

The Fountain, Cowden

While you wait

Warm La Boulangerie Sourdough, Olive oil & balsamic £4.50

Anchovies in Olive oil £5.50

Nocellara Olives £4.50

Starters

Crab cakes - Blue swimming crab meat, fresh chutney (finely diced mango, cucumber, pepper, Kaffir Lime leaves) & sweet chilli sauce £11.95

King prawn cocktail - baby gem lettuce, avocado, pine nuts, fiery chilli pesto & Marie rose sauce (GF) £9.95

Duck spring rolls - shredded carrot, cabbage, glass noodles, spring onion & ginger; hoisin sauce £9.95

Buffalo Mozzarella - beef tomato, avocado, pine nuts, wild garlic pesto & balsamic glaze £9.95

Seasonal vegetable tempura - mirin, ginger & soy dipping sauce, toasted sesame seeds (GF option) (VG) £9.95

Mains

Pie of the day - please see the blackboard **Fish of the day** - please see the blackboard

Korean style braised Pork baby back ribs - marinated with ginger, minced pear, rice vinegar, soy & Gochujang glaze, toasted sesame seeds, triple cooked chips & salad £18.95

Smash burger - chargrilled double beef steak burger (10oz) lettuce, beef tomato, red onion, home made burger sauce, toasted sesame seeded bun, skinny fries, celeriac and apple coleslaw £15.50 (add grilled smoked bacon/mature cheddar/blue cheese/spicy cheddar, £1.40 each)

Crispy skin free range Chicken supreme - roasted courgettes, courgette crisps, sauteed garlic spinach, tomato puree, champ new potatoes, red wine & rosemary sauce (GF) £17.95

Pearl barley risotto - asparagus, peas, parmesan shavings, white truffle oil and pea shoots (GF) (VE) (VG option) £15.95

Roast beetroot salad - Fig, new potatoes, grapefruit, pine nuts, pomegranate & feta cheese (GF) (VE) (VG) £14.50 (add salmon £4.50) (add chicken £3)

PLEASE NOTIFY STAFF OF ANY ALLERGIES

Warm Baked Panini Baguette

(Midday-3pm except Sunday)

Smoked salmon, rocket, cream cheese & dill, pickled gherkin £11.95

King prawn with fiery chilli pesto & Marie rose sauce, avocado, lettuce £11.95

Grilled smoked bacon, beef tomato, lettuce, mayonnaise £9.95

Grilled Halloumi, peppers, avocado, wild garlic pesto, sundried tomato £9.95

(all served with tortia chips and salad garnish)

Sides

Triple cooked chips/skinny fries £4.50 (Add cheddar cheese or blue cheese) £1.50

Halloumi fries £6.50

Onion rings £4

Garlic bread £4 (add cheese) £1

Desserts

Baileys banoffee pie £7.95

Sticky toffee pudding, toffee sauce, vanilla ice cream £7.95

Matcha, coconut & vanilla cheesecake £7.95

Raspberry frangipane tart, vegan vanilla ice cream (VG) (GF) £7.95

A selection of delicious ice creams and sorbets (3 scoops); £6.50

Ice cream: Vanilla, Honeycomb, Chocolate, Strawberry

Sorbet: Mango, Raspberry

For our delicious Sunday roasts, please have a look at our blackboards or ask a member of staff for more information :)



SCAN ME

All meats are supplied from our local butcher Allan Martin Meats in Ashurst Wood

Kids Menu

Mains

Homemade chicken nuggets - Minced chicken breast, carrots, peas, and sweetcorn coated in panko breadcrumbs, served with skinny fries £9.95

Beef Burger - 5oz steak burger in a sesame seeded bun with skinny fries on the side £8.95 (add cheese £1)

Fish fingers - Cod fish fingers coated in panko bread crumbs, served with skinny fries and baked beans £9.95

Margarita pizza - Traditional italian cheese and tomato pizza served with skinny fries on the side £8.95

Dessert

Chocolate marshmallow brownie - served with strawberry ice cream £6.95

Sticky toffee pudding - served with vanilla ice cream £6.95

Ice Cream - 2 scoops of your choice; £5.95

Vanilla, Honeycomb, Chocolate, Strawberry

Sorbet - 2 scoops of your choice; £5.95

Mango, Raspberry