

## *Kids Meals*

<b>chicken nuggets &amp; chips</b>	<b>\$7</b>
<b>macaroni &amp; cheese</b>	<b>\$5</b>
<b>sausage &amp; chips</b>	<b>\$7</b>
<b>cheese burger &amp; chips</b>	<b>\$7</b>
<b>toasted ham &amp; cheese sandwich</b>	<b>\$7</b>

## *Sides*

<b>3 prawns</b>	<b>\$5.5</b>
<b>garden salad</b>	<b>\$4.5</b>
<b>steamed vegetables</b>	<b>\$4.5</b>
<b>bowl of mash</b>	<b>\$4.5</b>
<b>bread roll</b>	<b>\$1</b>
<b>grilled onions</b>	<b>\$1.5</b>
<b>fried egg</b>	<b>\$1.5</b>
<b>bacon</b>	<b>\$1.5</b>
<b>mushrooms</b>	<b>\$1.5</b>
<b>cheese</b>	<b>\$1</b>

## *Desserts*

<b>kid's ice cream</b>	<b>\$3</b>
with your choice of topping	
<b>ice cream sundae</b>	<b>\$6</b>
served with nuts, wafer biscuits & your choice of topping	
<b>cheese cakes available daily. ask staff for further details</b>	<b>\$7.5</b>
all cheese cakes served with cream & ice cream	

**\$1 ROOM HIRE**



platter, sit down & buffet options available. beer garden available for hire



**SENIORS CARD**

RECEIVE 10% OFF our entire menu everyday (excludes \$7 lunch meals)

**9 station street, penrith nsw 2750**  
**ph: 47215666 fax: 47213700**

**email: redcow@falhotels.com.au web: www.redcow.com.au**

**GREAT FOOD!**  
**GREAT PRICES!**



**redCow**

# FOOD MENU

**trading hours**

**lunch 11.30am – 2.30pm (7 days)**  
**dinner 5.30pm – 9pm (tuesday – saturday)**

Another  
quality  
venue by



## Breads

<b>garlic bread</b>	<b>\$4.5</b>
<b>cheesy garlic bread</b>	<b>\$5</b>
<b>bruschetta</b>	<b>\$6.5</b>

3 pieces of lightly toasted bread topped with diced tomato, basil, garlic & red onion mixed with balsamic vinegar

## Snacks & Starters

<b>bowl of chips</b>	<b>\$4.5</b>
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with your choice of sauce

<b>cheesy chips</b>	<b>\$7.5</b>
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served with bacon, bbq sauce & smothered in melted cheese with a side of ranch sauce

<b>potato wedges</b>	<b>\$8</b>
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served with sour cream & sweet chilli sauce

## Salads

<b>chicken &amp; ranch salad</b>	<b>\$13</b>
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cos lettuce, cucumber, tomato, spanish onion & chat potato tossed with a creamy ranch dressing & topped with chicken schnitzel strips

<b>chicken caesar salad</b>	<b>\$13</b>
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chicken breast strips, cos lettuce, crispy bacon, croutons & parmesan tossed in our own creamy caesar dressing

<b>teriyaki beef salad</b>	<b>\$13</b>
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marinated stir-fried beef strips tossed through an asian salad & drizzled with a sweet chilli lime dressing

## Burgers & Wraps

<b>beef burger</b>	<b>\$11</b>
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grilled beef patty, lettuce, tomato, beetroot, onion, cheese & bbq sauce

<b>grilled chicken burger</b>	<b>\$11</b>
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grilled chicken, lettuce, tomato, cheese & mayonnaise

<b>steak sandwich</b>	<b>\$11</b>
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minute scotch fillet with lettuce, tomato, beetroot, onion & bbq sauce

<b>lamb wrap</b>	<b>\$11</b>
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shaved marinated lamb with tomato salsa, lettuce, cucumber, spanish onion & yoghurt wrapped in a soft tortilla

<b>chicken blt wrap</b>	<b>\$11</b>
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char-grilled chicken breast with bacon, lettuce, tomato & ranch dressing wrapped in a soft tortilla

*all burgers & wraps are served with chips*

## Pastas

<b>penne bosciaola</b>	<b>\$11</b>
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penne pasta tossed in sauteed mushrooms & bacon, simmered in garlic, white wine & cream

<b>italian chicken</b>	<b>\$13</b>
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penne pasta served through a creamy sun dried tomato & basil sauce topped with grilled chicken breast

<b>chilli prawn</b>	<b>\$13</b>
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fettuccini pasta served with prawns & a napoli sauce

## from the grill

<b>250g chicken breast fillet</b>	<b>\$12</b>
<b>250g rump steak</b>	<b>\$12</b>
<b>300g angus scotch fillet</b>	<b>\$15</b>

all meals from the grill are served with gravy, chips or potatoes & vegetables or salad.

**additional sauces: pepper, dianne, mushroom, hollandaise \$1 extra**

## Combos

<b>beef &amp; reef</b>	<b>\$19</b>
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300g scotch fillet topped with 3 prawns & hollandaise sauce (Served with chips or potatoes & vegetables or salad)

<b>chicken &amp; prawns</b>	<b>\$19</b>
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char-grilled chicken breast fillet topped with 3 prawns & hollandaise sauce (Served with chips or potatoes & vegetables or salad)

<b>ribs &amp; rump</b> (full rack no rump option available add \$3.00)	<b>\$19</b>
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250g rump & 1/2 rack of pork ribs with smokey bbq sauce served on chips

<b>chicken &amp; ribs</b>	<b>\$19</b>
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char-grilled chicken breast fillet & 1/2 rack of pork ribs with smokey bbq sauce served on chips

## Mains

<b>grilled barramundi</b>	<b>\$13</b>
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grilled barramundi with a lemon butter sauce, served with chips or potato & vegetables or salad

<b>beer battered barramundi &amp; chips</b>	<b>\$13</b>
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crispy beer battered barramundi served with chips, salad & tartare sauce

<b>bangers &amp; mash</b>	<b>\$12</b>
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3 country style beef sausages served on creamy mash with rich onion gravy

<b>roast of the day</b>	<b>\$7</b>
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served with gravy, chips or potatoes & vegetables

<b>beef nachos</b>	<b>\$12</b>
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a hearty mix of beans, bolognese sauce, sour cream, guacamole and salsa topped with mozzarella cheese

<b>vegetarian nachos</b>	<b>\$11</b>
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beans, sour cream, guacamole & salsa topped with mozzarella cheese

## Schnitzels

<b>chicken schnitzel</b>	<b>\$11</b>
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lightly crumbed chicken breast served with gravy

<b>chicken bosciaola</b>	<b>\$13</b>
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chicken schnitzel covered in a creamy bacon & mushroom sauce

<b>chicken parmigiana</b>	<b>\$13</b>
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chicken schnitzel, napoli sauce, ham & melted mozzarella cheese

<b>monterey chicken</b>	<b>\$13</b>
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chicken schnitzel, bbq sauce, bacon & melted mozzarella cheese

*all schnitzels served with chips or potatoes & vegetables or salad*

**book your next function at the red cow inn. for details contact 4721 5666**