



REDCOW

STEAKHOUSE & GRILL

SNACKS & LITE BITES

Chefs Homemade Soup <i>(ask your server)</i> Served with brown bread	€4.50
Garlic & Mozzarella Melt Toasted garlic bread topped with a tomato & basil sauce & mozzarella cheese	€4.50
Red Rock Chicken Wings Juicy chicken wings tossed in a spicy Cajun sauce & served with a blue cheese dip	€5.50
Baby rack of ribs - in a barbeque sauce	€6.95
Caesar Salad Crisp Caesar salad served with bacon bits, garlic croutons & fresh parmesan	€5.50
Dressed Mushrooms Breaded button mushrooms, garlic & chive dip	€5.50
Cheesy Chilli Nacho's Chilli beef topped with jalapenos & melted cheddar & served with tortilla chips, sour cream & salsa dip	€5.50
Cajun Chicken Salad Served on a bed of seasonal leaves with a Cajun mayonnaise	€5.95
Chunky chips or spicy potato wedges Served with a choice of dips – salsa, garlic mayonnaise or BBQ sauce	€3.95
Platter for two Cocktail sausages chicken wings, spicy potato wedges, garlic mushrooms & onion rings, choice of dips	€24.95

STEAKS 100% IRISH 28 DAY AGED BEEF FROM OUR CHARGRILL

How do you like your Steak cooked?

Rare: very red cool centre
Medium-Rare: red warm centre
Medium: warm pink centre
Medium-Well: slight pink centre
Well-Done: cooked through

10 oz Fillet	€25.95
16 oz T-Bone	€24.95
10 oz Rib eye	€20.95

Served with Sauté Onions, a grilled beef tomato & chunky chips

6 oz or 10 oz Sirloin Sizzler	€10.95 or €20.95
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Tender sirloin steak served on a bed of stir fried vegetables on a sizzler platter & chunky chips

Lamb Cutlets	€21.95
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Succulent lamb cutlets served on a bed of chive mash rosemary jus, garnished with cherry tomatoes

Cajun Beef Sizzler	€13.95
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Stir fried vegetables & strips of tender sirloin in a spicy Cajun sauce served on a bed of turmeric rice

Red Cow Burger	€12.95
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8oz Irish beef burger served on a floury bap with melted cheddar cheese, crispy bacon & chunky chips

Steak Sandwich	€13.95
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Succulent sirloin strip served on ciabatta bread, topped with cheese & sautéed onions, chunky chips

Roast Joint of the Day	€14.95
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Roast stuffed rib of beef served with seasonal vegetables & potatoes

Steakhouse Grill	€15.95
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Minute steak, lambs liver, black white pudding, bacon, sausage, fried egg & tomato, chunky chips

FROM THE SEA

Grilled Salmon Steak	€14.95
Served with seasonal vegetables or house salad	
Scampi 'n' chips	€13.95
Shallow fried scampi served with chunky chips & tartare sauce	
Goujons of Cod	€12.50
Battered cod bites served with chunky chips & garlic mayonnaise	

POULTRY

Cajun Chicken Fillet	€13.95
Grilled chicken fillet with Cajun dressing served on a floury bap with chunky chips	
Chinese Chicken Curry	€13.95
Tender chicken pieces served in an aromatic medium curry sauce on a bed of turmeric rice	
Sweet Chilli Chicken Sizzler	€13.95
Strips of chicken marinated in a sweet chilli sauce, stir fried with vegetables and served with rice or chunky chips	
Marinated Supreme of Chicken	€13.95
Supreme of chicken on a bed of chive mash with a creamy peppercorn sauce & a selection of vegetables	
Chicken 'n' Chips	€8.95
Grilled breast of chicken, served with French fries (mashed potato alternative also available)	

VEGETARIAN & PASTA DISHES

Stir Fried Vegetables (v)	€9.95
Stir fried vegetables coated in a honey & ginger sauce served with oriental noodles	
Penne Orthalano (v)	€11.95
Penne pasta served with onion, mushroom, peppers, broccoli, courgettes with a touch of tomato & cream sauce	
Four egg omelette:	
Plain (v)	€8.95
Chicken	€10.95
Additional fillings	€0.95
<i>(ham, cheese, mushrooms, tomato or onions)</i>	
Spaghetti Bolognese	€11.95
A classic Italian dish made from ground beef and cooked in a delicious rich tomato based sauce & served on a bed of spaghetti	
Penne Carbonara	€10.95
Penne pasta with bacon & onions served in a white wine sauce (available with chicken)	
Choice of Salads	€12.95
Beef, chicken, turkey, cheese, ham or tuna. Served with mixed salad leaves, tomato, cucumber, onion, coleslaw, potato salad, beetroot & egg	
Caesar Salad	€10.95
Crisp caesar salad served with bacon bits, garlic croutons & fresh parmesan shavings (available with chicken)	
	€12.95

SIDE ORDERS

Sauces – pepper, chasseur or mushroom	€2.00
Chunky chips / Spicy potato wedges	€2.00
Sautéed potatoes /	
Select of seasonal vegetable	€2.95
Mushy peas / baked beans	€2.00
Crispy onion rings	€3.95
Sautéed mushrooms or onions	€2.95
Tossed house salad	€2.95
Portion of coleslaw	€2.50

We would appreciate it if food could be paid for when served

TOASTED PANINIS & SANDWICHES

Hot Paninis

Chicken Tikka & Peppers Diced Chicken in tikka sauce, topped with peppers	€8.50
Ham, cheese, tomato & onion panini	€8.50
Hot Tuna Melt Tuna filled panini topped with mozzarella cheese	€8.50
Chicken & Stuffing Sliced chicken with savoury herb stuffing	€8.50
Red Cow Club Sandwich Triple decker filled with hot chicken, crispy bacon, lettuce & tomato, egg between three slices of toast topped with mayo	€8.50
Hot Beef Sandwich Served with chunky chips & mixed salad leaves	€8.50
BLT Triple decker filled with bacon, lettuce & tomato	€7.00

Cold Sandwiches

Selection of assorted sandwiches served on a choice of brown or white bread

Chicken sandwich	€5.50
Ham/Cheese/Tuna sandwich	€4.50
Chicken salad sandwich	€5.95
Additional fillings	€0.95
Open prawn sandwich Dublin bay prawns served on homemade brown bread	€8.95

YOUNG DINERS MENU

Savoury Omelette Two egg omelette with a choice of filling – cheese or ham	€5.00
Cheesy Pasta Pasta swirls topped with a creamy cheese or tomato sauce	€5.00
'Spag Bol' Classic spaghetti bolognese: minced beef cooked in a tomato based sauce and served on a bed of spaghetti	€5.95
Quarter Pounder Burger Homemade Irish beef burger topped with melted cheddar & served with French fries or mashed potato	€5.95
Bangers 'n' Mash Cocktail sausages, mashed potato & gravy	€5.95
Chicken Goujons & chips Breaded chicken strips served with French fries	€5.95
Jelly and Ice Cream	€3.00
2 Scoops of Ice Cream	€2.00
Milkshakes (vanilla, strawberry & chocolate)	€3.00
Bottomless Glass Unlimited glass of coke, orange, white or red lemonade	€4.00

DESSERTS

Selection of Homemade Desserts (ask your server)	€4.95
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BEVERAGES

Glass of milk	€1.00
Pot of tea (per person)	€2.50
Pot of coffee	€3.00
Cup of coffee	€2.50
Café latte /Mocha	€3.50
Cappuccino	€3.50
Espresso	€3.00
Herbal Teas	€3.00

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