

Welcome to The Red Cow

Dear guest,

We are delighted that you have chosen to spend time here at The Red Cow in Chrishall. Our mission is to always be warm, welcoming and friendly.

We pride ourselves on high standards of food, accommodation and service.

We want you to be relaxed and comfortable.

As a small, family owned and run business, we will do all we can to make your stay as pleasant as possible. We are flexible and adaptable and we aim to meet your needs as best we can.

So please do not hesitate to ask if there is anything you need, we will always do our best to accommodate requests.

Meanwhile, do take a few minutes to look through this pack and familiarise yourself with our standard guest information.

With best wishes for an enjoyable and relaxing stay.

Toby and Alexis

Meal Times

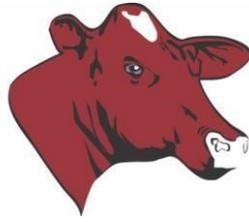
Breakfast

Tuesday to Friday

07.30 – 09.00am

Saturday and Sunday

The Red Cow, 11 High Street Chrishall, Royston Herts SG8 8NP. www.theredcow.com
01763 838792



08.00 – 10.00am

Breakfast is included in the room rates. For non-residents the cost is £11.50

Lunch

Tuesday to Friday

12.00 - 14.00pm

Saturday

12.00 – 14.30pm

Sunday

12.00 – 15.30

Dinner

Tuesday to Friday

18.00 – 21.00pm

Saturday, Sunday

18.00 – 21.00pm

*Restaurant closed on Bank Holidays

Allergies

Please advise us when booking if you suffer from allergies so that we can make your stay at The Red Cow as comfortable as possible.

Bar Open Times

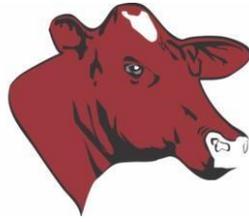
Monday

12.00 – 18.00pm

Tuesday to Thursday

12.00 – 15.00pm

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18.00 – 23.00pm

Friday

12.00 – 15.00pm

17.30 – 23.00pm

Saturday

12.00 - 23.00pm

Sunday and bank holidays*

12.00 - 22.00pm

*Except Christmas Day

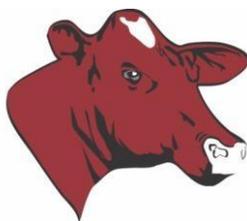
Menu

We have a seasonal, changing menu. All our food is made in our modern and well equipped kitchen by our well trained and experienced team, headed by Mark and Toby with a combined total of more than 50 years in the business.

We use as locally sourced ingredients as possible and aim to have as little waste as possible.

We can provide for all dietary groups including allergies, intolerances and personal preferences.

If you have any questions or requests, please do not hesitate to speak to any member of our team who will be happy to help.



Sample Menu

Starters

Broccoli & Courgette Fritters, Homemade Chutney, Candied Cashew Nuts and Mixed Salad - £6.75

Creamy Garlic Woodland Mushrooms, Toast, Rocket Salad and Parmesan Shavings - £7.00

Pastrami, Gherkin, Beetroot & Pistachio Salad - £8.25

Prawn & Smoked Trout Fishcake, Cucumber & Sour Cream - £7.25/£13.50

Risotto of the day £6.75/£13.00

Vegetarian Sharing Board, Hummus, Chutney, Goats Cheese, Roasted Tomatoes, Bread, Breadsticks, Olives & Oils - £12.50

Antipasti Sharing Board, Parma Ham, Chorizo, Honey Roast Gammon, Olives, Focaccia & Oils - £14.50

Pub favourites

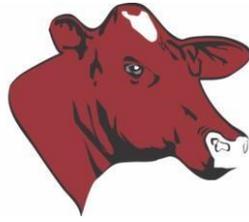
Homemade Pie of the Day, Mash, Seasonal Vegetables & Rich Gravy - £13.25

Towering Red Cow Steak Burger, Chips, Smoked Cheese, Bacon, Onion Rings, homemade Pickled Onion & Red Cabbage, Tomato, Gherkins and Mixed Salad - £13.95

