



# 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 9am to 11.30am

**\*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

**Vegetarian sausage sandwich** ♻️ £6.50

**Croissant** £2.50

**Pain au chocolat** £2.50

**Almond croissant** £3.25

**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

### 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

**Roasted aubergine, pomegranate, mint, goats cheese, rocket, yoghurt and pine nut salad** ♻️ £10.50

**Venison ragu with linguine and parmesan** £12.50

**Open smoked salmon sandwich on rye with cream cheese, capers, watercress and homemade crisps** £8.95

**Spiced roast pumpkin with a lentil and spinach daal, toasted almonds, mango chutney and a coconut and almond dressing** ♻️ £10.50

**Avocado on toast with burnt peppers and shallots** ♻️ £9

### 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 3pm

*Choice of white, wholemeal, rye 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

**Childrens' cheese sandwich with crisps and cucumber** ♻️ £6.50

*Ask a member of the team for daily cakes and desserts*

*Please see our specials board for other choices*

## 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 chocolates

**Hot chocolate £3.60**

**Cinnamon hot chocolate £3.60**

**Hazelnut hot chocolate ♻️ £4**

**Coconut hot chocolate ♻️ £4**

**Almond hot chocolate ♻️ £4**

**Turmeric latte ♻️ £4**

Turmeric, cinnamon, maple syrup, almond milk

**Matcha latte ♻️ £4**

Matcha powder, maple syrup and almond milk

**Cold buster £3**

Fresh ginger, turmeric, lemon and raw honey

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

## COLD DRINKS

**Immune boost shot £3.50**

Freshly juiced ginger, turmeric, lemon and orange

**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**

**Freshly squeezed orange juice £3.50**

**Daily fresh juice £4.50**

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

### Smoothies

**Nut Heaven ♻️ £4.95**

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

**Fruit smoothie ♻️ £4.70**

See boards for details

## PUDDINGS

**Sticky toffee pudding served with vanilla ice cream £7**

**Simply ice cream**

one scoop **£2.50** two scoops **£4**

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

## ALCOHOLIC DRINKS

### White wine

**Rapaura Springs Sauvignon Blanc (New Zealand) 13.5%**

125ml glass

**£5.25**

175ml glass

**£6.50**

750ml bottle

**£24**

### Red wine

**Masseria Primitivo Cabernet Sauvignon (Italy) 13%**

**£4.50**

**£5.50**

**£21**

### Rosé

**Mas de Longchamp Rosé (Organic, France) 12.5%**

**£4.50**

**£5.50**

**£21**

### English sparkling wine

**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.