

## THE STEAKS

All our steaks are sourced locally from the Isle of Wight's Combley Farm, and are served with grilled tomato, caramelised onion purée, roasted flat mushroom & watercress

### PICK YOUR STEAK

#### THE HANGER 14oz / £22

The Hanger is often known as the "butcher's steak", because butchers often kept it for themselves rather than offer it for sale. Derived from the lower belly of the cow, and prized for its flavour, you'll soon see why the butcher's tried to keep it a secret.

#### LAS VEGAS STRIP 12oz / £20

The first steak to be "invented" in 10 years, by Tony Mata, an American with PhD. In Meat Science. Tony invented a new butchering method (and patented it) to discover this hidden gem of a steak in the chuck area of the cow.

#### FLAT IRON 10oz / £15

The Flat Iron, also known as the "Butlers Steak" is taken from the 'feather' muscle. The gristle from the outside of the muscle is removed, leaving a great looking lean steak, with a marbled effect. (It also looks a lot like an old-fashioned iron!)

#### THE SIRLOIN 8oz / £17

The Sirloin is a steak cut from the upper middle of the cow. When cut it is actually divided into several types of steak, of varying quality. The top sirloin is the most prized of these, and this is what will find its way to your plate at The Cow Co

#### THE PAVÉ 10oz / £19

The Pavé from the Lower Sirloin has the seam cut from the rump end of the sirloin and all gristle and fat removed, leaving a delicious cut of juicy steak. This steak is tender, and usually best served medium rare.

#### FILET MIGNON 6oz / £20

The Filet Mignon, meaning cute or dainty filet, is essentially a tube of "tenderloin" meat that runs along the spine of a steer. Possibly the most lean and tender part of the cow, there isn't much of it per animal, so it is coveted by meat enthusiasts.

### PICK YOUR SAUCE

<b>PORT &amp; BLUE CHEESE</b>	<b>£3</b>	<b>GARLIC MUSHROOM*</b>	<b>£3</b>
<b>PEPPERCORN*</b>	<b>£3</b>	<b>CHIMICHURRI</b>	<b>£3</b>
<b>GARLIC &amp; HERB BUTTER</b>	<b>£3</b>	<b>BÉARNAISE</b>	<b>£3</b>

### PICK YOUR SIDES

<b>SALTED FRIES</b>	<b>£3</b>	<b>COLESLAW</b>	<b>£3</b>
<b>SWEET POTATO FRIES</b>	<b>£3</b>	<b>GARLIC BREAD*</b>	<b>£3</b>
<b>HOUSE SALAD</b>	<b>£3</b>	<b>CRISPY KALE</b>	<b>£3</b>
<b>BROCCOLI CHEESE*</b>	<b>£3</b>	<b>DIRTY FRIES</b>	<b>£4</b>

Food Allergies & Intolerances - Please speak to a member of staff about the ingredients in your meal before making an order.  
 \*These sauces and sides may contain traces of gluten