



All mains are served with unlimited rustic fries. If you upgrade then your first portion is upgraded. All other portions are served as rustic fries.

# COW & APPLE

## GRAZERS

<b>Nachos Individual</b> <small>V GF</small>	<b>6</b>
<small>With cheddar cheese, sour cream, guacamole, salsa &amp; jalapeños. Add Beef Chilli or Bean Chilli or BBQ Pulled Pork' £2.50</small>	
<b>Nachos Sharer</b> <small>V GF</small>	<b>9</b>
<small>'Add Beef Chilli or Bean Chilli or BBQ Pulled Pork' £4</small>	
<b>Halloumi Bites</b> <small>V GF</small>	<b>6</b>
<small>with sweet chilli dip</small>	
<b>Southern Chicken</b>	<b>8</b>
<small>Pieces of tender free range chicken breast in a southern style gluten free coating with a choice of sauce: Sticky BBQ, Spicy BBQ, Peri Peri <small>GF</small>, Sweet Chilli <small>GF</small> or Sweet Curry</small>	
<b>Mozzarella Sticks</b> <small>V</small>	<b>6</b>
<small>With a choice of sauce: Sticky BBQ, Spicy BBQ, Peri Peri, Sweet Chilli or Sweet Curry</small>	

See our table cards for for the latest offering

your  
**BURGER**  
OF THE  
**MONTH**  
★ ★ ★ ★ ★  
chef's **SPECIAL**

See our facebook page to make your own suggestion.

★ **LIGHTEN UP!** ★

All of our burgers are available without the bun. Just ask your server & we'll change it for a salad

## BURGERS

### BEEF

WITH FRIES AND COLESLAW. UPGRADE TO SWEET POTATO OR CURLY FRIES £1

We source beef from farms that take care and pride in rearing the finest Red Ruby beef for us at Cow and Apple. They use only sustainable and traditional methods of farming, 100% grass fed and slow grown to produce the highest quality of beef. We simply season with salt and pepper and let the flavour do the talking.

<b>GO GURT - an extra beef patty and more of the good stuff</b>	<b>OUR STANDARD</b>	<b>GO GURT</b>
<b>Cow &amp; Apple Classic</b>	<b>14</b>	<b>17.5</b>
<small>ketchup, mustard &amp; cheddar cheese</small>		
<b>Sloppy Cow</b>	<b>17</b>	<b>21.5</b>
<small>topped with beef chilli, smoked cheese, jalapeños &amp; nachos</small>		
<b>The Combine</b>	<b>16.5</b>	<b>20.5</b>
<small>with cheddar cheese, bacon, onion rings, BBQ sauce, leaves, tomato &amp; red onion</small>		
<b>Woodland Burger</b>	<b>16.5</b>	<b>20.5</b>
<small>with portobello mushroom, blue cheese, leaves &amp; balsamic glaze</small>		
<b>Piggy Back</b>	<b>16.5</b>	<b>20.5</b>
<small>with bacon, brie &amp; caramelised onion</small>		
<b>Farmer's Wife</b>	<b>15.5</b>	<b>19.5</b>
<small>with leaves, tomato, spicy cheese, jalapeños &amp; spicy bbq sauce</small>		
<b>Gurt Burger</b>	<b>20.5</b>	<b>24.5</b>
<small>2x beef patties with pulled pork, bacon, cheddar cheese, onion rings &amp; sticky bbq sauce</small>		
<b>The Welly</b>	<b>16.5</b>	<b>20.5</b>
<small>our take on a beef wellington: Beef patty with mushrooms, pate and English mustard.</small>		
<b>Farmabacoumi</b>	<b>16.5</b>	<b>21.5</b>
<small>with mushrooms, bacon &amp; halloumi coated in smokey cheese sauce sat on a bed of leaves &amp; tomato.</small>		
<b>Pig Out</b>	<b>16.5</b>	<b>21.5</b>
<small>with bacon &amp; cheese &amp; more bacon &amp; cheese. Fancy even more bacon &amp; cheese? Let us know how many layers of bacon &amp; cheese you want. Add £2 for every layer of bacon &amp; cheddar cheese. Did we mention bacon and cheese?</small>		
<b>The Camemburger</b>	<b>18.5</b>	<b>22.5</b>
<small>with crispy-coated deep fried camembert cheese, bacon &amp; sweet chilli jam sat on a bed of leaves &amp; tomato.</small>		

**Maccy Moo** **16**

Winner of our Burger of the Year competition. A beef patty with macaroni cheese (with our awesome smokey cheese sauce) in a brioche bun. Served with salad and garlic bread.

**American Stack** **20**

2 beef patties, bacon, American style cheese, fried onion, ketchup & mustard.