Honey Roast Gammon, Free Range Eggs, Chips & Mixed Salad - £9.95

Rich Cumberland Sausages, Creamy Herb Mash, Seasonal Vegetables & Rich Gravy - £12.95

Beer Battered Cod Fillet, Minted Crushed Peas, Chips and Homemade Tartare Sauce - £13.50



Sample Menu

Main courses

Spinach, Pepper & Basil Frittata, Gazpacho Salsa & Balsamic Rocket Salad -
£12.75

Char-grilled Rib-Eye Steak, Chips, Mushroom, Tomato, Onion Rings and
dressed Mixed Salad - £21.50

Add Sauces: Peppercorn, Brandy & Mushroom, Garlic Butter - £1.75

Slow Roast Pork Belly, Honey Roast Parsnip, Herb Mash & Rich Gravy - £16.50

Desserts

Red Cow Sharing Board - a selection of desserts - £13.75

Warm Chocolate Brownie, Mixed Berries, Rum Chocolate Sauce - £6.65

Sticky Toffee Cabinet Pudding, Butterscotch Sauce & Vanilla Ice Cream -
£6.65

Affogato – Espresso Coffee, Vanilla Ice-Cream & Chocolate Crumb - £6.25

Mixed Berry & Marshmallow Pavlova, Whipped Cream and Berry Coulis - £6.65

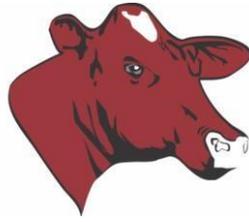
Red Cow Homemade Crumble, Pouring Cream - £6.65

Cheeseboard with Oatcakes, Crackers, Apple, Homemade Pear & Onion
Chutney - £7.75

Menu

Light Bites

Prawn & Smoked Trout Fishcake, Cucumber & Sour Cream - £7.25/£13.50



Creamy Garlic Woodland Mushrooms, Toast, Rocket Salad and Parmesan Shavings - £7.00

Broccoli & Courgette Fritters, Homemade Chutney, Candied Cashew Nuts and Mixed Salad - £6.75

Risotto of the day £6.75

Paninis

Served Lunchtimes & until 7pm

All served with Fries & Mixed Salad - £7.25

Honey Roast Ham & Melted Cheddar

Plum Tomato, Mozzarella & Pesto

Prawn Cocktail & Marie Rose Sauce, Crispy Lettuce

Coronation Chicken & Rocket

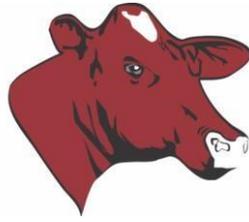
Cumberland Sausage & Mustard

Younger diners

All meals come with a free squash and a scoop of ice-cream for dessert.

Scampi & Chips

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Fish & Chips

Steak & Chips

Burger & Chips

Choose Baked Beans, Peas or Salad - £8.00

Pasta with Tomato Sauce

Pasta with Ham & Cheese Sauce

Sausage & Mash

Chicken Nuggets & Chips

Fish Fingers & Chips

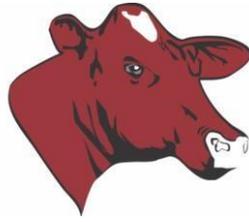
Ham Sandwich / Cheese Sandwich & Chips

Choose Baked Beans, Peas or Salad - £5

Fire Procedure

If you discover or suspect a fire.

- 1. Sound the alarm. Our heat and smoke detectors will automatically trigger and audible alarm.**
- 2. Leave the building by your nearest exit.**
- 3. Close the door behind you.**



- 4. Go to the assembly point at the furthest point in the car park.**
- 5. Do not return to the building until the manager or delegated other person says it is safe to do so.**

Things to do and places to visit

Audley End House and Gardens, English Heritage

The impressive house that can be seen today is only about a third the size of the vast mansion created in about 1605–14 by Thomas Howard, 1st Earl of Suffolk. It retains much of its original character and contains fine Robert Adam and Jacobean revival interiors. The gardens and landscape, shaped by various owners to complement the house, reflect many changes in English garden fashion.

Just a short 6 and a half miles away, this is a truly spectacular house with ample to do for all.

