

Birmingham Restaurant Festival Set lunch.

BIRMINGHAM
RESTAURANT
Festival



3 course | £25

With a 125ml glass of Cow & Sow Malbec or House Soda

Monday – Friday 12pm – 4pm

To start.

Corn ribs (ve)

C&S hot & smoky sauce

Crispy squid

lemon & lime aioli

Ox cheek & cheddar croquettes

Mains.

Roast porchetta in a bun | chimi salted Koffmanns' chips | house slaw

Fresh day boat fish chefs' seasonal garnish | side of choice 

Steak salad beef steak | chimi avocado | Heirloom tomatoes | beef dripping croutons 

Flat iron steakhouse salad | side of choice

supplement 5.00

add a sauce or butter: green & pink peppercorn | chimichurri | garlic butter 3.25

Miso glazed celeriac (ve)

smoky soy tempeh | Thai basil tofu puree | Gochujang tenderstem broccoli

sweet black pepper cashew

Sides.

Koffmann's chips (ve)

chimichurri salt

add beef dripping

5.75

0.50

Steakhouse salad

rocket | radish | dressing 

4.50

Smoky sweet potato (veo)

6.95

Seasonal greens (ve)

6.95

Grilled baby Caesar

bacon bits | parmesan 

6.75

House slaw (ve)

5.25

Desserts.

Signature salted caramel tart (v)

honeycomb | vanilla ice cream

Affogato (veo)

vanilla ice cream | espresso

COW & SOW

Kitchen 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.

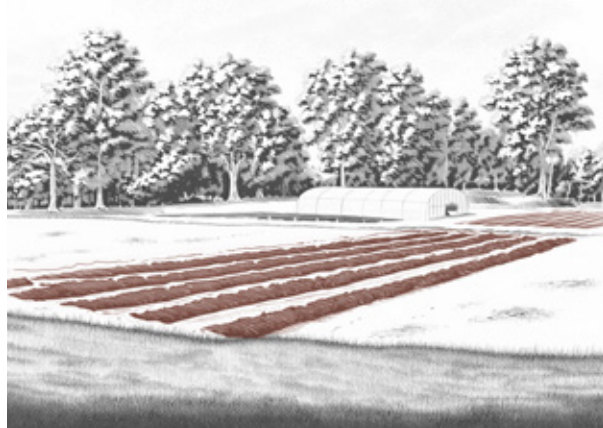
Created from a desire to build a sustainable restaurant legacy, Cow & Sow has proudly supported many families through employment opportunities and championed charitable partnerships through volunteering, awareness and donations.

But it doesn't stop there, and 2025 saw the acquisition of our Kitchen 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.



our Kitchen Farm

Certified



Corporation



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.