



BISTRO MENU

(V) = vegetarian (VE) = vegan (GF) = gluten free (GF*) = gluten free without accompanying bread

If you have any special dietary requirements or suffer from any allergic reactions please consult with the staff whilst ordering your food - thank you!

STARTERS

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| ALL BREADS SERVED WITH SAVOURY BUTTER | £4.00 |
| Diamond rustic petite pain or Sourdough or gluten free roll | |
| KING SCALLOPS | £12.00 |
| Wrapped in pancetta with Butternut squash purée, samphire, Pancetta crisps | |
| SUN-DRIED TOMATO, SMOKED BRIE, RED PEPPER TWICE-BAKED SOUFFLÉ | £8.00 |
| Served with rocket salad & balsamic dressing | |
| SCOTTISH SALMON CURED IN BEETROOT | £9.50 |
| Served with charred compressed cucumber & wild garlic sour cream | |
| CONFIT CHICKEN AND HAM HOCK ROULADE | £7.50 |
| Served with toasted sourdough, chilli & pineapple chutney | |
| SESAME SEED AND SOY GLAZED DUCK BREAST | £10.00 |
| Served with pickled wild mushrooms, date ketchup, and toasted pumpkin seeds | |
| ROASTED HEN OF THE WOOD'S MUSHROOMS | £7.50 |
| Served with grilled asparagus, avocado and cherry tomato salad, and pomegranate | |

PUB CLASSICS

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| CHARGRILLED CHICKEN AND BACON STACK | £15.00 |
| home-made BBQ sauce, cheese, salad, and chips | |
| VEGETABLE LASAGNE (V) or BEEF LASAGNE WITH MOZZARELLA CHEESE | |
| Served with garlic bread, salad or chips | |
| Starter | £9.00 |
| Main | £15.00 |
| PIE OF THE WEEK | £15.00 |
| Served with vegetables & creamy mash | |
| BEER BATTERED COD GOUJONS | £16.50 |
| Served with crushed peas, curry sauce & chips | |
| BREADED SCAMPI TAILS | £15.00 |
| Served with salad, red slaw and chips | |
| 6OZ PRIME LAKELAND BEEF BURGER | £15.50 |
| Served with smoked bacon, Monterey Jack cheese, baby gem and pickled gherkin. salad, red slaw, and chips | |

STEAKS

20 days aged local grass-fed steaks
supplied by Lindsay's of Cockermouth

8oz Fillet - £34.50

10oz Ribeye - £30.00

10oz Sirloin - £30.00

*All steaks are served with beef tomato filled with a bacon
and red onion compote, grilled portobello mushroom,
and tender stem broccoli*

Please choose a sauce to accompany your steak:

Peppercorn, blue winnow blue cheese,
mushroom, garlic or chimichurri

SOMETHING SPECIAL

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| HERB CRUSTED LOIN OF FELL BRED LAMB | £19.00 |
| Served with gnocchi and peas | |
| CRISP SEABASS FILLET WITH KING PRAWNS | £18.50 |
| Served with Saffron potatoes, roast chicory & sauce Vierge | |
| ROAST DUCK BREAST | £19.50 |
| Served with crispy leg croquettes with cherries and almonds | |
| BAKED AUBERGINE & RATATOUILLE VEGETABLES | £15.00 |
| Served with crispy polenta chips & basil oil | |

INDIVIDUAL PLATTERS

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| FOUR FISH PLATTER | £15.50 |
| Smoked salmon, Prawn Marie Rose, tuna mayonnaise, crab meat served with salad and red slaw with wholemeal bloomer | |
| MEAT PLATTER (GF) | £15.50 |
| Succulent Turkey, roast Ham, beef or chicken, served with pickles, Branston pickle, Eden cheese, red slaw & crusty roll | |

SIDES

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| BUTTERED SPINACH (V) (GF) | £3.75 |
| SEASONAL VEGETABLES (V) (GF) | £3.75 |
| BEER BATTERED ONION RINGS (V) | £4.25 |
| SEASONAL SALAD BOWL (V) (GF) | £4.00 |
| RED SLAW (V) (GF) | £1.50 |
| CHARRED ASPARAGUS IN CAPSICUM BUTTER | £5.50 |
| KING PRAWNS WITH GARLIC ROASTED CHICORY | £7.00 |
| NEW POTATOES (V) | £4.00 |
| MASHED POTATOES | £4.00 |
| SAUTEED NEW POTATOES | £4.00 |
| CHIPS OR SWEET POTATO FRIES | £4.50 |
| GARLIC BREAD (V) - Add mozzarella £1.00 more | £4.50 |

