

RHEGED

Bacon sandwich..... £7.00

*in milk bread with a smoky tomato paste | 643kcal
(cereals containing gluten, milk and mustard)*

+ egg | 728kcal £8.00
(egg)

Rosti benedict (GF) (V) £8.95

*potato rosti, spinach, poached eggs,
hollandaise | 684kcal
(celery, eggs, milk and sulphites)*

+ bacon | 784kcal £9.95

+ hot smoked salmon | 741kcal £10.95
(soya and fish)

Toasted banana bread (VE) £7.00

*yoghurt, poached fruit | 428kcal
(cereals containing gluten, peanuts, sesame and soya)*

Today's soup (V) £7.25

*with sourdough bread or cheese scone
(please speak to colleague for allergen information)*

Chicken salad bowl (GF) £11.50

*marinated chicken, mixed green salad,
fennel & sweetcorn slaw | 275kcal
(milk, mustard, sesame and soya)*

Homemade lamb kofta flatbread £12.95

*rocket, tzatziki, harissa potato salad | 737kcal
(cereals containing gluten, sesame and soya)*

SPECIAL

Mutton cobbler £14.50

*served with braised red cabbage | 821kcal
(cereals containing gluten, eggs, milk, mustard and sulphites)*

Mushroom shawarma flatbread (VE) £11.95

*fennel & sweetcorn slaw, tahini dressing | 576kcal
(cereals containing gluten, soya, celery, sesame and sulphites)*

Sun-blushed tomato and goat's

cheese quiche (V) £11.50

*seasonal salads | 893kcal
(cereals containing gluten, eggs, milk, sesame, soya and sulphites)*

Smoked bacon and brie quiche £11.50

*seasonal salads | 961kcal
(cereals containing gluten, eggs, milk, sesame, soya and sulphites)*

Steak burger (GFA) £14.50

*brioche bun, tomato chutney,
lancashire cheese, potato wedges | 861kcal
(cereals containing gluten, eggs, milk, mustard and sulphites)*

SIDES

Potato wedges | 198kcal (VE) (GF) £4.25

Garlic flatbread | 386kcal (V) £3.50

+ cheese | 445kcal £4.00
(cereals containing gluten, milk and soya)

Fennel & sweetcorn slaw | 105kcal (VE) (GF) £3.75

(sesame and soya)

Harissa potato salad | 116kcal (VE) (GF) £3.75

(sesame)

Red pepper pesto pasta salad | 177kcal (VE) £3.75

(cereals containing gluten and sulphites)

Mixed green salad | 29kcal (VE) (GF) £3.75

(V) Vegetarian

(GF) No gluten ingredients, not suitable for coeliacs

(VE) Vegan

(GFA) Made gluten free upon request, not suitable for coeliacs

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

from Carvetii Coffee Roasters in Threlkeld

Espresso	0kcal	£2.70	0kcal	£3.40
Americano	0kcal	£3.15	0kcal	£3.40
Latte	130kcal	£3.50	181kcal	£3.75
Cappuccino	140kcal	£3.50	140kcal	£3.75
Flat White	140kcal	£3.50		
Mocha	145kcal	£3.75	185kcal	£3.95

Tea 0kcal **£2.95**

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

Hot Chocolate 294kcal **£3.75** 364kcal **£3.95**
milk or dark

Masala Chai 64kcal **£3.75** 135kcal **£3.95**

swap to **decaf, skimmed, oat** or **soya milk** for free

COLD

Iced Americano 20kcal **£3.15**

Iced Latte 115kcal **£3.50**

Hullabaloo **£2.95**

still lemonade or raspberry lemonade

Karma Cola **£2.95**

regular or sugar free

Marlish Spring Water **£2.95**

still or sparkling

Eva's Organic Apple Juice **£3.25**

Bradley's Drinks Orange Juice **£2.95**

Bensons Joosed Fruity Water **£1.75**

apple or apple blackcurrant

Zingi Bear Ginger Switchel 102kcal **£3.95**

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

WINE

all our wines are organic

125ml **£4.75** 175ml **£5.95** 250ml **£6.95** 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

Wild Thing | Spain | ABV 12.5%

dry and summery with red fruit on the finish

Prosecco (200ml **£5.65** bottle **£16.95**)

Giol Prosecco | Italy | ABV 11%

refreshing citrus wrapped up in a gentle spritz

BEER & CIDER

Swan Free Lager **£2.95**

Swan Free Pale Ale **£2.95**

Emperor English IPA **£5.25**

Fuggles Classic English Blonde Ale **£3.45**

Thistly Cross Scottish Cider **£5.25**

Thistly Cross Scottish Strawberry Cider **£5.25**

Tebay Blonde **£5.25**

Tebay Best **£5.25**

COCKTAILS

spirits come 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 lemon

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