

RHEGED

Bacon sandwich £7.00
in milk bread with a smoky tomato paste | 643kcal
+ egg | 728kcal £8.00

Rosti benedict (GF) (V) £8.50
potato rosti, spinach, poached eggs,
hollandaise | 684kcal
+ bacon | 784kcal £9.50
+ hot smoked salmon | 741kcal £10.50

Toasted banana bread (VE) £7.00
Yoghurt, poached fruit | 428kcal

Today's soup (V) £7.00
with sourdough bread
or cheese scone

Chicken salad bowl (GF) £10.50
marinated chicken, mixed green salad,
fennel and sweetcorn slaw | 275kcal

Homemade lamb kofta flatbread £12.00
rocket, tzatziki, harissa potato salad | 737kcal

Mushroom shawarma flatbread (VE) £11.00
fennel and sweetcorn slaw, tahini dressing | 576kcal

Sun-blushed tomato and goat's
cheese quiche (V) £10.50
seasonal salads | 893kcal

Smoked bacon and brie quiche £10.50
seasonal salads | 961kcal

Steak burger £13.50
brioche bun, tomato chutney,
lancashire cheese, potato wedges | 861kcal GFA

SIDES

Potato wedges | 198kcal (VE) (GF) £3.50

Garlic flatbread | 386kcal (V) £3.50
+ cheese | 445kcal £4.00

Fennel and sweetcorn slaw | 105kcal (VE) (GF) £3.50

Harissa potato salad | 116kcal (VE) (GF) £3.50

Red pepper pesto pasta salad | 177kcal (VE) £3.50

Mixed green salad | 29kcal (VE) (GF) £3.50

SPECIAL

Mutton cobbler £14.50
served with braised red cabbage | 821kcal

(V) Vegetarian (VE) Vegan (GF) No gluten ingredients, not suitable for coeliacs

Please speak to a colleague if you have any allergies, they will be happy to provide you with allergen information.

We make our own food from scratch as you would at home, using real ingredients, sourced locally, from producers we know and trust. We are proud to work with:

Bread from More? The Artisan Bakery, Staveley, 19 miles away | Preserves and chutneys from Hawkshead Relish, Hawkshead, 21 miles away | All beef and lamb comes from our own butchery at Tebay, 15 miles away

RHEGED / DRINKS

HOT

Coffee (decaf available)

From Carvetii Coffee Roasters in Threlkeld

Cappuccino.....	140kcal	£3.10		181kcal	£3.35
Latte.....	130kcal	£3.10		181kcal	£3.35
Filter Coffee.....				0kcal	£3.00
Espresso.....				0kcal	£2.30
Flat White.....	140kcal	£3.10			

Hot Chocolate

Milk or dark chocolate.....	294kcal	£3.20		364kcal	£3.45
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Tea for one.....	0kcal	£2.65			
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English Breakfast, Earl Grey with Cornflower, Yunnan Green, Ceylon Decaf, Mixed Berry, Rooibos, Peppermint

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

Masala Chai.....	64cal	£3.40		135kcal	£3.65
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COLD

Iced latte.....	116kcal	£3.00			
Iced americano.....	1kcal	£2.75			

Hullabaloo

Still lemonade.....		£2.50			
Raspberry lemonade.....		£2.50			

Karma Cola

Sugar free Cola.....		£2.50			
Cola.....		£2.50			

Marlish spring water

Still water.....		£2.95			
Sparkling water.....		£2.95			

Eva's Organic

Apple juice.....		£3.00			
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Bradley's Drinks

Smooth orange juice.....		£2.80			
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Locally made

£3.75

Zingi Bear Ginger Switchel

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

WINE

All our wines are organic

125ml **£4.50** 175ml **£5.70** 250ml **£6.75** bottle **£16.95**

White

Adobe Sauvignon Blanc | Chile | ABV 12%

Crisp and bursting with gooseberry and lemon

Mont'Albano Pinot Grigio | Italy | ABV 12%

Pear and summer fruits uplifted by vibrant citrus

Red

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 **£4.50** 175ml **£5.70** 250ml **£6.75** bottle **£16.95**

Wild Thing | Spain | ABV 12.5%

Dry and summery with red fruit on the finish

Prosecco 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.....	£4.95
Emperor English IPA.....	£4.95
Fuggles Classic English Blonde Ale.....	£4.95
Tebay Blonde.....	£4.95
Tebay Best.....	£4.95

Thistly Cross Scottish Cider

Traditional.....	£4.80
Strawberry.....	£4.80

COCKTAILS

Spirits come from the Lakes Distillery, 19 Miles from here

Lakes G&T The Lakes Gin with Fever-Tree	£5.95
Mediterranean tonic and a slice of pink grapefruit	
Lakes Pink G&T The Lakes Pink Grapefruit Gin with	£5.95
Fever-Tree Mediterranean tonic and a slice of lemon	
Lakes Vodka Highball The Lakes Vodka with Fever-Tree	
lemon tonic with a slice of lime	£6.75