple cooked chips £4

House mixed salad £3.50

New potatoes £3.50

Sweet potato fries £4

Seasonal greens £4

Houmous with pitta £4.75

Sharing selection of artisan
bread, olives, olive oil and
butter £6

Olives £4

Extra bread £1

Cowdray crisps £1

SANDWICHES

Served from 12pm-4.30pm

Choice of white, malted brown, rye or
sourdough bread, served with homemade
crisps and a watercress garnish

Free range egg mayonnaise and
watercress (v) £6.50

Sussex Charmer cheese and
mixed salad (v) £7.25

Smoked salmon, cream cheese and
cucumber £8.25

Houmous, avocado, tomato and
baby spinach (v) £7.50

Cowdray cured bacon, lettuce and tomato £8

Cowdray ham, red onion marmalade
and rocket £8

AFTERNOON TEA

Served from 3pm-4.30pm

Cowdray sausage roll served hot
with salad £7
Add chips +£2

Cowdray quiche of the day served warm
with salad £7.50
Add chips +£2

Cowdray cream tea £8

Two Cowdray scones served with Riverford
Organic Clotted Cream and strawberry jam,
served with a pot of tea for one

One Cowdray scone £3.50

With butter and strawberry Jam (excluding tea)

Hot cross bun £3.50

Toasted, with butter and strawberry jam

Cowdray cheese scone and butter £2.20

Please also see our specials
board for other choices

*Low salt option available on these items. Please ask a member of staff for low salt options on our daily specials.

PUDDINGS

Lemon posset with a rhubarb compote £6

Served with a shortbread biscuit

Panettone bread & butter pudding £6.50

With double cream, Simply Ice Cream, custard or crème fraîche

Cowdray seasonal crumble £6.50

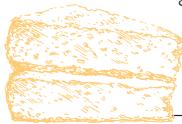
With double cream, Simply Ice Cream, custard or crème fraîche

Cowdray cheeseboard £9

Served with Cowdray red onion marmalade,
Stockan's Orkney Oatcakes and apple

Simply Ice Cream

Single scoop £2.50 Two scoops £4



For our cake selection, please
ask a member of the team

HOT DRINKS

COFFEE

Espresso £2

Macchiato or double espresso £2.50

Americano small £2.50 regular £3.25

Cappuccino small £2.80 regular £3.50

Latte small £2.80 regular £3.50

Flat white small £3.05 regular £3.75

Mocha £3.50

Babycino £1.50

TEA £2.25

English Breakfast, Earl Grey, Decaffeinated, Redbush, Red Berry Burst, Gunpowder Green, Peppermint

HOT CHOCOLATE With marshmallows +50p

Hot chocolate £3.50

Child's hot chocolate £2.25

UNICORN LATTES (vegan) £4

Turmeric latte

Turmeric, cinnamon, maple syrup, almond milk

Matcha latte

Matcha, coconut sugar, almond milk

HOT WATER INFUSIONS

Fresh mint, lemon or ginger £2

Cold Buster: Fresh turmeric, lemon, ginger, raw honey £2.25

LITTLE MEALS

Cheese (v) or ham sandwich with crisps and cucumber

Served with a carton of Pip organic apple juice and a choice of fruit £6.50

Houmous with crudités and pitta (v) £4

Pasta with garden tomato sauce and cheese (v) £5

CHILDREN'S MENU

Served from 12pm - 4.30pm

Choose one main

Chicken goujons
Fish goujons
Sausages

BIG MEALS

All at £6

Choose two sides

Chips
New potatoes
Seasonal greens
Peas

Beans
Salad
Crudités

CHILDREN'S DRINKS

Pip Organic cloudy apple juice £2

Babycino £1.50

Child's hot chocolate £2

Add marshmallows +50p

ALCOHOL

Chilgrove Gin 44% 35ml and Fever-Tree Tonic £5.50

Cowdray Ale 4.2% 500ml £4.95

Hepworth Blonde Lager 5% 330ml £3.75

Silly Moo Sussex Cider 4.8% 500ml £5.50

Wine

Rapaura Springs Sauvignon Blanc (New Zealand) 13.5% 175ml glass 750ml bottle £6.50 £24

Masseria Primitivo Cabernet Sauvignon (Italy) 13% £5.50 £21

Mas de Longchamp rosé (Organic) 12% £5.50 £21



Champagne

Louis Roederer NV Brut 12% £50



Allergies

If you have any allergies or special dietary requirements please speak to a team member. Every care is taken to avoid any cross-contamination when processing a specific allergen-free order. We do however work in a kitchen that processes allergenic ingredients and does not have a specific allergen-free zone.



Please see our specials board for today's smoothies and juices

COLD DRINKS

Southdown's still or sparkling water 330ml £2.20

Cowdray cox and bramley apple juice £2.60

Luscombe's Sicilian lemonade £2.95

Luscombe's elderflower bubbly £2.95

Luscombe's hot ginger beer £2.95

Coca Cola or Diet Coca Cola £2

Fever-Tree tonic water £2.50

Iced coffee £3.50

Freshly squeezed orange juice £3.50

Pip Organic child's cloudy apple juice £2

SMOOTHIES

Peanut Power (vegan) £4.75

Cacao nibs, banana, peanut butter and almond milk

Power smoothie £4.75

Raspberry, banana, yoghurt, chia seeds, almond milk

Fruit smoothie (vegan) £4

MILKSHAKES £4.50

Banana, chocolate or vanilla, freshly made with ice cream