

# OAP DISCOUNT

20% OFF  
KITCHEN PLATES  
& DESSERTS  
MONDAY TO  
THURSDAY



## DESSERTS

### CHURROS £8

Fried spanish doughnut tossed in cinnamon sugar & served with a warm chocloate dip

### STICKY TOFFEE PUDDING £7.50

Served with custard or vanilla ice cream

### DEATH BY CHOCOLATE SUNDAE £7.95

Chocolate ice cream, chocolate chunks, vanilla ice cream, maltesers, chocolate sauce & whipped cream



#### ALLERGEN INFO

ALL OF OUR FOOD IS COOKED IN A KITCHEN WHERE ALL ALLERGENS ARE PRESENT. WHILST ALL CARE & PRECAUTIONS ARE TAKEN TO MINIMISE POSSIBLE CONTAMINATION, YOU MUST DECLARE ANY ALLERGIES BEFORE ORDERING. WE REGRETFULLY CANNOT CATER FOR SEVERE, LIFE THREATENING ALLERGIES. NOT ALL INGREDIENTS ARE LISTED, MORE ALLERGEN INFO IS AVAILABLE ON REQUEST.

## WE DO SUNDAY ROASTS! BOOK NOW!

2 FOR £25 ON OUR  
ROAST BEEF, GAMMON  
& MEATLESS ROASTS!

SERVED 12-5PM  
subject to availability

ALL SERVED WITH CRISPY, FLUFFY ROAST POTATOES,  
HOMEMADE YORKSHIRE PUDDING, VEGETABLES,  
STUFFING & GRAVY

ROAST BEEF TOPSIDE £14.25

HONEY ROAST GAMMON £14.25

GRILLED CHICKEN BREAST £14.95

LUXURY NUT ROAST & VEG GRAVY £15.95

CHILDS ROAST  
BEEF, GAMMON OR MEATLESS £8.50

Monday &  
Wednesdays!  
Any  
Two  
Pizzas  
for £20!



Tuesdays!  
Free Pool for customers!

Thursdays  
Two CBK  
Meals for £20!

Sundays!  
Two for £25 Roasts!

OAP  
DISCOUNT  
20% off Kitchen  
Plates & Desserts  
Monday to Thursday!

Real ALE Club!  
ALL REAL ALES JUST  
£3.80 A PINT ON  
MONDAYS 10AM - 5PM!



CBK  
Crediton Burger Kitchen

SERVED IN OUR BLACK SESAME BRIOCHE ROLL  
WITH LEAF, SLICED TOMATO & RED ONION  
WITH SKIN ON FRIES & SLAW

CLASSIC COWBOY £13  
6oz beef burger topped with gherkins, monterey jack & burger sauce

CFC MAYO £14  
In house southern fried chicken breast with garlic mayo

EAST TOWN £14  
6oz beef burger topped with streaky bacon & monterey jack with BBQ mayo

SQUEAKY V £14  
Flat field mushroom, grilled halloumi & avocado

V-REX V £15  
Quorn fillet coated in our southern style seasoning with vegan cheese

STICKY PIGGY £15  
Back by request, slow cooked pork belly in sticky asian sauce with pickled slaw

RODEO FISH £15  
Beer battered fish with BBQ sauce & homemade onion rings

Thursdays! - 2 Burger  
Meals for £20!

## Dirty Loaded Fries

HUNTER £7.50  
Dipster fries loaded with BBQ  
sauce, bacon lardons & cheese

WANNA PIECE? £8  
Dipster fries loaded with pizza  
sauce, pepperoni & cheese

COW POKE £8  
Dipster fries loaded with spicy  
beef, jalapeños & cheese

HONEY I'M HOME £8.50 V  
Dipster fries tossed in garlic,  
honey, thyme & goats cheese

HELLO ME £8 V  
Fried potato chunks topped  
with katsu sauce & grilled  
halloumi bites