HOMEMADE DIPS & SAUCES

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| CURRY (GF) | £2.50 |
| BBQ (V) | £2.50 |
| GARLIC MAYO (GF) (V) | £2.50 |
| SWEET CHILLI (V) | £2.50 |
| PEPPERCORN AND BRANDY (GF) (V) | £3.50 |
| STILTON CREAM (GF) (V) | £3.50 |
| GARLIC MUSHROOM (GF) (V) | £3.50 |
| CHIMICHURRI | £3.50 |



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SANDWICHES

Open or closed Sandwiches served daily from 12.00 - 14.00

All sandwiches are served on either Wholemeal, White Bloomer Bread, Sourdough or Gluten Free Sliced Bread

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| HOME BAKED HAM | £7.75 |
| ROAST TURKEY & CRANBERRY SAUCE | £7.75 |
| CHICKEN BREAST, LETTUCE & MAYONNAISE | £7.75 |
| CHICKEN BREAST, CHILLI SMASHED AVOCADO | £7.75 |
| CHEDDAR WITH ONION, TOMATO OR BRANSTON PICKLE (V) | £7.75 |
| ROAST BEEF AND HORSERADISH | £7.75 |
| EGG ,TOMATO | £7.75 |

FISH SANDWICHES

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|---|--------|
| TUNA MAYONNAISE | £10.00 |
| PRAWN MARIE ROSE | £10.00 |
| SMOKED SALMON WITH SMASHED AVOCADO & CREAM CHEESE | £10.00 |

FLATBREADS & WRAPS

All served with side salad and red slaw

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| SAUTEED WILD MUSHROOMS & CHARGRILLED HALLOUMI | £13.00 |
| PANKO BREADED CURRIED COD FINGERS | £13.00 |
| Served with crispy shredded leaves, and tartare sauce | |
| SHREDDED DUCK LEG | £13.00 |
| Served with stir-fried red onions and spinach in a hoisin sauce | |
| CHICKEN BREAST AND CRISPY BACON | £13.00 |
| Served with smashed avocado and garlic mayo | |

CUMBRIAN CHEESE BOARD

All produced at the Appleby Creamery

Served with homemade chilli and pineapple chutney, biscuits, celery and grapes

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| THREE CHEESES | £10.50 |
| FIVE CHEESES | £12.50 |

EDEN CHIEFTAIN (V)

A creamy, hard-pressed cow's milk Cheddar type cheese with a well-rounded flavour.

BLUE WHINNOW

A firm but buttery texture, this cow's milk cheese has a nutty flavour and a deliciously sharp aftertaste.

FLAKEBRIDGE (V)

This modified "red Leicester" cheese is smooth and firm, with a flaky texture and subtle taste.

OLD APPLEBIAN

A crumbly open-textured cheese with a pronounced lemony flavour and a lingering aftertaste.

EDEN SMOKIE (V)

Smoked organic Brie, cold smoked using a blend of apple and oakwoods. A perfect balance with rustic refinement.

DESSERTS

STICKY TOFFEE PUDDING

Served with butterscotch sauce
£8.00

MANGO AND COCONUT PANNA COTTA

Served with caramelised pineapple, shortbread biscuit
£8.00

DARK CHOCOLATE AND HAZELNUT TART

Served with strawberry, pink peppercorn and crushed meringue ice cream
£8.00

APPLE, RHUBARB, AND RASPBERRY CRUMBLE

Served with Vanilla custard
£8.00

ICECREAM

Luxury English Lakes Ice Cream

Choose Three Scoops

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|---------------------------------------|-------|
| MADAGASCAN VANILLA | £5.95 |
| THUNDER & LIGHTNING | £5.95 |
| DEATH BY CHOCOLATE | £5.95 |
| CRUSHED STRAWBERRY | £5.95 |
| RUM & RAISIN PISTACHIO | £5.95 |
| CAPPUCCINO | £5.95 |
| Additional scoop added to any dessert | £1.95 |

BRUCE & LUKES COFFEE

Bruce and Luke's are a local coffee producer based out of Carlisle that have quickly grown to a national level with their top quality, delicious range of signature small batch roasted coffees.

All coffees are available as skinny or decaf

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| AMERICANO (OR LONG BLACK) | £3.95 |
| FLAT WHITE | £3.95 |
| CAFETIERES OF FRESHLY ROASTED COFFEE | £3.95 |
| CAPPUCCINO | £3.95 |
| ESPRESSO | £3.95 |
| LATTE | £3.95 |
| MOCHA | £3.95 |
| LIQUEUR COFFEE | 25cl £6.25 / 50cl £8.95 |

HOT DRINKS

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| HOT CHOCOLATE | £3.95 |
| A POT OF ENGLISH TEA | £3.50 |
| SPECIALITY TEAS | £3.50 |

All teas and coffees presented with Kendal Mint Cake