### CHICKEN

WITH FRIES AND COLESLAW. UPGRADE TO SWEET POTATO OR CURLY FRIES £1

All of our chicken is served coated in our southern style, crispy, gluten free crumb. The chickens are entirely free range. There is no better way to eat chicken.

<b>STANDARD</b>	2 chicken strips	<b>OUR STANDARD</b>	<b>GO GURT</b>
<b>GO GURT</b>	4 chicken strips	<b>OUR STANDARD</b>	<b>GO GURT</b>
<b>Alright Hen</b>	<b>17.5</b>	<b>21.5</b>	
<small>Crispy chicken with BBQ Pulled Pork, garlic mayo, leaves, tomato &amp; onion.</small>			
<b>Hunter Chicken</b>	<b>16.5</b>	<b>20.5</b>	
<small>Crispy chicken with bacon, cheddar cheese and our sticky BBQ sauce. Served with red onion, tomato &amp; leaves.</small>			
<b>Chicken Curry 'n' Chips</b>	<b>16.5</b>	<b>20.5</b>	
<small>Chicken in curry sauce, chips, leaves &amp; tomato</small>			
<b>Fish Finger Roll</b>	<b>13.5</b>	<b>17.5</b>	
<small>Breaded Haddock fillet with leaves, mayo &amp; cheddar cheese in a bun. Served with fries &amp; coleslaw</small>			

### MEAT FREE

<b>WITH FRIES AND COLESLAW. UPGRADE TO SWEET POTATO OR CURLY FRIES £1</b>	<b>OUR STANDARD</b>	<b>GO GURT</b>
<b>Falafel Burger</b>	<b>13.5</b>	<b>17.5</b>
<small>With leaves, tomato, onion, roasted red pepper, mayo &amp; spicy tomato &amp; onion chutney</small>		
<b>Mushroom Burger</b>	<b>13.5</b>	<b>17.5</b>
<small>Portobello mushroom, goats cheese, balsamic glaze &amp; leaves</small>		
<b>Halloumi Burger</b>	<b>13.5</b>	<b>17.5</b>
<small>With leaves, tomato &amp; sweet chilli sauce</small>		
<b>Bhaji Burger</b>	<b>14.5</b>	<b>18.5</b>
<small>Onion bhaji, goats cheese, leaves &amp; spicy tomato &amp; onion chutney</small>		

## PROPER GURT **34**

**FEELING EXTRA HUNGRY?**  
Take on the the gurt burger with extra chicken & beef with chilli cheese fries on the side & a milkshake to wash it down.

## TACOS **3 soft shell tacos GO GURT - 1 extra taco** **GO GURT**

WITH FRIES AND COLESLAW. UPGRADE TO SWEET POTATO OR CURLY FRIES £1

<b>Pulled Pork</b>	<b>14.5</b>	<b>17.5</b>
<small>with sticky BBQ sauce, leaves &amp; tomato</small>		
<b>Crispy Chicken</b>	<b>16.5</b>	<b>19.5</b>
<small>with leaves, tomato &amp; a choice of Spicy BBQ / Sticky BBQ / Peri Peri / Sweet Chilli / Curry Sauce</small>		
<b>Beef Chilli</b>	<b>15</b>	<b>17.5</b>
<small>with leaves, cheese, sour cream, guacamole &amp; salsa</small>		

## SAUSAGE **Gooselade Farm pork sausage**

WITH FRIES. UPGRADE TO SWEET POTATO OR CURLY FRIES £1

<b>Classic</b>	<b>14</b>
<small>Gurt sausage served in a toasted bun with caramelised onion &amp; coleslaw</small>	
<b>Beef Chilli</b>	<b>16</b>
<small>Gurt sausage served in a toasted bun with beef chilli &amp; crumbled nachos</small>	
<b>Pulled Pork</b>	<b>16</b>
<small>Gurt sausage served in a toasted bun with BBQ pulled pork &amp; coleslaw</small>	
<b>Messy Pig</b>	<b>16.5</b>
<small>Gurt Sausage with fried onion and smoked cheese sauce</small>	

<b>SIDES</b>	<b>Fries</b> <small>GF</small>	<b>4</b>	<b>Onion Rings</b>	<b>4</b>
	<b>Sweet Potato Fries</b> <small>GF</small>	<b>5</b>	<b>Coleslaw</b>	<b>3.5</b>
	<b>Curly Fries</b>	<b>5</b>	<b>Chilli Beans</b> <small>GF</small>	<b>4.5</b>
			<b>House Salad</b> <small>GF</small>	<b>3.5</b>

<b>LOAD MY SIDE</b>	<b>Beef or Bean Chilli</b>	<b>4.5</b>
	<b>Pulled Pork</b>	<b>4.5</b>
	<b>Cheese</b>	<b>3.5</b>

**LOAD MY MAIN FRIES** Pulled Pork **3.5** Beef or Bean Chilli **3.5** Cheese **3**