JAPIG £8.50  
Dipster fries topped with katsu  
sauce & belly pork lardons

SKINNY FRIES £4

CHUNKY CHIPS £4

DIPSTER FRIES £5

## FRIES



ADD CHEESE £1

ADD TRUFFLE OIL  
& PARMESAN £2

ADD CAJUN SPICE 50P

## BAGUETTES

Served with a handful of dipster fries & salad garnish  
cheddar, red onion & tomato £8.50 chicken mayo £10

bacon, lettuce, tomato £9

halloumi, mushroom & avocado £10

tuna mayo £9

giant fishfinger duo & tartare £10

honey roast ham & mustard

rump steak & mushroom £12

# The Kirton COW PUB & KITCHEN

breakfast  
lunch  
dinner  
& drinks

INDEPENDENT & FAMILY RUN



ORDER AT THE BAR WITH YOUR  
TABLE NUMBER

Visit our Website  
WWW.KIRTONCOWCREDITON.CO.UK

01363 530008  
Moo@KirtonCowCrediton.co.uk  
37 High Street  
Crediton  
EX17 3JP





## BREAKFAST

Served daily up to midday

### TOAST £3.50 ✓

A round of farmhouse toast with butter, Jam or Marmalade

### MAMBONITO TOAST £10 ✓

Black rice, diced tomatoes, avocado, azuki beans, soybeans, spring onion, scrambled egg & balsamic on farmhouse toast

### VEGAN SAUSAGE WRAP £9

Vegan Cumberland sausages, vegan cheese & potato chunks

### BREAKFAST WRAP £9

Bacon, cheese omelette, hash brown rosti & tomato ketchup in a tortilla wrap

### PANCAKES £9

Triple stacked buttermilk pancakes with a choice of; Streaky bacon & maple syrup  
Fresh fruit & chocolate sauce ✓

### BREAKFAST BAGUETTE £8

Rustic buttered baguette with two fillings;

**Bacon / Egg / Hash Brown  
Mushroom / Sausage /  
Avocado / Veg Sausage** ✓

### GENERALS BREAKFAST £12.50

Two Westcountry sausage, two back bacon, fried egg, hash brown rosti, mushroom, black pudding, branstion beans, grilled tomato & toast!

### VEGGIE BREKKIE & BREW £11 ✓

Two vegan sausages, hash brown rosti, grilled tomato, mushroom, baked beans & toast with a tea or filter coffee

### BREKKIE & BREW £10

Two back bacon, westcountry sausage, fried egg, baked beans, hash brown rosti & a slice of toast with butter with a tea or filter coffee

**UPGRADE YOUR DRINK TO:  
LATTE, CAPPUCCINO,  
FLAT WHITE, HOT CHOCOLATE £1**

### ADD ONS:

WESTCOUNTRY SAUSAGE £1.25  
VEGAN SAUSAGE  £1.50  
BACK BACON £1.25  
STREAKY BACON **X2** £2.25  
HASH BROWN ROSTI  £2  
MUSHROOM £1  
BLACK PUDDING £1.25

## SMALL PLATES

£7.50 each or Any 3 for £19

### CHICKEN TENDERS

In house southern fried chicken strips with a selection of dips

### CALAMARI

Lightly dusted and deep fried served with citrus mayo

### CAJUN WHITEBAIT

Crispy cajun coated whitebait with homemade tartare

### MANGO & BRIE PARCELS ✓

Trio of filo parcels stuffed with mango & brie, drizzled with balsamic

### STICKY BELLY PORK

Slow cooked pig belly in asian sauce with pickled slaw

### CHEESE QUESADILLA GFI ✓

Tortilla wrap stuffed with cheese & grilled

### MAMBONITO BOWL GFI ✓

Black rice, diced tomatoes, avocado, azuki beans, soybeans, spring onion & grilled halloumi

### SWEET POTATO FALAFEL GFI

With sweet chilli dip 

### PATATAS FRITAS GFI ✓

Crispy fried potatoes with garlic mayo

### HOMEMADE ONION RINGS

Onion rings hand battered In our real ale beer batter

### TEMPURA GOATS CHEESE ✓

Lightly battered goats cheese topped with honey & orange

### MOZZARELLA POPCORN GFI ✓

Southern fried mozzarella bites in a gluten free breadcrumb with sweet chilli dip

