

The Cowper Arms Sample Menu

To nibble & share

Nocellara olives (v) £2.95
*Artisan rustic breads with olive oil & balsamic vinegar,
Nocellara olives and flavoured butter (v) £4.95*

*Hand-made garlic dough balls with parmesan and pea
& mint pesto £3.50*

Garlic pizzette with rocket and parmesan £4.95

*Grazing platter sweet chilli chicken skewers, lamb &
balsamic koftas, tonkatsu-inspired pulled pork
croquettes, aioli and chorizo topped flatbread £16.50*

*Box-baked camembert topped with omega seed
sprinkle, cranberry & sloe gin chutney and warm
dough sticks (v) £11.50*

*Mediterranean mezze roasted lentil falafel, chargrilled
courgette topped with gran moravia cheese, harissa
hummus, tzatziki, roasted peppers, Lebanese-style
cumin dip and seasoned flatbread (v) £11.95*

Starters

*Lobster & king prawn pot in Devon crab crème fraîche
with toasted ciabatta bread £6.95*

*Thyme-roasted Portobello mushrooms in Cropwell
Bishop sauce with rustic toast (v) £4.95*

*Chargrilled lamb & balsamic koftas with lavash bread,
harissa hummus and tzatziki £6.75*

Kiln-smoked salmon tacos soft flatbread with flaked salmon, sour cream, roasted red peppers, crisp leaves and pickled red onions £5.95

Salt & szechuan pepper squid with aioli £5.95

*Soup of the day with artisan rustic bread and butter
£3.95*

Crispy karaage chicken with cucumber ribbons, mooli, kale & cauliflower couscous salad and warm katsu sauce £5.95

*Deep-fried brie in panko breadcrumbs with chutney (v)
£5.95*

Duck liver & port parfait with gooseberry & Prosecco flavour compote and toasted ciabatta bread £6.95

Pizzas & salads

All our pizzas are hand-stretched. If you prefer a lighter pizza, we can replace the centre with a baby kale & tomato salad.

Carne pizza chorizo, pepperoni, hand-pulled chicken, 'nduja sausage, mozzarella and chilli £11.95

Margherita pizza mozzarella, cherry tomatoes and basil (v) 2440kJ / 581kcal £9.95

Caramelised fig & whipped goat's curd pizza with mozzarella and hazelnuts (v) £10.95

Add: Jalapeños (v), red onion (v), pineapple (v), flat mushroom (v), red peppers (v), goat's curd (v), bacon £1.50, hand-pulled chicken, 'Nduja sausage £2

Sticky crispy duck salad with cucumber, spiralised mooli & carrot, toasted sesame seeds with plum, hoisin & sweet chilli sauce £11.95

Wholefood salad with kale & cauliflower couscous, asparagus, tenderstem broccoli, avocado, butternut squash, sweet potato, pomegranate and roasted pumpkin seeds with a pineapple, lemongrass & ginger dressing (ve)

1556kJ/370kcal. This dish is low in saturated fat £8.95

Add: Chargrilled chicken breast £3.50, lamb & balsamic koftas £3.50, goat's curd (v) £2, grilled halloumi (v) £2.25

Main courses

Roasted pork belly & seared scallops with potato dauphinoise, butternut squash purée, toasted almonds, crackling and red wine jus £18.25

Without scallops £14.25

Sticky chicken marinated in lemon, honey & chilli sauce, with Roquito peppers and fries or a dressed house salad £9.95

Beer-battered line-caught cod with twice-cooked chunky chips, minted pea purée and tartare sauce £11.50

Roasted butternut squash & sweet potato tart stuffed with roasted peppers, leeks, confit tomato, topped with Cropwell Bishop custard and a Stilton & walnut crumb (v) £10.95

King prawn, crab & chorizo linguine with white wine, tomatoes, garlic & chilli 3078kJ/733kcal. This dish is high in protein £13.25

