

Sunday.

Snacks.

Ox cheek & cheddar croquettes	5.50	Marinated Nocellara olives (ve) local bread	5.50
Warm house pork rinds burnt apple sauce	5.50	Spanish Padron peppers (ve) Sriracha yogurt	5.50

Sharer & small plates.

Cow & Sow sharer	22.00	Charred garlic & chilli tiger prawns	12.00
sticky pork belly baby chorizo smoky maple glazed brisket ox cheek & cheddar croquette corn ribs marinated Nocellara olives		Smoky maple glazed brisket BBQ sauce	7.95
Beef tartare soy cured egg yolk	12.50	Corn ribs (ve) C&S hot & smoky sauce	6.25
Crispy cauliflower florets (ve) sweet & spicy	5.95	Sticky pork belly house ketchup	8.25
Crispy squid lemon & lime aioli	7.75	Chorizo saffron aioli cherry tomato	7.75
		Chef's creation fresh produce 🚜	POA

Mains.

Roast rib of beef	33.00
LIMITED AVAILABILITY – when it's gone it's gone	
35 day-aged sirloin of beef	26.00
roasted with garlic & rosemary	
Slow roast porchetta	25.00
pork belly pork neck seasonal herbs & spices	
Slow braised beef brisket	24.00
red wine rosemary garlic	
Grilled chicken supreme	23.00
garlic lemon thyme	
The Cure	33.00
beef sirloin porchetta beef brisket chicken supreme	
Butternut squash wellington (ve)	21.00
wild mushroom duxelles thyme & madeira jus	

Sharing roast.

LIMITED AVAILABILITY- Ideal for two sharing.
Served medium-rare or medium.
Ask your server for today's available weights

Picanha	10.00/100g
rump cap. Packed with deep, rich flavour	
Tomahawk	11.00/100g
ribeye on the bone. Well marbled, rich & buttery	
Porterhouse	10.50/100g
combining the tender filet mignon with the flavoursome New York strip	
Chateaubriand	15.50/100g
prized cut from the fillet. Deliciously soft & tender	

All Sunday roasts and sharing cuts are served with: 🚜

yorkshire pudding (v) | roast potatoes in garlic & rosemary (ve) | spiced red cabbage (ve) | roast parsnips with thyme & maple syrup (ve) | carrots with fennel seeds & maple syrup (ve) | seasonal farm greens (ve) | celeriac puree (ve) | rich red wine & beef gravy

Sides.

Yorkshire pudding (v)	1.00	Roast potatoes in garlic & rosemary (ve)	4.95
Koffmann's chips (ve) chimichurri salt	5.75	Four cheese cauliflower cheese (v)	6.95
add Cow & Sow dripping	0.50	parmesan & garlic crumb	
Sunday roast mixed vegetables (ve) 🚜	4.95	Miso & chipotle glazed Hispi cabbage (ve) 🚜	6.95
Crispy onion blossom (v) black garlic mayo 🚜	6.95		

(v) Vegetarian (ve) Vegan

(vo) Vegetarian option available (veo) Vegan option available

COW & SOW

We are a Certified B Corporation.

Cow & Sow became a Certified B Corporation in October 2024, a huge hard-won milestone for our small family business.

We pledge to balance purpose and profit, aiming to surpass the highest standards of social and environmental performance, accountability, and transparency and committing to a more inclusive, equitable and regenerative way of doing business as a force for good.

Here's a snippet of some of the things we've been doing at Cow & Sow:

People.

We LOVE our people and want to share our purpose and progress with them, so we've issued shares in our beloved Cow & Sow. Birthdays are special so we always celebrate by having the day off! If you stay with us (as most do) our brilliant people get a full month paid sabbatical after 5 years.

Planet.

We CARE for the planet that looks after our produce, (especially on our farm) we want it to be healthy. By tracking our carbon output, we can reduce our footprint year on year and mitigate our emissions through the transformation of waste into renewable energy sources and through afforestation in abandoned farmland.

Community.

Throughout the year we support numerous charities and we even pay our team members if they take a day off to fundraise or volunteer. We are proud to donate to those charities close to the hearts and minds of our loyal customers. Fareshare South West and LoveBrum are just two of our charitable partners.

Certified



Corporation



7 Acre Farm Grassland to grill.

What started as an idea whilst running his family pub business, has become a reality for our founder, Mark and his family. In 2021 Cow & Sow was born and in a short few years, continues to break the mould.

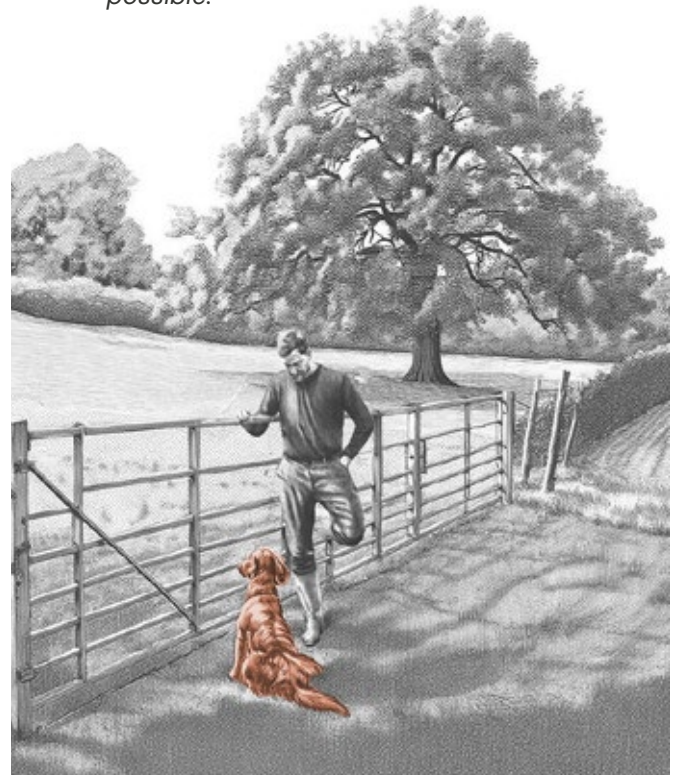
Created from a desire to build a sustainable restaurant legacy, Cow & Sow has proudly supported many families through employment opportunities and championed charitable partnerships through volunteering, awareness and donations.

But it doesn't stop there, and 2025 saw the acquisition of 7 Acre Farm, a plot southwest of Bristol. Currently still in its infancy, our brilliant Head Grower, Amanda, formerly of the National Trust, has begun sowing the seeds to allow us to further cement our B Corporation credentials.

We look forward to harvesting the 'fruits (and vegetables) of our labour', bringing some of our beautiful produce from the grassland to the grills.



Denotes we endeavour to source the entirety of the dish or garnish from our own farm when possible.



Mark Warburton (founder) with his beloved Cocker Spaniel, Charlie, on 7 Acre Farm.

Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu and we cannot guarantee the total absence of allergens.
A discretionary optional service charge of 10% will be added to your bill.