Visit their website at <http://www.english-heritage.org.uk/visit/places/audleyend-house-and-gardens>

Duxford Imperial War Museum

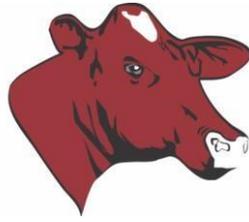
Visit this historic airfield and museum of aviation history and discover the stories of people who lived and worked at RAF Duxford.

AirSpace and the Visitor Centre will remain open until 5pm during Winter Hours

Cambridge

In the city that inspired great minds from Charles Darwin to Stephen Hawking, you'll find one of the world's oldest universities, the 1871 Gothic- revival All Saints Church and the gardens favoured by 17th-century poet John Milton. Cambridge is also home to ADC Theatre, the oldest university playhouse in England. It also has a plethora of beautiful architecture, majestic college buildings, numerous museums and art galleries, quaint passages and bridges,

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and gorgeous parks and meadows. Its international student atmosphere and lively pubs are also appealing to the traveller. Evenings are perfect for taking in the mix of traditional pubs and contemporary restaurants. Climb the tower of the University's Great St Mary's Church for sweeping views of the city.

Chrishall Church

Holy Trinity is situated off Church Road, about half a mile from the village centre, although it once stood at the very heart of our medieval community. Dating back to the 12th Century, the church is one of seven within the Parish of The Icknield Way Villages which brings together our neighbouring villages. As you can imagine it has a rich history and is fascinating to visit. There are regular functions and services held throughout the year. Holy Trinity's website contains details of forthcoming services and community events, as well as links to local and national support organisations.

<http://icknieldwayparish.blogspot.com/>

Cycling and Walking in Essex Herts and South Cambridgeshire

Set in 350 square miles of fantastic cycling and walking countryside, the district of South Cambridgeshire offers the perfect opportunity to relax and explore.

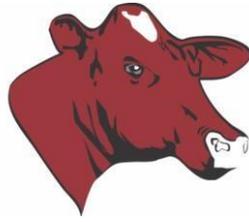
With its historic monuments, houses and museums set in the tranquil and rural landscape of rolling chalk hills covered with beech woods and flat fertile land, South Cambridgeshire provides a great location for everyone from the lively and adventurous to those who want to unwind and get away from it all.

Saffron Walden

Saffron Walden is a picturesque, medieval town, in north-west Essex. It has a rich heritage of old buildings reflecting its wealth as a rural market town.

There are many interesting historic buildings in the town. At the heart lies St Mary's Church, the largest parish church in Essex. Fine examples of elaborate moulded plasterwork (pargetting), can be seen on the Old Sun Inn and the houses in Castle Street & Bridge Street.

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Thriplow Daffodil Weekend and Country Fair

Every year, up to 10,000 people visit Thriplow to experience the warm and friendly atmosphere of our Daffodil Weekend charity fundraising event, run entirely by volunteers.

Over two days, in mid March, visitors walk the car-free village to look at the daffodil displays, visit the attractions and open gardens, and potter around the stalls. Refreshments are served in the tea rooms with homemade cakes and sandwiches, or delicious hot street food can be eaten in The Taste of Thriplow while listening to live music.

For months beforehand and over the weekend itself, virtually everyone in the village (and many neighbouring villagers) volunteers to help organise the event – be it baking cakes, helping serve teas, working in the car park or picking up litter at the end of the day. Every year, the exceptional Thriplow and its surrounding communities work hard to pull off one of the best loved charity events in Cambridgeshire.

Wimpole Estate, National Trust

A working estate still guided by the seasons, with an impressive mansion and Home Farm. The mansion, at the heart of this estate, is evidence of Elsie Bambridge's success in creating a home.

Intimate rooms contrast with beautiful and unexpected Georgian interiors, including Soane's breath taking Yellow Drawing Room and wonderful plunge bath. The fascinating basement corridor offers a glimpse into life below stairs.

Stroll around the colourful parterre garden and wander through the Pleasure Grounds to the walled garden, abundant with fruit, vegetables and herbaceous borders.

Home Farm contrasts the traditional farmyard with the noisy modern piggery and cattle sheds.