Chargrilled lamb & balsamic koftas with lavash bread, harissa hummus, tzatziki and kale & cauliflower couscous salad with a pineapple, lemongrass & ginger dressing £12.95

Battered halloumi with twice-cooked chunky chips, minted pea purée and tartare sauce (v) £10.50

Lobster & devon crab fishcakes with asparagus, pea & truffle oil velouté topped with crispy seaweed, served with a choice of fries or salad £12.95

Chicken, leek & crème fraîche pie topped with ham hock crumb, served with seasonal cabbage mashed potato and buttered green beans £12.95

Buttermilk southern-fried chicken stuffed with 'nduja sausage, with sweet potato fries, apple salad and lemon aioli £14.95

Pan-fried sea bass fillets with Parmentier potatoes, pancetta, olives, spinach and white wine velouté £16.95

Steak & burgers

9oz 28-Day-aged rib-eye steak with twice-cooked chunky chips, crispy onions, grilled mushroom, confit tomato and baby kale £20.95

8oz 28-Day-aged rump steak with twice-cooked chunky chips, crispy onions, grilled mushroom, confit tomato and baby kale £15.95

Add steak sauce: Peppercorn sauce, béarnaise sauce, beef dripping sauce, red wine jus £1.75

Add: King prawns & garlic butter £3.95, lobster & garlic butter £8.95, bone-marrow butter £1.75

*Wagyu burger with smoked Irish cheddar, crispy onions, tomato relish, sweet potato fries and aioli
£14.95*

Home-made British beef burger with smoked Irish cheddar, mustard mayonnaise, relish and fries £10.95

Add: Bacon, chorizo, Cropwell Bishop Stilton, flat mushroom £1.50, grilled halloumi £2.25, king prawns & garlic butter £3.95, lobster & garlic butter £8.95

Sides

Tenderstem broccoli with soy & honey glaze (v) £3.50, green beans tossed in walnut butter (v) £3.50, asparagus with parmesan £3.95, seasonal greens (v) £3, rocket & parmesan salad £3, dressed house salad (v) £3, fries & truffle mayo (v) £3, twice-cooked chunky chips (v) £3, fries & aioli (v) £3, sweet potato fries with parmesan & rosemary £3.75, dauphinoise potatoes (v) £3.95, mashed potato (v) £3, harissa hummus with grilled lavash bread (v) £3.95

Desserts

Melting golden chocolate orange bomb with praline ice cream, chocolate popping candy and hot Belgian chocolate sauce (v) £7.75

The house sharer chocolate brownie, baked Sicilian lemon cheesecake, profiteroles with a nougatine crisp, strawberries and a Bourbon vanilla ice cream cookie sandwich (v) £10.95

Warm Belgian chocolate brownie with Bourbon vanilla ice cream (v) £5.95

Vanilla crème brûlée topped with strawberries and served with home-baked Sultana & oatmeal biscuits (v) £5.95

Baked sicilian lemon cheesecake with British blackcurrant curd (v) £5.50

Bramley apple & blackberry shortbread crumble with custard (v) £5.95

Sticky toffee pudding with Bourbon vanilla ice cream (v) £5.75

Ice cream & home-baked triple chocolate cookie choose three scoops from Bourbon vanilla, praline, double chocolate or strawberry (v) £4.50

Strawberries & frozen natural yogurt with rhubarb & rose flavour curd (v) 760kJ / 180kcal £4.95

British cheese board Shepherds Purse Yorkshire blue, Lubborn Somerset camembert, Belton Farm Red Leicester and Isle of Man vintage cheddar with a selection of Fudge's nut & mixed seed biscuits, grapes, celery and chutney (v) £6.95

mini dessert or hand-made belgian chocolates & a hot drink choose from Belgian chocolate brownie, Sicilian lemon cheesecake, apple & blackberry crumble or a selection of hand-made Belgian chocolates (v) 340kcal or less £4.95

(v) - made with vegetarian ingredients; (ve) - made with vegan ingredients