



MENU

COWDRAY FARM SHOP CAFÉ



HOT DRINKS

Add oat, coconut or almond milk +60p

Espresso	single 2.75 double 3.35
Americano	small 3.30 regular 3.95
Cappuccino	small 3.70 regular 4.30
Latte	small 3.70 regular 4.30
Flat white	4.10
Macchiato	3.70
Cortado	3.70
Mocha	4.75
Teas	3.40
<i>English breakfast, decaffeinated, earl grey, green, peppermint, Manuka honey, lemon and ginger</i>	
Organic Herbal Teas	3.40
<i>Immune support, Relax and Rooibos</i>	
Matcha Latte	5.60
<i>Jenki ceremonial grade matcha powder, cinnamon, maple syrup and cow's milk</i>	
Chai Latte	4.85
<i>Chai powder, cinnamon and cow's milk</i>	
Hot Chocolate	4.30
Kids' Hot Chocolate	2.80
Babycino	1.90

HEALTH HITS

Supreme Green - 6.75
Celery, spinach, lemon, kiwi, apple and courgette
Divine Roots - 6.75
Cold-pressed organic beetroot, apple, carrot, ginger & lemon
Cherry Fizz - 6.50
Montmorency cherry juice paired with sparkling water
Mother Root spritz - 6.50
Organic ginger, apple cider vinegar, blossom honey, capsicum and sparkling water
Holos organic kombucha - 6.50
Raspberry & elderflower
Freshly squeezed orange juice - 4.50
Immune boost shot - 4.25
Freshly juiced ginger, turmeric and Cowdray Apple Juice

SMOOTHIES

Nut Heaven - 6.75
Banana, peanut butter, cacao nibs, flax seeds and almond milk
Fruit smoothie - 6.75
Ask a member of the team for details
Milkshake- 6.50
Chocolate or vanilla, ask a member of the team for details

COLD DRINKS

Cowdray apple juice	4.25
Sparkling elderflower	4.25
Gusto organic ginger	4.25
Gusto Sicilian Lemon	4.25
Fever-Tree tonic water	3.25
Coca-Cola or Diet Coca-Cola	3.25
Child's cloudy apple juice	2.95
Small still or sparkling water	2.95
Large still or sparkling water	4.95

ALCOHOL

<i>White wine</i>	125ml	175ml	750ml
Featherdrop Sauvignon Blanc	7.35	8.75	36
<i>(New Zealand) 12%</i>			
<i>Red wine</i>			
Visconti Della Rocca Primitivo	7.10	8.50	33.50
<i>(Italy) 13%</i>			
<i>Rose wine</i>			
Saint Roch Cote De Provence	7.90	10.10	39.50
<i>(Italy) 13%</i>			
<i>Sparkling wine</i>			
Gusbourne Blanc de Blancs	-	-	75
<i>(Italy) 13%</i>			
Prosecco		200ml bottle	11
<i>(Italy) 13%</i>			
No.3 London Dry Gin 46%	25ml 8.50	50ml 12	
<i>and Fever-Tree Tonic</i>			
Cowdray Ale 4.2%	500ml 6.50		
Birra Moretti 4.6%	330ml 4.95		
Silly Moo Sussex Cider 4.8%	500ml 7		

ALCOHOL FREE

Peroni 0.0%	330ml 4.25
0.0% Gin	330ml 6.95
<i>and Fever-Tree Tonic</i>	

COWDRAY FAVOURITES

Cowdray steak frites Cut of the day, skin on crispy fries, lamb's lettuce and confit garlic butter	19.50
Pan fried fillet of hake Served on a smokey butter bean cassoulet	19.50
Harissa roasted Cowdray Lamb shoulder Slow roasted Cowdray lamb shoulder served on a grilled flatbread with rocket salad and dressed with garlic and lime yoghurt	18
Cowdray cheeseburger Monterey Jack, gherkins, beef tomato, lettuce and red onion jam served in a brioche bun with skin on crispy fries	18
Wild garlic and pea orzo pasta (V)	14
Bubble and squeak Topped with a free-range poached egg and hollandaise choose bacon, avocado or smoked salmon	14
 Soup of the day Served with sourdough bread	9

BOWLS & SALADS

Caesar Chicken / romaine lettuce / sourdough croutons / parmesan / Caesar dressing	15
Cowdray Wedge Stilton / crispy bacon / walnuts / green goddess dressing (creamy avocado and herb)	12.50
Vegan lunch bowl (Ve) Roast sweet potato / mixed leaves / quinoa / crispy chickpeas / pickled red onion / toasted seeds / holly hock dressing	12.50
Mixed grain tabbouleh (Ve) Mixed grains / cucumber / tomato / red onion / mint / parsley / pomegranate dressing	12 add feta 3.50

SANDWICHES

Served 12 - 4.30pm

Choice of sourdough, farmhouse white or granary. Served with crisps and dressed mixed leaves.

Gluten-free bread option available.

Chicken, rocket and sriracha slaw	11	BLT – Bacon, lettuce and tomato	10
ALT - Smashed avocado, lettuce and tomato (Ve)	9.50	Egg mayonnaise (V)	9

Smoked salmon open sandwich

Smoked salmon / dill cream cheese / pickled cucumber / rye bread

12.50

SMALL PLATES

Cowdray sausage roll Dressed leaves / piccalilli	9.50	Pâté of the day Seggianno flatbreads	7.50
Houmous & pitta (Ve)	6.50	Toasted focaccia (V) Confit garlic butter	4.50

SIDES

One side 4.95 | Two sides 8.95

Garlic, chilli & honey dressed broccoli (V) With flaked almonds	Spring vegetable garden salad (Ve) holly hock dressing
Seasonal vegetables (V)	Triple cooked chips / Skin on crispy fries (Ve)

DESSERTS

Seasonal crumble With vanilla ice cream, cream or custard	8.50
Belgian waffles With vanilla ice cream, banana and maple syrup	8.50
Eton mess Strawberries, meringue and Chantilly cream	8.50
Warm Cowdray chocolate brownie Served with vanilla ice cream	8.50
Cowdray gelato pot Handmade with milk from the Estate	4.95

AFTERNOON TEA

Cowdray cream tea for two Two Cowdray fruit scones, clotted cream and Cowdray strawberry jam served with a pot of tea for two	14.50
Cowdray cream tea for one One Cowdray fruit scone, clotted cream and Cowdray strawberry jam served with a pot of tea for one	7.50
Cowdray cheese scone with butter	4



WOOF!

Cowdray dog biscuit
Dog ice cream tub

£1.75
£4.50

INFORMATION

(V) Vegetarian (Ve) Vegan



A £1 donation from every sale of this dish will go to our charity partner, Midhurst Palliative Care funding the Midhurst Macmillan Service

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.

Cowdray Farm Shop Cafè's ethos has always been 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.

Cover photo: New Zealand Romney Sheep grazing in Bepton, Cowdray Estate.

