

# *The Spotted Cow*

## *Lunch Menu served 12pm – 2:30pm*

### *Traditional Pub Classics*

#### **Scampi and Chips - £16 / Smaller Plate - £12**

Wholetail Breaded Scampi served with Triple Cooked Chunky Chips, Tartare Sauce, and Garden Peas.

#### **Traditional Fish and Chips - £16 (GF Option Available) / Smaller Plate - £12**

Served with Triple Cooked Chunky Chips, Tartare Sauce, and Garden Peas or Mushy Peas.

#### **Spotted Cow Burger – £16 (Add Cheddar Cheese - £1.00)**

6oz Burger with Bacon, served in a Brioche Bun, with Lettuce, Tomato, Gherkin, Mayonnaise served with Triple Cooked Chunky Chips and Homemade Coleslaw.

#### **Chicken Burger - £15 – (Add Cheddar Cheese - £1.00)**

Served in a Brioche Bun, with Lettuce and Mayonnaise, served with Triple Cooked Chunky Chips and Homemade Coleslaw.

#### **Lamb Burger - £16**

Served in a Brioche Bun, with Red Onion Marmalade, Goats Cheese, served with Triple Cooked Chunky Chips and Homemade Coleslaw.

#### **Moving Mountain Vegan Burger (V) (VE) (GF Option Available) - £16**

Served in a Seeded Bun with Vegan Mayonnaise, Lettuce and Tomato, Gherkin and Homemade Coleslaw, served with Triple Cooked Chunky Chips.

#### **Sussex Smokey (GF Option Available) - £16 / Smaller Plate £12**

Smoked Haddock, New Potatoes and Spinach in a Wholegrain Mustard and Cream Sauce finished with Grated Cheese and Crusty Bread.

#### **Broccoli, Tomato and Blue Cheese Quiche (V) - £12.50**

Served with New Potatoes and Salad.

#### **Chicken Schnitzel - £16**

Butterfly Chicken Breast in Panko Breadcrumbs, served with Salad, Fries and Homemade Coleslaw.

#### **Full English Breakfast - £13**

2 Sausages, 2 Bacon, Grilled Tomato, Mushrooms, Baked Beans, 2 Fried Eggs & 2 slices of Toast and Butter.

#### **Small Full English Breakfast - £10**

1 Sausage, 1 Bacon, Grilled Tomato, Mushrooms, Baked Beans, Fried Egg & Slice of Toast and Butter.

#### **Vegetarian Breakfast (V) - £10**

1 Vegetarian Sausage, Grilled Tomato, Mushrooms, Baked Beans, Fried Egg & Slice of Toast and Butter.

**Please inform a member of staff if you have any allergies or intolerances.**

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## *Lunch Menu served 12pm – 2:30pm*

### *Sandwiches / Baguettes*

#### *Served with Salad Garnish and Crisps - GF Options Available*

BLT - £7 / £8  
Ham Salad - £7 / £8  
Cheese & Pickle (V) - £6 / £7  
Prawn & Marie Rose - £9 / £10  
Tuna Mayo - £7 / £8  
Sausage & Bacon – £7 / £8  
Brie, Bacon & Cranberry – £7 / £8  
Chicken Goujons with Salad – £8 / £9

### *Jacket Potatoes*

#### *Served with a Salad Garnish*

Cheese (V) - £8  
Cheese & Baked Beans (V) - £9  
Cheese & Bacon - £10  
Tuna Mayo - £10  
Prawn & Marie Rose - £12  
Butter (VE Option Available) - £7  
Vegan Cheese (VE) - £8

### *Salads*

Ham Salad – Served with New Potatoes - £13  
Cheese Salad – Served with New Potatoes (V) - £12  
Prawn Salad – Served with New Potatoes - £15

Ploughman's – (V) £16 – Add Ham for £1.00

Cheddar, Brighton Blue, and Brie served with Pickle, Pickled Onion, Salad Garnish, and a Baguette.

### *Light Bites*

Salt & Pepper Squid - £8  
Served with Garlic Mayo and Salad Garnish.  
Soup of the Day (GF Option Available) (V) served with Crusty Bread - £7  
Falafel served with Mixed Leaves and Balsamic Vinegar (V) (VE) - £7  
Chips (Small) - £3.50  
Chips (Large) - £5.00  
Cheesy Chips (Small) - £5  
Cheesy Chips (Large) - £6.50

### *Kids Menu*

Scampi, Chips and Peas or Baked Beans  
Burger, Chips and Peas or Baked Beans  
Chicken Goujons, Chips and Peas or Baked Beans  
Sausages, Chips and Peas or Baked Beans

All Kids Meals include a Scoop of Ice Cream for Dessert - £7.50

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