



Mains

12pm-4pm

Soup (V) £5.25 504kcal
Served with More? Bakery white sourdough or cheese scone (+ £0.25 | 626kcal)

Lentil dahl (Ve, GF) £8.95 288kcal
Bombay potato, raitha & crispy kale

Salad bowl (Ve, GF) £9.50 476kcal
Rocket, spinach, bombay potato, roasted aubergine, miso, falafel & houmous

Lamb Kofta £10.50 803kcal
Pitta, tzatziki, rocket, crispy rosemary roasties & spicy slaw

Chicken flatbread £9.50 641kcal
Marinated chicken, slaw & sour cream, warm flatbread, pilaf rice salad

Beef burger £10.50 875kcal
Our hand-pressed burger with Hawkshead Relish tomato ketchup, Ogleshead cheese and pickles on a More? Bakery brioche roll, served with fries

Seasonal frittata (V, GFA) £8.50 452kcal
Local free-range eggs, feta cheese, pea and mint, with aubergine and baba ganoush salad

Pizzas

From 12pm

Fired to order in our pizza oven, our pizzas are made using naturally leavened sourdough that we ferment for 48 hours to develop its flavour.

Garlic pesto base, sun-blushed tomato, pulled lamb & fresh mozzarella **£12.00**
1195kc

San Marzano tomato base, artichoke hearts, capers, chargrilled courgettes, olive & chilli tapenade dressing, rocket (Ve) **£10.50** 781kcal

Rocket pesto base, red onion, butternut squash, goats cheese & pine nuts **£10.50** 890kcal

San Marzano tomato, buffalo mozzarella, parmesan and rocket (V) **£9.50** 823kcal

Sides

Sea salt & herb potatoes (V) £3.95 345kcal
Double cooked and served with Hawkshead Relish tomato ketchup

Nuts and olives (Ve, GF) £3.95 900kcal

Seasonal salads (Ve, GFA) £3.25 each with green salad

•Bombay potato salad | 55kcal

•Roasted aubergine and baba ganoush salad | 177kcal

•Sunblush tomato & orzo pasta salad | 332 kcal

•Pilau rice salad, curried courgette, peas & fresh herbs | 63kcal

Pita bread (V) £4.75
Served with hummus and rocket

If you have any dietary requirements or questions about allergens in our food, please speak to a member of our team.

Hot

From Carvetii Coffee Roasters in Threlkeld.

Coffee *decaf available*

Cappuccino	140kcal	£3.00	181kcal	£3.25
Latte	130kcal	£3.00	181kcal	£3.25
Filter Coffee			okcal	£3.00
Espresso		okcal	£2.30	
Flat white	140kcal	£3.00		

Hot chocolate	£3.00	£3.25
Milk or dark chocolate	294kcal	364kcal

Tea okcal £2.60

English Breakfast, Earl Grey with Cornflower,
Yunnan Green, Ceylon Decaf, Mixed Berry,
Rooibos, Peppermint

Swap to *skimmed, oat* or *soya milk* for free.

Cold

Iced latte 116kcal £3.00

Iced Americano 1kcal £2.75

Hullabaloo

Still Lemonade £2.50

The Citrus One £2.50

Elderflower Pressé £2.50

Karma Cola

Sugar free £2.50

Cola £2.50

Marlish spring water

Still water

Sparkling water

Starkey's Fruit Farm

Bramley apple juice £2.45

Fresh Orange Juice £3.00

Wines

All our wine is organic.

White 125ml £3.50 175ml £4.70 250ml £5.75 bottle £15.95

Adobe Sauvignon Blanc | Chile | ABV 12%

Crisp and bursting with gooseberry and lemon

Hoopoe Chardonnay Grillo | Sicily | ABV 13%

Fresh acidity and pronounced aromas

Mont'Albano Pinot Grigio | Italy | ABV 12%

Pear and summer fruits uplifted by vibrant citrus

Red 125ml £3.50 175ml £4.70 250ml £5.75 bottle £15.95

Stellar Organics Merlot | South Africa | ABV 13.5%

Super soft with a plummy nose & no added sulphur

Rebel.Lia Tempranillo | Spain | ABV 13.5%

Fruity; hints of smoke, dark chocolate & berries

Adobe Malbec | Chile | ABV 13.5%

Aromatic & complex; leaves a lasting impression

Rosé 125ml £3.50 175ml £4.70 250ml £5.75 bottle £15.95

Wild Thing | Spain | ABV 12.5%

Dry and summery with red fruit on the finish

Prosecco glass £4.25 bottle £16.95

Giol Prosecco | Italy | ABV 11%

Refreshing citrus wrapped up in a gentle spritz

Beer & Cider

beer from Eden River Brew Co, Penrith.

Jye Helles Lager **£4.75**

Emperor English IPA **£4.75**

Fuggles Classic English Blonde Ale **£4.75**

Tebay Blonde **£4.75**

Tebay Best **£4.75**

Thistly Cross Scottish Cider

Traditional **£4.75**

Strawberry **£4.75**

Cocktails

Featuring spirits from The Lakes

Distillery, 19 miles from here.

Lakes G&T £5.95

The Lakes Gin with Fever-Tree Mediterranean tonic and a slice of pink grapefruit

Lakes Pink G&T £5.95

The Lakes Pink Grapefruit Gin with Fever-Tree Mediterranean tonic and a slice of lemon

Lakes Vodka Highball £6.75

The Lakes Vodka with Fever-Tree lemon tonic with a slice of lime

Locally made

Zingi Bear Ginger Switchel

Refreshing sparkler created in the Lake District using apple cider vinegar, ginger root, lemon and honey.

£3.00

