

Gastronomy

C O W E S

SNACKS

OLIVES WITH CHILLI (v) (vg) (gf) (df) 3

BREAD AND OILS (v) (vg) (df) 3.5

HUMMUS & PITTA (vg) (v) (df) 4

TACOS (ALL £4 EACH)

CHEESEBURGER TACO

Burger, aged cheddar, relish, salsa verde (gf)

POMEGRANATE LAMB TACO

Lamb in a pomegranate sauce, spiced babaganoush (gf) (df)

BBQ PORK TACO

Pulled pork, Gastronomy BBQ sauce, slaw (gf) (df)

CARIBBEAN FISH TACO

Rum battered fish, Caribbean slaw, coconut curry dressing (df) (gf)

SWEET POTATO TACO

With black beans, chipotle sauce and slaw (vg) (v) (gf) (df)

CHINESE CHICKEN TACO

Chinese chicken with Asian slaw and aioli (gf) (df)

SMALL PLATES - PERFECT FOR SHARING

GASTRONOMY GAMBAS 8.5

Shell on prawns with garlic and chilli

YAKITORI PRAWN SKEWERS 8

With spring onion, served on a bed of Asian slaw (gf) (df)

GASTRONOMY WINGS 6.5

With a choice of Piri Piri or Alabama White Sauce (gf)

ASIAN GLAZED PORK BAO 7.5

*Pork belly in an Asian glaze, served in a steamed bun (df)
Also available with tofu instead of pork (vg)(v)(df)*

CALAMARI 7.5

Deep fried squid served with salad and a lemon aioli (df) (gf)

WINTER SQUASH ARANCINI 7.5

Butternut squash Italian arancini, served with a lemon aioli (v)

MEXICAN VEGETABLE SKEWERS 6.5

Mexican spiced veg, quinoa, salsa verde (v) (vg) (gf) (df)

MOROCCAN CHICKEN SKEWERS 12

Moroccan spiced chicken, quinoa, jalapeno crema (gf)

ITALIAN MEATBALLS 8

Pork, veal and beef meatballs with pine nuts, served in a marinara sauce with garlic croutons on the side

LARGE PLATES

GASTRONOMY BURGER 13

Aged cheddar, Gastronomy relish, served with salad, fries

Add BBQ pulled pork . +3.5

SPATCHCOCK POUSSIN 15

Chile de árbol - spicy, warming and citrusy. Served with salad and fries (gf) (df)

RIB EYE STEAK 22

With salsa verde, chargrilled tomatoes, fries, salad (df) (gf)

GASTRONOMY RIBS 13

Slow braised BBQ ribs, Southern slaw, green salad (gf) (df)

BANG BANG CHICKEN SALAD 13

Peanut chicken salad with sesame (gf) (df)

WINTER SQUASH SALAD 10.5

With figs, spinach and pine nuts (vg) (v) (gf) (df)

BETROOT & BLACK BEAN BURGER 11

Served with tomato and ginger relish with pickled beetroot (v)

Add goats cheese +1

WHOLE THAI BASS 17

Local sea bass, served whole on the bone, with Thai spices and an Asian salad (gf) (df)

SEAFOOD RISOTTO 16.5

Italian risotto with squid, prawns, mussels and chorizo

SIDES

CHARRED CORN 4.5

With salsa verde, grilled on the BBQ (v) (gf) (vg) (df)

FRIES 3.5

*(vg) (v) (gf) (df)
Upgrade to sweet potato fries for an extra 50p!*

GREEN SALAD 3.5

(vg) (v) (gf) (df)

HALLOUMI FRIES 6

With harissa yoghurt and pomegranate reduction (v) (gf)

Prices include VAT

(vg) vegan, (v) vegetarian, (gf) gluten free, (df) dairy free - please notify the staff of any allergies or dietary requirements