



# COWDRAY

## FARM SHOP & CAFÉ

### WELCOME BACK

A very warm welcome back to our Café. Please bear with us as we all adjust to the new realities we face in these extraordinary times. 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 11.30am

#### **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 🍳 £6.25**

Poached, scrambled or fried

#### **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 🍳 £9.50**

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

#### **Bacon or sausage sandwich £6.50**

#### **Vegan sausage sandwich 🍳 £6.50**

#### **Smashed avocado with cayenne and lemon on sourdough £7**

With poached egg +£1

#### **Croissant £2.50**

#### **Pain au chocolat £2.50**

#### **Almond croissant £3.25**

#### **Two slices of toast with Cowdray jam or marmalade £3.50**

#### **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

#### **\*Breakfast extras:**

Smoked salmon +£3 Bacon +£2 Sausage +£2

Chestnut mushrooms, tomato or spinach +£1.50

Extra toast £1

*Ask a team member for daily cakes and desserts*

### LUNCH

Served from 12pm to 3pm

#### **Cowdray ribeye steak, triple-cooked chips**

With rocket and parmesan salad £23

#### **Cowdray beef burger and triple-cooked chips £12.50**

Add Monterey Jack and bacon +£4 Add coleslaw +£2

#### **Grilled halloumi and roasted pepper burger**

With houmous, salad and chips 🍳 £11

#### **Smoked salmon, cream cheese, pickled cucumber sandwich**

On New York Deli Rye £8.95

#### **Cowdray wild venison ragu £12.50**

With linguine and parmesan

#### **Falafel cakes, tabouleh and crispy chickpeas 🍳 £10.50**

With soya yoghurt dressing

#### **Croque monsieur and house salad £10.50**

#### **Smashed avocado on sourdough 🍳 £9**

With marinated tomatoes

*Please see our specials board for other choices*

### Side dishes

#### **Blue cheese or cheddar cheesy chips £6**

#### **Triple cooked chips £4**

#### **Rocket and parmesan salad £3.50**

#### **Olives £4**

#### **Extra bread £1**

#### **Cowdray crisps £1**

### Sandwiches

Served from 12pm to 4pm

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

#### **Free range egg mayonnaise and watercress 🍳 £6.75**

#### **Cheddar, lettuce, tomato and chutney 🍳 £7.50**

#### **Cowdray cured bacon, lettuce and tomato £8**

#### **Houmous, avocado and spinach 🍳 £7.75**

## 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 £3.60**

**Turmeric latte (V) £4**

Turmeric, cinnamon, maple syrup, almond milk

**Matcha latte (V) £4**

Matcha powder, maple syrup and almond milk

*Ask a team member for our daily selection of cakes and slices*



**Cowdray dog biscuit 50p**  
**Marshfield Dog Ice Cream tub £2.50**

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

## COLD DRINKS

**Immune boost shot £3.50**

Freshly juiced ginger, turmeric, lemon and orange

**Spring greens £4.50**

Freshly juiced spinach, fennel, cucumber, lemon and apple

**Cold brew coffee £4**

**Freshly squeezed orange juice £3.50**

**Southdown's still or sparkling water £2.20**

**Cowdray Cox and Bramley apple juice £3.10**

**Kentish cherry juice £5**

**Luscombes Sicilian lemonade £3.10**

**Luscombe sparkling elderflower £3.10**

**Luscombe ginger beer £3.10**

**Coca Cola or Diet Coca Cola £2.10**

**Fever-Tree tonic water £2.50**

**Pip Organic child's cloudy apple juice £2**

### Smoothies

**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 £4.95**

Chocolate or vanilla

## PUDDINGS

**Crumble served with vanilla ice cream £7**

**Marshfield Ice Cream tub £3**

## ALCOHOLIC DRINKS

	125ml glass	175ml glass	750ml bottle
<b>White wine</b>			
Rapaura Springs Sauvignon Blanc (New Zealand) 13.5%	£5.25	£6.50	£24
<b>Red wine</b>			
Masseria Primitivo Cabernet Sauvignon (Italy) 13%	£4.50	£5.50	£21
<b>Rosé</b>			
Mas de Longchamp Rosé (Organic, France) 12.5%	£4.50	£5.50	£21
<b>English sparkling wine</b>			
Nyetimber Classic Cuvée 12%	-	-	£50

**Brilliant Gin 43% 35ml and Fever-Tree Tonic £5.50**

**Cowdray Ale 4.2% 500ml £4.95**

**Birra Moretti 4.6% 330ml £3.95**

**Silly Moo Sussex Cider 4.8% 500ml £5.50**

**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.