



## HOT DRINKS

With almond or oat milk +40p

With coconut milk +40p

With hazelnut milk +40p

### 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, green,  
peppermint, rosehip and hibiscus,  
Darjeeling

### Hot Chocolate

Hot chocolate £3.60

White hot chocolate with cinnamon sprinkles £3.60

With marshmallows +50p

### Turmeric latte (V) £4

Turmeric, cinnamon, maple syrup, almond milk

### Matcha latte (V) £4

Matcha powder, maple syrup and almond milk

### Hot water infusions £2.25

Fresh turmeric, cinnamon, lemon, ginger, or mint

*Please see our specials board  
for today's juices*

## COLD DRINKS

Southdown's still or sparkling water £2.20

Cowdray Cox and Bramley apple juice £3.10

Bradley's still Sicilian lemonade £3.10

Bradley's sparkling strawberry and elderflower £3.10

Bradley's naturally brewed 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

Breakfast Boost £4.95

Cowdray kefir, banana, blackcurrants, oat milk and mixed seeds

Nut Heaven (V) £4.95

Banana, peanut butter, cacao nibs, flax seeds and almond milk

Fruit smoothie (V) £4.70

See boards for details

### Milkshakes £4.50

Banana, chocolate or vanilla, freshly made with ice cream



# COWDRAY

## FARM SHOP & CAFÉ

## WELCOME

A very warm welcome to our Café. We hope you enjoy your experience. Our ethos here is to reflect the seasons by providing freshly made, wholesome, healthy dishes to suit all tastes and to cater for specific dietary requirements where possible. Ask a member of our team if you would like us to accommodate any particular needs.

Our sourcing policy is to use estate produce and the best quality local suppliers where we can, thereby supporting the local economy as well as reducing our carbon footprint. In line with the Farm Shop policy, all of our takeaway cups, glasses, straws and cutlery are recyclable as we continue on our journey towards being free from single use plastics altogether.

*A holistic estate which cares about the land*

## Breakfast

Served until 11.45am

### The big Cowdray breakfast £14.95

Two Cowdray breakfast sausages, three bacon rashers, two free range eggs, black pudding, grilled tomato, chestnut mushrooms, bubble and squeak, Heinz Baked Beans and two slices of toast.

### \*Free range eggs on toast (V) £6.25

Poached, scrambled or fried

### \*Avocado with cayenne and lemon on rye or sourdough toast (V) £7

With a poached egg +£1

### \*Mushrooms or tomatoes on toast (V) £6.25

#### Cowdray full English £10.50

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

#### Cowdray full vegetarian (V) £9.50

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

### \*Breakfast extras: smoked salmon +£3

bacon +£2 sausage +£2

chestnut mushrooms, tomato or spinach +£1.50 Extra toast £1

### Bacon or sausage sandwich £6.50

### Vegetarian sausage sandwich (V) £6.50

Two slices of toast, butter and jam or marmalade £3.50

Croissant and Cowdray jam £3

### Two crumpets with butter and jam £3.50

Pain au chocolat £2.50

Almond croissant £3.25

Cowdray granola with Greek yoghurt and berries £8

### Belgian waffle £6

Choose from banana and maple syrup, berries and yoghurt or bacon and maple syrup

### Cowdray porridge £6

With a mixed berry compote or banana and brazil nuts

### Overnight oats (V) £6

Gluten free oats and chia seeds soaked in Rebel Kitchen Mylk, almond butter and berry compote

## ALCOHOLIC DRINKS

### White wine

	125ml glass	175ml glass	750ml bottle
Rapaura Springs Sauvignon Blanc (New Zealand) 13.5%	£5.25	£6.50	£24
Masseria Fiano (Italy) 12.5%	-	-	£22.50
Pazo Barrantes Albarino (Spain) 13.5%	-	-	£40

### Red wine

Masseria Primitivo Cabernet Sauvignon (Italy) 13%	£4.50	£5.50	£21
San Esprit Cote Du Rhone (France) 14%	-	-	£25
Marques De Murrieta Rioja Reserva (Spain) 14%	-	-	£45

### Rosé

Mas de Longchamp Rosé (Organic, France) 12.5%	£4.50	£5.50	£21
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### English sparkling wine

Nyetimber Classic Cuvée 12%	-	-	£50
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*The design on the menu front is by Alister Maynard. Fundamentally self-taught, though he had studied for a brief period at Chelsea School of Arts as a young man, he painted murals for yachts and houses, and did work for the Canadian Pacific Liners. Alister Maynard was deeply interested in the myths and religious beliefs of the world and they were often portrayed in his paintings.*

## Lunch

Served from 12pm to 3pm

### Soup served with speciality bread (V) £6.50

Vegan mezza (V) £10

Pitta bread, olives, houmous, sun dried tomatoes and artichokes

Steak baguette, triple cooked chips and salad garnish £13.95

Cowdray beef burger and triple-cooked chips £12.50

Add Monterey Jack and bacon +£4

Add coleslaw +£2

Sweet potato tagine with spiced ras el hanout giant cous cous (V) £10.50

Crispy peppered squid with aioli, watercress and edamame beans £11.50

Grilled halloumi and roasted pepper burger with houmous, salad and chips (V) £11

Avocado on toast with lime, chilli and coriander (V) £9

*Please see our specials board  
for other choices*

### Brilliant Gin 43% 35ml £5.50

and Fever-Tree Tonic

### Cowdray Ale £4.95

4.2% 500ml

### Hepworth Blonde Lager £3.75

Organic 5% 330ml

### Silly Moo Sussex Cider £5.50

4.8% 500ml

**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.

## Sandwiches

Served from 12pm to 4.30pm

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

Free range egg mayonnaise and watercress (V) £6.75

Mozzarella, tomato and pesto (V) £7.50

Crayfish tail and prawn with chipotle mayonnaise £8.25

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

Cowdray cured bacon, lettuce and tomato £8

## Side dishes

Triple cooked chips £4

Rocket and parmesan £3.50

Buttered new potatoes £4

Sweet potato fries £4

Seasonal greens £4

Houmous with pitta £4.75

Olives £4

Extra bread £1

Cowdray crisps £1

## Puddings

Passion fruit panna cotta with biscotti £6.50

Bread and butter pudding £6.50

With double cream, ice cream, custard or crème fraîche

Seasonal crumble £7

With double cream, ice cream, custard or crème fraîche

Belgian waffles £6.50

With vanilla ice cream, banana and maple syrup

Simply ice cream

Single scoop £2.50 Two scoops £4 Tub £2.50

## Afternoon tea

Served from 3pm to 4.30pm

Soup served with speciality bread (V) £6.50

Cowdray sausage roll served hot with chips and salad £9

Cowdray cream tea £8

Two Cowdray scones served with 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

Two crumpets with butter and jam £3

*Ask a team member for  
today's cake selection*

(V) VEGAN (V) VEGETARIAN