Stride out across the landscape park, among the rare-breed cattle, and imagine the previous owners planning their visions of grand avenues and spectacular vistas.

Golf

Saffron Walden Golf Club, Windmill Hill

Saffron Walden, Essex, CB10 1BX
Telephone: 01799 522 786
Course information: 01799 528 131

Heydon Grange Golf Club

Address: Heydon Grange Golf & Country Club, Heydon, Near Royston, Herts, SG8 7NS.
Telephone: (01763) 208988

Kingsway Golf Club

Cambridge Road, Melbourn, Cambridge, SG8 6EY
Tel: 01763 262943 Pro Shop 01763 262727

Barkway Park Golf Club

Nuthampstead Road, Royston, SG8 8EN
Tel: 01763 848215

Bourn Golf & Leisure Club

Toft Road, Bourn, Cambridge, CB23 2TT
Tel: 01954 718057

Elsenham Golf & Leisure

Hall Road, Elsenham, Near Bishop's Stortford, CM22 6FL
Tel: 01279 812865



Royston Golf Club

Royston Golf Club
Baldock Road, Royston, Herts. SG8 5BG
Tel: 01763 243476

East Herts Golf Club

Hamels Park, Buntingford, Hertfordshire, SG9 9NB
Tel: 01920 821978



Appliance Information

Television – A smart TV is provided on which Freeview is available, you can also tune into your own Netflix, Spotify and other multimedia platforms.

Iron and Ironing board - Found in your wardrobe. The Iron will automatically cut out if left face down for 30 seconds and if left standing unattended for 5 minutes.

Hair dryer – Can be found in your wardrobe or dressing table drawer.

Lighting – Movement sensitive lighting in in the bathrooms. Please turn off other lights when not required.

Heating – The radiators, room temperature and underfloor heating in the bathrooms can be controlled by a thermostat in your room.

Showers are controlled by a switch on the wall where you can control which head you want to use as well as strength of flow and temperature, before stepping into the shower.

WIFI – There is free guest WIFI throughout the Red Cow bar, restaurant and rooms.



Contacts

In an emergency Police / Fire/ Ambulance	999
Medical Assistance – Not in an emergency	111
The Red Cow out of hours:	01763 838792
<p>Pharmacies</p> <p>Newport Pharmacy The Brown House, High Street, Newport, Saffron Walden, Essex, CB11 3QY Tel: +44 01799 540968 E-mail: newport@keypharma.co.uk Opening Times Monday - Friday: 9:00 to 6:00pm (closed 1pm to 2pm) Saturday: 9:00 to 1:00pm</p> <p>Boots Royston 38 High St, Royston, Hertfordshire. SG8 9AG Tel: +4401763 249123 Opening Times Monday – Friday 08.30 -17.45 Saturday - 09.00 – 17.30 Sunday 10.00 -16.00</p> <p>Boots Saffron Walden Market Place, Saffron Walden Essex. CB10 1HR 01799 522342 Opening Times Monday – Saturday 08.30- 17.30 Sunday 10.00 - 16.00</p>	



Local Taxis

Audley End Chauffeurs & Taxi Services:

