



Our beef and lamb dishes are made from meat from traditional hill breeds of cows and sheep reared on our family farm located only 20 miles from Rheged.

The stock are grass fed and reared slowly on the Cumbrian Fells using natural and sustainable farming methods, ensuring maximum traceability and consistently high quality.

homemade soups

served with bread and butter

Carrot and coriander soup (V)	£3.95
Roasted tomato and wild garlic soup (V)	£3.95
Seasonal soup of the day (V)	£3.95

hot sandwiches

Chargrilled steak ciabatta with fried onions & Cumberland mustard mayonnaise	£6.95
Cured bacon, vine tomato, little gem lettuce and mayonnaise	£5.95
Chargrilled flat mushroom, pesto & mozzarella ciabatta (V)	£5.95
Cajun lamb ciabatta, minted yoghurt & salad leaves	£6.95

salads & light bites

Roasted vegetable tian with sun-blushed tomato pesto (V)	£5.95
Homemade Cumberland Scotch egg with chunky tomato ketchup	£5.95
Hot smoked salmon served on a toasted cheese scone with piccalilli	£5.95
Local black pudding with crispy air-dried ham and a poached egg on sour dough toast	£5.95
Posh baked beans in a rich tomato and herb sauce, on sourdough toast	£5.95
Salad of local free-range chicken, bacon, olives and sun blushed tomatoes	£7.95
Traditional Ploughman's lunch of local Cumbrian cheeses	£7.95

make a meal of it

Slow-cooked Galloway brisket, carved and then chargrilled with smokey bacon cream sauce and chunky chips	£8.25
Shepherds Pie with brown sauce and spiced red cabbage	£7.95
Cauliflower cheese with tomato salsa and roasted potato wedges (V)	£6.75
Home cooked honey glazed ham, with chunky chips and free range poached eggs	£7.95
Grilled fillet of fresh mackerel on crushed tapenade potato	£8.25

handmade burgers

Galloway beef burger, chips and relish	£6.45
Lamb and mint burger with chips and relish	£6.45
with Lake District cheese or bacon	£6.95
with Lake District cheese and bacon	£7.45
with Black Dub Blue	£7.45

stone baked pizzas

homemade and baked in a traditional oven

Mozzarella with vine tomato (V)	£6.65
Spicy beef, red onion and parmesan	£6.95
Smoked salmon, anchovy and caper	£7.95
Free-range chicken and roasted vegetables	£6.95
Mushroom, spinach and pine nut (V)	£6.95

a bit on the side

Chunky chips	£1.95
Green salad	£2.75
Mixed salad	£2.75
Assorted breads	£1.50
Vegetables of the day	£2.75

Our vegetarian meals are marked (V). We also make low gluten dishes but in an environment where flour is used. If you have other dietary requirements, please let us know.