### GARLIC KING PRAWNS GFI

King prawns in garlic butter

### MAPLE PIGS IN BLANKETS

3 chunky pigs in blankets with maple bacon

### ASIAN TENDERSTEM

Tenderstem broccoli finished in our sticky asian style sauce

### GARLIC POTATOES GFI

New potatoes finished in garlic & herb butter & parmesan

## KITCHEN PLATES

Served from midday

### SPAGHETTI BOLOGNAISE £12

Rich beef ragu atop spaghetti served with parmesan shavings & garlic bread

### CURRY OF THE DAY £13

Homemade curry of the day served with rice & poppadum **or** prawn crackers

### HUNTERS CHICKEN £14

Chicken breast smothered in BBQ topped with bacon & cheese served with chunky chips & slaw or new potatoes & tenderstem

### BBQ RACK OF RIBS £15

Rack of pork ribs in our tasty bbq sauce served with fries, pickled slaw, coleslaw & beer battered onion rings

### BEAN CHILLI TORTILLA £12 GFI

Homemade mixed bean chilli served in a large tortilla with rice & dry slaw

### HONEY ROAST HAM £13 GFI-OR

Honey roast gammon ham topped with a brace of eggs served with chunky chips, peas & homemade onion rings

### COTTAGE PIE £13 GFI

This pub favourite, minced beef in rich real ale gravy topped with cheesy mash & served with tenderstem

### MAMBONITO BURRITO £14 GFI ✓

Black rice, diced tomatoes, avocado, azuki beans, soybeans, spring onion & grilled halloumi baked in a tortilla served with fries

### VEGAN PENANG £14 GFI

A fiery vegan aromatic coconut curry with mange-tout, green beans & peppers served with rice

CHECK OUT *CBK*  
ON THE BACK

### KIRTON STEAK SIZZLER £17

8oz Rump steak cooked & served on a hot skillet with tomato, mushroom, fries & peas with onion rings

### FISH FRIDAY

**TWO LARGE FISH & CHIPS  
OR SPANISH PAELLA FOR £25!**

### LARGE FISH & CHIPS £15.50

Hand battered in real ale beer batter served with chunky chips, tartare & peas

### SPANISH PAELLA £16 GFI

Tasty rice with king prawns, chorizo, mussels, pollack, shrimp & chicken cooked and served in an authentic paella pan

## ROMAN PIZZA

Stonebaked 11" Rectangular

### GARLIC BREAD £9 ✓

Roman base smothered with garlic & herb butter & baked  
**Add Cheese £1**

### MARGHERITA £10.50 ✓

Our Roman base topped with cheese, tomato & Italian seasoning

### FUN GUY £11 ✓

Margherita topped with sliced field mushroom

### ALL DAY PIZZA £12

Branston beans topped with cheese sausage, bacon & mushroom

### PEPPERONI £12

Margherita topped with pepperoni

### 3 PIGS £13

BBQ base topped with chorizo, bacon & pepperoni with cheese

### G.O.A.T £13.50 ✓

Tomato base, onions, goats cheese & avocado with cheddar & mozzarella

### THE HOT ONE £13.50

Tomato or BBQ base topped with jalapeños & spicy beef with cheese

### VEGANO £13.50 GFI

Round gluten free vegan pizza base topped with tomato, vegan cheese, vegan Cumberland sausage & red onion

**MONDAY & WEDNESDAYS  
ANY TWO PIZZAS FOR £20 EAT IN & TAKEAWAY!**

## SALADS

Mixed leaf, tomatoes, red onion, peppers & balsamic dressing with garlic buttered new potatoes

### CAJUN CHICKEN BREAST GFI £12

### GRILLED HALLOUMI GFI £12

### AROMATIC VEGETABLE PATTIE GFI £13