01799 543311

Audley End Station Taxi Service

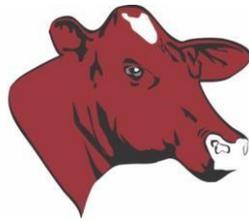
01799 522226

Royston taxis

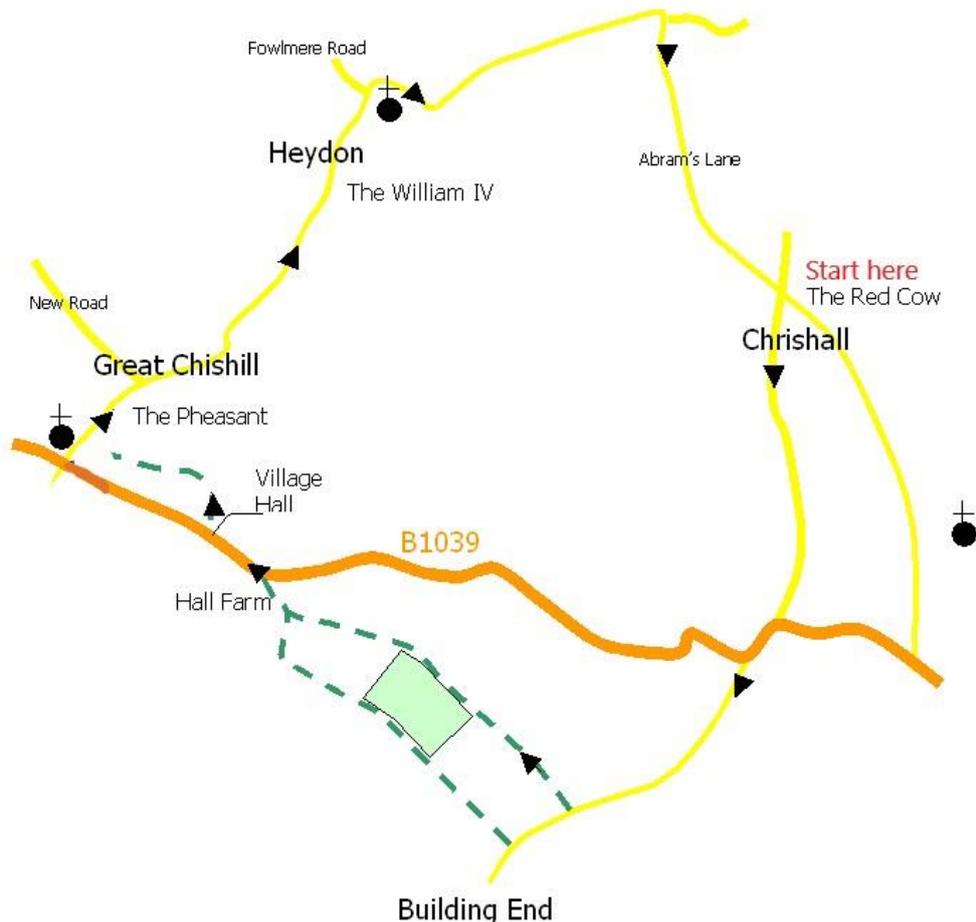
01763 890028

Select Cars Saffron Walden

01799 525 500



Good Walks

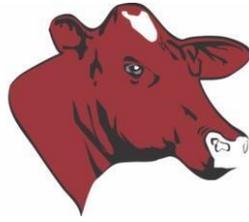


This is a good walk to do when the weather is or has recently been wet and you really do not want to go plodding through mud! Having said that, the bit from Building End Lane to Hall Farm was very muddy when we did this in mid January, but if you are really concerned about getting your boots dirty you could return (carefully) along the main road. The majority of the walk is on roads, but they are all very quiet.

The walk starts from the Red Cow. From the man gate, turn left and walk through the village, noticing the huge variety of houses, from little thatched cottages, Victorian farmhouses, through to large modern detached houses.

The road descends out of the village down to its junction with the main Royston to Saffron Walden road. Turn right and then in about 50 metres left

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into Building End Lane. (Notice on the signpost that it could also be Bilden End). Walk along this road for about 1/2 Km until you come to a Bridle Way on your right. Take this and walk up the hill towards the wood, which you then pass on your left. For a couple of weeks in the spring there are lovely bluebells here. Once past the wood carry on up the track towards Hall Farm. Turn right at the top of the rise and continue to the main road. You are then at virtually the highest point in Cambridgeshire (146m).

Turn left onto the main road and walk down into Great Chishill. Take the right turn into the Village Hall road then immediately left and walk across the playing field, aiming for the stile in the fence. Cross the stile (if you don't do stiles, go on up to the corner of the playing field where there is a kissing gate), and continue in the same direction across Bull meadow to the top of 'The Plaistow' and on down, to the little parking area and Millennium Stone in Heydon Road. Continue north easterly, passing the Pheasant on your right, then the old 'village lock-up' also on the right. After a short way you will also pass the small and insignificant village pond on your right, before leaving the village. There is a gap of a few hundred metres before you arrive in Heydon. Continue along the road, passing Wood Green Animal Centre and the William IV, and after a little while pass the church on your right. Notice that the tower of this lovely stone church is built of brick - the original having been destroyed by a bomb during WWII. Follow the road round to the right, passing a significant village pond on your left.

