

## Nibbles To Get You Started

*\*Gluten free bread available on request\**  
*\*Please note not all ingredients are listed\**  
*\*Alert your server to special dietary requirements\**  
*\*GF, DF, V means it can be done that way if requested\**  
*\*Gluten Free\* \*Dairy Free\* \*Vegetarian\**

### **Garlic Bread \$8.00 (V)**

This has no story... except to say it's bloody great!!!!

### **Flat Bread \$13.50 (V)**

Pita bread smothered in sundried tomato pesto, topped with parmesan cheese, oven baked & finished with sweet chilli & sour cream..Now this is definitely our locals favourite..nomnomnom...

### **Cracked Pepper & Bourbon Pate \$15.00**

Now if we were selling this on the streets of Christchurch, we would be voted Mayor already!!! Comes with beetroot pesto, pickles & warm bread.

### **Cow Chips & Dips \$13.50 (V)**

Corn chips with a warmed Mexican style chillibeans dip plus some salsa & sour cream for you to make a mess..

### **Seafood Chowder \$16.50**

The finest succulent morsels plucked from the sea, combined in our secret recipe, served with garlic bread to clean the bowl. Slurppp!!

### **Beef Carpaccio \$17.50 (GF)**

Lightly seared beef fillet, parmesan, fried capers, olive oil & horseradish aioli..Now it melts in your mouth, not in your hands..

### **Crispy Chicken \$17.00**

8 pieces of chicken marinated overnight in our Chef's special sauce with garlic aioli & sweet chilli sauce. Finger licking good!  
**Option for Main: 12 pieces with salad & golden fries \$28.50**

### **Tower of Pork \$18.50**

Mini sized pork spare ribs marinated overnight in our 3 Cows special sauce, then oven baked to tenderness perfection just for you! A definite winner this one is!

**Option for Main: Pork ribs served with wedges, salsa & sour cream \$33.50**

### **Fried Calamari \$18.00 (GF)**

Decadent calamari smothered in Sichuan pepper with lime aioli. Leaves your taste buds tingling...

### **Prawn Skewers \$18.00 (DF, GF)**

Grilled tiger prawns marinated in chilli, lime & coriander & dukkah spice..Now this I wouldn't share..

### **Green Lip Mussels 1 Doz \$26.50 (GF)**

Cooked in a white wine creamy sauce with garlic, tomatoes & fresh herbs plus toasted bread to mop up the sauce!!

### **Three Cows Tasting Board \$60.00**

*\*\*Enough for two people or nibbles for up to four people\*\**  
Rare seared beef, moroccan lamb slices, fried chicken, calamari, prawn skewers, potato wedges, pickled cucumber, dipping sauces, garlic bread & petit salad..  
Now this is what we call a 3 Cows starter mate!!

## Moo, Cluck & Baa from My Backyard

### **Beef Salad \$29.00 (GF,DF)**

Pan seared beef strips, upon a bed of lettuce with julienne vegetables, cherry tomatoes, dukkah nuts, parmesan cheese tossed in an Italian herb dressing. Decent feed for those who aren't too hungry..

### **Three Cows Whoppa Steak Burger \$28.00**

As if we need to tell ya it's a Whoppa.. You're at the 3 Cows mate, most things here are.. We've got a toasted bun filled with salad greens (because mum said so) bacon, egg, hash brown, mushroom and medium rare ribeye. Finished off with aioli and fries. Might need a steak knife to demolish this..

### **Good Ole Sirloin \$33.00 (GF)**

Grilled 300g Porterhouse steak with a shit load of fries for you folks, plus a side of salad. Topped with garlic butter & horse radish onion jam.. It's a classic!

### **Beef Ribeye \$35.00 (GF)**

Our famous 300g Ribeye served on a buttery potato mash, with roasted tomato, Portobello mushroom, topped with prawn twisters finished with yummy beetroot pesto & a dash of merlot jus. Tantalizing on the taste buds!

### **T-Bone Steak \$38.00 (GF)**

Yup, the good old 400g T-bone! Comes with roast balsamic tomatoes, fried eggs, onion rings & a pepper mushroom sauce with potato wedges... Now I'm sure Fred Flintstone will approve!

### **Chicken Caesar Salad \$27.00 (GF)**

Now this isn't your average Caesar salad.. Fresh lettuce mixed with cashews, herby croutons all tossed in garlic aioli finished with grilled chicken, bacon & there's a bit of smelly cheese too. Smelly to me is parmesan, not blue.. Now if you like rabbit food.. Order it..

### **Stuffed Chicken \$33.50**

The plumpest chicken breast stuffed with walnut, spinach & brie cheese, oven roasted & plonked upon a potato gratin with sauté greens & kumara curls finished with cranberry salsa..Yummo!!

### **Lamb Shank (GF)**

#### **Single \$32.50 Double \$38.00**

Shanks slowly braised for hours & hours with mushrooms, carrots, celery. Comes with a herb potato mash. Sounds nice if you're into stews..Good on a chilly night to warm up the soul..

### **Lambs Fry \$28.00**

Now this ain't how your Gran cooks it. It's better!! Well, better than how mine did it anyway (no offence gran!) Tender strips of pan seared liver served on toasted garlic bread, with a beaut mushroom and cracked pepper sauce finished with streaky bacon and onion jam.

### **Pork Belly \$34.50 (GF)**

Twice roasted belly set on potato gratin, marinated in hoisin & five spice. Comes with stir fry veges, add some bokchoy too & finished with a ginger & mango peach chutney with a hint of jus. Now the Chefs pile this high, so I hope it is earthquake proof, or you could be missing some when you get it!

## Dessert

*\*STRESSED spelled in reverse says DESSERTS\**  
*\*I eat cake because it is somebody's birthday somewhere\**  
*\*Happiness is...not sharing your dessert\**

### **Vanilla Crème Brûlée \$15.00**

Yip this is another one of our famous desserts, our vanilla bean brûlée is made only by Eddie as the other chefs can't do it to perfection.... It comes with berry compote & vanilla ice cream. Eddie reckons maybe it is better than sex...

### **Apple & Berry Crumble \$15.00**

Good ole fashion fruit cooked with a hint of spice & all the love in the world. Topped with a buttered shortbread crumble & oven baked to warm & toasty.. Comes with, yep you got it, ice cream & cream.

### **Mad Cows Cheesecake \$16.00**

Well after 14 years here at the 3 Cows, we've made about 3 billion types of cheesecakes & all completely different. We are slowly running out of flavours to make, but don't panic cause we've always got the internet to help us out if the Chefs are having another one of their blank moments..

### **Chocolate Overload \$16.00 (GF)**

A rich moist decadent chocolate brownie cooked to perfection & smothered in a Baileys chocolate sauce with chocolate ice cream (told ya it was choc madness!) Comes with a side of berries & a blob of scented cream..Anything is good if it is made of chocolate..

### **Rice Pudding \$16.00**

Now you locals that have nagged me to put this back on, you better order it. The chefs were gonna walk out if this went back on, so I had to bribe them with a big pay increase. This is vanilla bean flavoured and rich & creamy. Served with caramelized banana .

### **Sticky Date \$16.00**

Now I reckon this is better than what grandma used to make, but then what do I know I'm just the sucker that has to type this. A rich, warm styled cake with loads of butterscotch sauce, berry compote, ice cream & cream.

### **Marshmallow & Ice Cream Sundae \$13.00**

Scoops & scoops of vanilla ice cream & marshmallows drenched in your choice of chocolate, strawberry or caramel sauce, topped with whipped cream & wafers. So if you are in the mood for lots of ice cream, then this is for you!!