

Lunch Menu – Served from 11am – 3.30pm (last orders 3.10pm)

Breakfast Muffins

A toasted English muffin, 2 poached eggs & hollandaise sauce.
Choose from:

** Gluten free
available on
request

Eggs Royale

Smoked salmon, horseradish, capers

1, 4, 5, 7, 10

£9.50

Eggs Benedict

Honey-roast ham, wholegrain mustard

1, 4, 5, 7

£9

Eggs Florentine

Buttered spinach with a hint of nutmeg

1, 4, 5, 7

£8.50

Brunch Bowls

Cumberland Brunch Bowl

Smoked back bacon, Cumberland sausage, baked beans, grilled tomato, potato cake and fried egg

1, 3, 4, 5, 7

£13

Nduja Brunch Bowl

Spicy Nduja salami, crispy potatoes, two fried eggs, avocado, hot Sriracha sauce, spring onion

5, 7, 14

£14

Veggie Brunch Bowl

Vegetarian sausage, crispy potatoes, fried halloumi, spicy tomato salsa, fried egg, spring onion

1, 4, 6, 7

£12

Vegan Brunch Bowl

Green lentil and bean roast, crispy potatoes, sunblush tomato, Bloody Mary ketchup and sautéed Cavolo Nero

1, 5

£12

Soups of the Day – See Daily Specials for choices

Served with a bread roll and salted butter

Please ask for
allergen
information

£7

See Daily Specials for additional seasonal and tasty options

Salads and Light Bites

<p>Seafood salad <i>Smoked salmon, prawns, haddock goujons, pickled cockles & Marie Rose sauce served with a crisp salad and granary bloomer</i></p>	<p>1, 2, 4, 5, 6, 7, 9, 10, 11, 14</p>	<p>£17</p>
<p>Falafel, Hummus & Beetroot salad <i>Served with spiced tortilla chips and a crisp salad (vegan)</i></p>	<p>1, 5, 6, 14</p>	<p>£14</p>
<p>Crispy Shredded Barbecue Beef salad <i>With spiced tortilla, mixed bean salad & chipotle mayonnaise</i></p>	<p>1, 5, 6, 7</p>	<p>£17</p>
<p>Platelayer's Salad <i>Honey-roasted ham, sticky-glazed Cumberland sausage, chicken liver pate, farmhouse cheddar, piccalilli, crisp salad & miller loaf</i></p>	<p>1, 4, 5, 6, 14</p>	<p>£15.50</p>
<p>Crispy Pulled Salt and Pepper Seitan salad <i>With mango, chipotle vegan mayonnaise (vegan)</i></p>	<p>1, 5, 6</p>	<p>£17</p>
<p>Smashed Avocado & Watercress <i>On toasted miller loaf with chilli oil (vegan)</i> <i>Add two poached eggs (vegetarian)</i></p>	<p>1, **</p> <p>1, 7, **</p>	<p>£8.50</p> <p>£10.50</p>
<p>Mac n Cheese <i>Topped with a crispy crumb and farmhouse cheddar with a crisp side salad (vegetarian)</i> <i>With crispy bacon</i></p>	<p>1, 3, 4</p> <p>7</p>	<p>£12.50</p> <p>£14.50</p>
<p>Special Grilled Rarebit <i>On toasted bloomer with home-made chutney and watercress (vegetarian)</i></p>	<p>1, 3, 4</p>	<p>£9</p>
<p>Baked Torpenhow Brie <i>Studded with rosemary and served with a selection of breads, grapes, house chutney & sun-blush tomatoes (vegetarian)</i></p>	<p>1, 4, 5, **</p>	<p>£17.50</p>

Sharing Platters – perfect for two

Cumbrian sharing platter

Baked Torpenhow Brie, chicken liver pate, Cumbrian chorizo and salami, home cooked ham, Cumberland sauce glazed chipolata sausage, house chutney, piccalilli, crisp salad & baked bread & Butter. **1, 2, 4, 5, 6, 14** **£40**

Seafood Platter

Home-made cod goujons, steamed creamy mussels, smoked haddock fish cakes, smoked salmon, prawns, pickled cockles, Marie Rose sauce, tartar sauce, salad, fresh-baked bread and butter **1, 4, 5, 6, 7, 9, 10, 11, 14** **£40**

Vegan Platter – for one

No-meat balls in tomato sauce with cauliflower popcorn, bean & Chilli salsa, basil pesto, truffle fries and flatbread for scooping **1, 5, 6, 8** **£16**

Sandwiches and Wraps *Please ask for gluten-free if required*

Fish finger sandwich

Crispy home-made cod fish fingers on granary bloomer with tartar sauce and romaine lettuce **1, 4, 5, 6, 7, 10, 14** **£9.50**

Crispy chicken Caesar tortilla wrap

Breaded chicken strips, Caesar dressing, smoked bacon, romaine lettuce & parmesan **1, 4, 5, 6, 7, 10** **£9.50**

Beetroot, hummus & falafel wrap

With crispy chickpeas & a crisp salad (vegan) **1, 5, 6** **£9**

Home-cooked Cumbrian ham & egg salad sandwich

On white bloomer bread with white truffle mayonnaise **1, 4, 5, 6, 7, **** **£8.50**

Open prawn Marie-Rose

Romaine lettuce, cucumber & paprika served on miller loaf **1, 4, 5, 6, 7, 9, 14, **** **£9**

Smoked beef pastrami

Dijon mustard mayo, sliced pickle & romaine lettuce served on a malted bloomer **1, 4, 5, 6, 7, **** **£9.50**

Torpenhow cheddar

House Bramley apple chutney, romaine lettuce & pickled onion served on white bloomer **1, 4, 5, 6, **** **£8**

Add a small bowl of soup to any sandwich **£4.50**

Sides

Home-made chunky chips (<i>vegan</i>)		£4.50
Skinny fries (<i>vegan</i>)		£4.50
Sweet potato fries with aioli (<i>vegetarian</i>)	6, 7	£5.50
Dressed mixed house salad (<i>vegan</i>)	5, 6	£3.50
Extra bread and salted butter (<i>vegetarian</i>)	1, 4, 14	£3

Children's Menu

Child's soup of the day £4
See specials for today's choices

Children's meals

Choose from: All £8

Brunch

Cumberland sausage, bacon, potato cake, beans and fried egg 1, 3, 5, 7

Roast ham and chips

With fried egg or salad 5, 7

Cod goujons

With chunky chips & beans or salad 1, 4, 6, 7

Mac n Cheese

With garlic bread and salad 1, 3, 4, 6

Children's sandwiches

Served with vegetable sticks

Choose from Ham, Egg mayo or Cheese

Please ask All £4.50
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Add small portion of chips to any child's sandwich £2.50

Allergens 1.	Cereal containing gluten	8.	Nuts
2.	Soya	9.	Crustaceans
3.	Celery	10.	Fish
4.	Milk	11.	Molluscs
5.	Sulphites	12.	Lupin
6.	Mustard	13.	Peanuts
7.	Egg	14.	Sesame
** Can be adapted to be Gluten-Free			