You now leave Heydon and walk downhill between high banks. The road is almost always running with water here, so keep well in if any cars do come along whilst on this stretch. It is not unusual to see a large herd of fallow deer in the fields around here.

At the bottom of the hill take the right turn into Abram's Lane and continue along the road until you arrive in Chrishall. Turn right at the crossroads, back to The Red Cow.

Sustainability

We are committed to protecting the environment as much as we possibly can and to this ends we have several systems in place to help us achieve that commitment.



All our food and drinks are as locally sourced as possible to reduce the impact of transport and delivery to us. As well as enabling the continued success of local rural business.

We use paper straws, and only provide them on specific request of a customer.

We dispose of our waste by ensuring that all recyclable and reusable waste re-enters the supply chain. Our food waste is used in producing compost and fuels. Our paper, cardboard, glass and plastic are all recycled. We aim to dispose to land fill as little as possible.

Our new rooms have been designed to be as energy efficient as possible with the best quality insulation and windows that were available to us. We have movement sensitive lighting installed and energy efficient bulbs throughout the establishment.

We regularly monitor our water, oil and electricity usage and ensure that we are as efficient as possible.

We supply toiletries in large dispensing sizes to reduce the amount of single use small bottles.

We encourage our guests to only change their towels and bedlinen when absolutely necessary when staying for longer periods.

If you think of anything else we can do to reduce our impact on the environment, we are always open to suggestions.

Guest Information

Cancellation Policy

The cancellation policy requires all amendments and cancellations to be finalised 7 days prior to the booked arrival date. Any changes following this time will result in a 100% room charge being applied to the credit card used to confirm the booking. We will NOT charge should the room be resold at the full rate. All tariffs are subject to alternation without prior notice. Please note any booking cancellations must be received in writing.

Checking In/Out

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Check in: From 6pm onwards – we can arrange earlier by individual request if your room is available. Guests may register from 12 noon and leave their luggage in reception (earlier by prior arrangement, subject to availability)

Check out: Please kindly vacate the room by 10.00am

Cot & Extra Bed

2 Travel Cots are available at an additional charge of £10 per night

A Z bed is available at the time of booking for an additional charge of £25 per night (for the rooms 1,3 and 4 only)

Baggage

If you are unable to carry your own bags, then please ask any staff member at the reception for assistance and arrangements will be made to carry your luggage.

Credit Information

We accept MasterCard & Visa, as well as all major debit cards; unfortunately, we don't accept American Express or Diners.

Dogs

We accept assistance dogs in some of our hotel rooms and in the bar area of the pub. Dogs should not be left unattended in rooms.

Family Policy

Children are very welcome at The Red Cow when accompanied by an adult.

Highchairs can be provided on request and a children's menu is available in our Dining Pub. We kindly request that children are not in the bar after 9.00pm.

Housekeeping

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Your room will receive a full service daily. Hours of operation are Monday – Sunday 10am – 3pm. Please leave any towels you require changing in the shower or bath. If we are unable to access your room during these times we will unfortunately be unable to service it. However, you may ask for additional towels, toiletries, toilet rolls, and refreshments from the bar.

Iron & Ironing Board

Are available in your room

Mail

You may hand any outgoing mail to reception. Postage charges will be added to your bill for payment upon checkout.

Newspapers

A selection of daily papers are available in the bar, please don't remove as they are for the benefit of all the guests. If you would like to order a daily newspaper for your stay, please ask at reception.

Parking

Complimentary parking is available at The Red Cow guests and visitors 24/7.

Rooms

All our hotel rooms offer:

- A Flat Screen Smart TV
- Tea & Coffee making facilities
- Hairdryer
- Iron and ironing board
- Robe
- White Company Toiletries

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- Guest Information Pack

Take Away Food

Take away food is not permitted in the hotel bedrooms.

Smoking

We operate a strict no-smoking policy throughout The Red Cow and guest rooms. The fire sensors in each room are EXTREMELY responsive!! Wi-Fi

We have free Guest Wi-Fi available throughout The Red Cow.