

BREAKFAST

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

Free range scrambled eggs on toast (v) £6.25
with smoked salmon +£2.50
with bacon +£2

Free range poached eggs on toast (v) £6.25
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 +£2

Bacon or sausage sandwich £6.50

Vegetarian sausage sandwich (v) £6.50

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 mixed berry compote
or banana and brazil nuts £6

Child's porridge £4

Vegan porridge option available

Cowdray full English £9.95

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

Cowdray full vegetarian £8.95

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



COWDRAY

FARM SHOP & CAFÉ

Welcome

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

Welsh Rarebit with orchard apple and watercress £8.75

Cowdray beef burger and triple cooked chips £12

Add Monterey Jack cheese +£2

Add bacon +£2

Wild mushroom risotto £10.50

Pan fried fish of the day with a lemon, new potato,
chantenay carrot and leek chowder £12

Grilled halloumi and roasted pepper burger with
houmous, salad and chips (v) £10.50

Avocado on toast with sun dried tomato pesto,
cayenne pepper and lemon (v)* £8.50



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) £6.75

Sussex Charmer cheddar,
salad and pickle (v) £7.25

Smoked salmon, cream cheese and
cucumber £8.25

Houmous, avocado, tomato and
baby spinach (v) £7.75

Cowdray cured bacon, lettuce and tomato £8

Coronation chicken & spinach £8

AFTERNOON TEA

Served from 3pm-4.30pm

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

Cowdray sausage roll served hot with salad
£7.25

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)

Bara Brith (Welsh tea loaf) £3.50

Served hot or cold with butter

Cowdray cheese scone and butter £2.50

Please also see our specials
board for other choices

SIDES

Triple cooked chips £4

House mixed salad £3.50

New potatoes £4

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



PUDDINGS

Lemon posset with a mixed berry compote £6
Served with a shortbread biscuit

Strawberry Pavlova £6

Cowdray seasonal crumble £6.50

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

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 Tub £2.50

Miiró vegan raw chocolate coated creamy lolly £3.35
chocolate and hazelnut or salted caramel

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

CHILDREN'S DRINKS

Pip Organic cloudy apple juice £2
Babycino £1.50

Child's hot chocolate £2.25
Add marshmallows +50p

BIG MEALS All at £6

Choose
one main

Chicken goujons
Fish goujons
Sausages

Choose
two sides

Chips
New potatoes
Seasonal greens
Peas
Beans
Salad
Crudités

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



HOT DRINKS

With almond or oat milk +30p

COFFEE

Espresso £2.10

Macchiato or double espresso £2.60

Americano small £2.60 regular £3.35

Cappuccino small £2.90 regular £3.60

Latte small £2.90 regular £3.60

Flat white small £3.15 regular £3.85

Mocha £3.60

Babycino £1.60

TEA £2.30

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

HOT CHOCOLATE

Hot chocolate £3.60

Child's hot chocolate £2.35

With marshmallows +50p

TURMERIC LATTE (vegan) £4

Turmeric, cinnamon, maple syrup, almond milk

HOT WATER INFUSIONS £2

Fresh turmeric, mint, lemon or ginger

COLDBUSTER £2.50

Fresh turmeric, ginger, lemon and raw honey

COLD DRINKS

Southdown's still or sparkling water 330ml £2.20

Cowdray cox and bramley apple juice £3.10

Luscombe's Sicilian lemonade £3.10

Luscombe's elderflower bubbly £3.10

Luscombe's hot ginger beer £3.10

Coca Cola or Diet Coca Cola £2.10

Fever-Tree tonic water £2.50

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) £4.50

MILKSHAKES £4.50

Banana, chocolate or vanilla, freshly made with ice cream



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

125ml glass 175ml glass 750ml bottle

Rapaura Springs £5.25 £6.50 £24

Sauvignon Blanc
(New Zealand) 13.5%

Masseria Primitivo £4.50 £5.50 £21

Cabernet Sauvignon
(Italy) 13%

Mas de Longchamp £4.50 £5.50 £21

rosé (Organic) 12%

Champagne

Louis Roederer £50
NV Brut 12%



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

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.