

LUNCH &
LITE BITES

M E N U

12 - 4 PM SUNDAY - THURSDAY
12 - 6 PM FRIDAY - SATURDAY

Mains

The Ultimate Cowdray Burger £10.95

Lettuce, sliced tomato, American mustard, 6 oz burger, Chef's own burger sauce, sliced Sussex Cheddar cheese, sliced gherkins in a toasted bap with homemade hand-cut chips

The Cowdray Club Sandwich £10.95

Sliced free-range chicken breast, lettuce, tomato and Sussex Cheddar cheese with crispy bacon, mayonnaise and fries in a toasted white or seeded brown bloomer

Poulet Breton £11.50

Local free-range chicken leg cooked in cider and cream, served with rocket, garlic butter and fries

Ham, Eggs and Chips (DF) £10.75

Home honey-baked Sussex ham, two Cowdray free-range eggs and homemade hand-cut chips

Scampi and Chips £10.75

Breadcrumbs scampi, tartare sauce, side salad and homemade hand-cut chips

Classic Caesar Salad £9.95

Lettuce, anchovies, croutons and parmesan shavings with Caesar salad dressing

Add sliced free-range chicken breast £2.50

Cowdray Ploughman's Lunch £10.95

Hunk of Sussex mature Cheddar cheese, slice of Sussex ham, homemade Cowdray chutney, celery, selection of pickles and crusty white bread and butter

Bangers and Mash £10.50

A Cumberland sausage ring with caramelised onion gravy and creamy mashed potato

Beef Lasagne £10.50

Slow cooked beef, tomato ragu, bechamel sauce and Gran Milano cheese served with a mixed leaf salad

Vegan Moussaka (Ve) (GF) (DF) £12.95

A traditional mixed vegetable ragu layered between aubergines and potatoes and topped with vegan cheese and vegan cream.

Homemade Pizza

Our own pizzas made with chef's own dough and served with rocket and parmesan shavings

Cheese and Tomato (V) £9.95

Spicy Pepperoni £11.95

BBQ Cajun Chicken £12.95

Mushroom and Mozzarella (V) £10.95

Vegan/gluten-free option available

Light Bites

Served with a side salad £7.00

Grilled free-range chicken and avocado wrap

Grilled halloumi, lettuce and chilli jam wrap (V)

Potato skins with a tarragon and roasted garlic mayonnaise (V)

Sussex pork and apple sausage roll

Nachos with sour cream, guacamole and salsa (V)

Wild mushroom arancini with rocket and parmesan salad (V)

Allergies: If you have any allergies please speak to a member of our team. 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 an allergen-free zone.**



VEGETARIAN



VEGAN



DAIRY-FREE



GLUTEN-FREE

BREAKFAST &
SANDWICHES

M E N U

BREAKFAST
8 - 12 AM

Breakfast

Cowdray Hole-in-One

Breakfast £11.50

Sausage, rashers of bacon, black pudding, Cowdray free-range egg, grilled tomato, mushrooms, hash brown and toast

Cowdray Vegetarian Breakfast (V)

£8.00

Two vegetarian sausages, Cowdray free-range egg, hash brown, baked beans, grilled tomato, mushrooms and toast

Salmon & Scrambled Eggs on Toast

£11.50

Scottish smoked salmon, free-range eggs served on toast

Free-Range Eggs on Toast (V)

£4.50

Two free-range eggs: poached, scrambled or fried on toast

Baked Beans on Toast (V)

£4.00

Mushrooms on Toast (V)

£4.95

Toast with Jam/Marmalade/Honey

£2.50 (V)

Breakfast Rolls

Cowdray Hearty Breakfast Roll

£8.00

A ciabatta roll with grilled bacon, Cowdray sausage and a free-range egg

Build Your Own Breakfast Roll

£5.00

Choose either grilled bacon, sausage or a Cowdray free-range egg

Add extra items for £1.50 each

Sandwiches

In a ciabatta roll, white or granary bread served with hand-cut homemade chips

Coronation Chicken

£8.00

Egg Mayonnaise (V)

£6.50

Tuna Mayonnaise

£7.80

Ham and English Mustard

£8.00

Fish Fingers and Tartare Sauce

£7.75

Smoked Salmon, Cream Cheese and

Cucumber £8.00

The Cowdray BLT Sandwich

£8.00

Cheese on Toast (per slice) (V)

£3.00

Homemade Hand-Cut Chips £2.95

With Sea Salt & Rosemary £3.15

(Ve) (DF)

With Grated Parmesan £3.25

(V)

With Sussex Cheddar £3.45

(V)

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