

Pride brunch.

Food.

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| Sow & Egg gammon steak buttered fried egg chimichurri avocado sweet potato hash brown | 12.95 |
| Cow & Egg 35 day aged flat iron steak served pink buttered fried egg chimichurri avocado sweet potato hash brown | 15.95 |
| Chorizo & sweet potato hash buttered fried egg miso & chipotle jam | 11.95 |
| Chimichurri avocado on sourdough toast poached eggs Pico de Gallo (v) miso & chipotle jam Pico de Gallo (ve) | 11.00 10.50 |
| French toast brioche toast crispy smoked bacon belly maple syrup | 10.95 |
| brioche toast fruits of the forest maple syrup whipped cream (ve) | 9.95 |
| Grilled hen of the woods mushroom (ve) smoky tofu spread pickled white shimeji & chilli crispy seaweed sourdough | 10.50 |

Cocktails.

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| Bellini <i>choose between peach or raspberry</i> Luce D'Oro Spumante Brut | 9.75 |
| Mimosa orange juice Luce D'Oro Spumante Brut | 9.75 |
| English Garden gin St Germain Elderflower liqueur fresh mint cucumber apple juice | 10.50 |
| Aperol spritz aperol Luce D'Oro Spumante Brut soda | 10.50 |
| Hugo spritz St Germain Elderflower liqueur Luce D'Oro Spumante Brut fresh mint lime soda | 11.50 |

Hot & soft drinks.

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|----------------------------|-------------|
| Double espresso | 3.50 |
| Americano | 3.75 |
| Flat white | 3.95 |
| Cappuccino | 3.95 |
| Selection of tea | 3.75 |
| Selection of juices | 3.00 |

Alcohol-free cocktails.

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|---|-------------|
| Peach spritz peach orange soda mint summer fruits | 7.50 |
| Tulip club cranberry raspberry pineapple lime syrup | 7.50 |

**We're proud to
be supporting
Birmingham
LGBT today.**

**BIRMINGHAM
LGBT**

A discretionary £1 donation per guest will be added to every bill.

Birmingham LGBT's vision is for a vibrant, diverse, lesbian, gay, bisexual and trans community where all can realise their potential and have equal access to what the city has to offer.

They provide a range of free, confidential and non-judgemental services for the LGBTQ+ Community in Birmingham and beyond.

Plus, for every Hard iced tea ordered, we'll donate an additional £1 to Birmingham LGBT.

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|---|--------------|
| Hard iced tea gin white peach elderflower lemon | 11.50 |
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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.

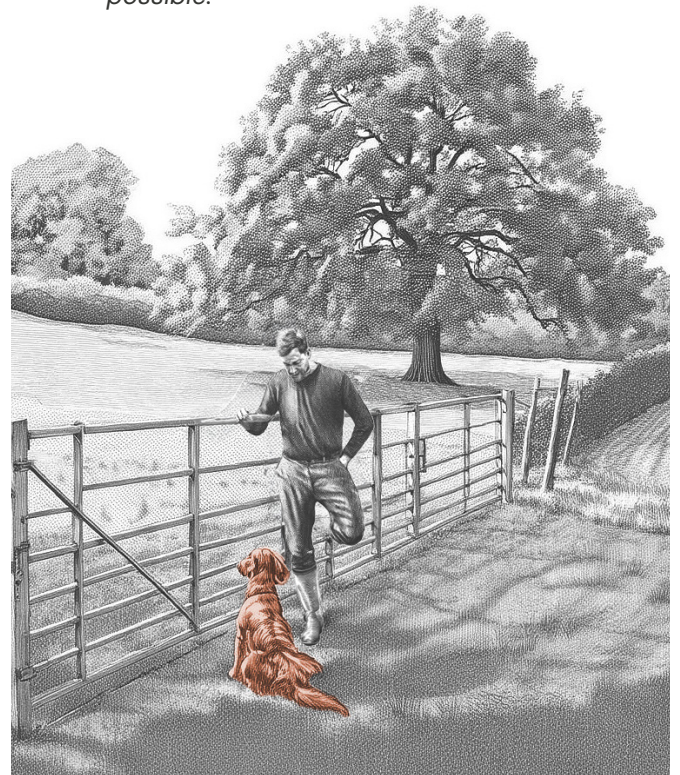
Created from a desire to build a sustainable restaurant legacy, Cow & Sow has proudly supported many families through employment opportunities and championed charitable partnerships through volunteering, awareness and donations.

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.