

## STARTERS

**Nachos**   3.95  
With cheddar cheese, sour cream, guacamole, salsa & jalapeños

*add beef or bean chilli £1.75*

**Nachos Sharer**   6.95

*add beef or bean chilli £3.50*

**Halloumi Bites**   4.50  
with sweet chilli dip

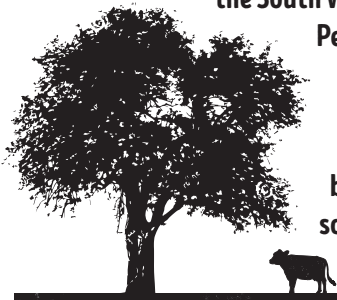
**Southern Chicken** 4.95  
Pieces of tender chicken breast in a coating with a choice of sauce: Sticky BBQ, Spicy BBQ, Peri Peri , Sweet Chilli  or Sweet Curry

**Mozzarella Sticks**  4.95  
With a choice of sauce: Sticky BBQ, Spicy BBQ, Peri Peri, Sweet Chilli or Sweet Curry

## BURGERS

WITH FRIES & COLESLAW UPGRADE TO SWEET POTATO OR CURLY FRIES £1

Our burgers come from happy Red Ruby cows that roam free range on hills in the South West. They only eat grass, and grow to a decent age. Our farmer Peter takes a lot of care to provide us with mince to our exact requirements. The farm uses techniques that go beyond the organic label (ask a member of staff). It's dry aged for four weeks before being sent to us. We then simply hand shape the burgers & cook them fresh to order so please anticipate a short wait.








 **Gluten free buns are available with all of our burgers** 60p supplement

### LIGHTEN UP!





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

**GO GURT:** ADD AN EXTRA CHICKEN BREAST OR BEEF PATTY & MORE OF THE GOOD STUFF

		GO GURT
<b>Cow &amp; Apple Classic</b> Beef patty, ketchup, mustard & cheddar cheese	9.50	13.50
<b>Sloppy Cow</b> Beef patty topped with chilli con carne, cheddar cheese, jalapeños & nachos	12.50	17.50
<b>The Combine</b> Beef patty with cheddar cheese, bacon, onion rings, BBQ sauce, lettuce, tomato & red onion	11.00	16.00
<b>Woodland Burger</b> Beef patty with portobello mushroom, blue cheese, rocket salad & balsamic glaze	10.90	15.90
<b>Piggy Back</b> Beef patty with bacon, brie & caramelised onion	10.90	15.90
<b>Farmer's Wife</b> Beef patty with lettuce, tomato, spicy cheese, jalapeños & spicy bbq sauce	10.50	15.50
<b>Gurt Burger</b> Double patty with pulled pork, bacon, cheddar cheese, onion rings & sticky bbq sauce	16.90	21.90
<b>Chicken Breast Burger</b> With lettuce, tomato, chorizo & mayo	9.90	13.90
<b>Chicken Curry 'n' Chips</b> Chicken in curry sauce, chips, lettuce & tomato	9.90	13.90

		GO GURT
<b>Falafel Burger</b>  With lettuce, tomato, onion, roasted red pepper, mayo and spicy tomato & onion chutney	8.90	13.90
<b>Mushroom Burger</b>  Portobello mushroom, goats cheese, balsamic glaze & rocket	8.90	13.90
<b>Smoked Mushroom</b>  Portobello mushroom, smoked cheese, sun-dried tomatoes, mayo & rocket salad	8.90	13.90
<b>Halloumi Burger</b>  With lettuce, tomato and sweet chilli sauce	8.90	13.90
<b>Bhaji Burger</b>  Onion bhaji, goats cheese, rocket & spicy tomato & onion chutney	10.50	15.50

## SIDES

<b>Fries</b> 	2.50
<b>Sweet Potato Fries</b> 	3.50
<b>Curly Fries</b>	3.00
<b>Onion Rings</b>	2.50
<b>Coleslaw</b>	2.00
<b>Chilli Beans</b> 	2.00
<b>House Salad</b> 	2.50

### LOAD MY FRIES WITH...

Pulled pork 1.75 Beef or Bean Chilli 1.75 Cheddar Cheese .75p

# COW & APPLE

## TACOS 3 soft shell tacos

WITH FRIES & COLESLAW UPGRADE TO SWEET POTATO OR CURLY FRIES £1

**Pulled Pork** 9.90  
with sticky BBQ sauce, lettuce & tomato

**Chicken Breast** 9.90  
with lettuce, tomato & a choice of  
Spicy BBQ / Sticky BBQ / Peri Peri / Sweet Chilli / Curry Sauce

**Mushroom & Goats Cheese** 9.90  
with rocket salad & balsamic glaze

**Beef Chilli** 10.90  
with lettuce, cheese, sour cream, guacamole & salsa

## SAUSAGE Gooselade Farm pork sausage

WITH FRIES UPGRADE TO SWEET POTATO OR CURLY FRIES £1

**Classic** 7.90  
Gurt sausage served in a toasted bun  
with caramelised onion & coleslaw

**Beef Chilli** 9.90  
Gurt sausage served in a toasted bun  
with beef chilli & crumbled nachos

**Pulled Pork** 9.90  
Gurt sausage served in a toasted bun  
with BBQ pulled pork & coleslaw

## Fish Finger Roll 8.95

Breaded Haddock fillet with lettuce, mayo & cheddar cheese  
in a bun. Served with fries & coleslaw



FIND A NEW  
FAVOURITE

Six different third of a pints 8.25

See behind the bar or ask your  
server for the current offering



Made without gluten containing ingredients, but please be  
aware our kitchen handles gluten containing ingredients

## SIDES

Fries <sup>GF</sup> 2.50

Sweet Potato Fries <sup>GF</sup> 3.50

Curly Fries 3.00

Onion Rings 2.50

Coleslaw 2.00

Chilli Beans <sup>GF</sup> 2.00

House Salad <sup>GF</sup> 2.50

add a sauce .50p

Spicy BBQ / Sticky BBQ / Sweet Chilli /  
Peri Peri / Curry Sauce / Garlic Mayo

## ADD TO YOUR SIDE

Beef Chilli 3.50

Pulled Pork 3.50

Cheese 1.50

\* EXTRA OPTIONS AVAILABLE ON OUR \*  
VEGAN FRIENDLY MENU

## £10 MIDWEEK MEAT UP

BURGER or TACO  
or SAUSAGE

with  
FRIES

&  
A DRINK

Wednesdays

J&C's apply



@COWANDAPPLEDORCHESTER



@COWANDAPPLE