

RHEGED

Bacon sandwich £7.00 <i>in milk bread with a smoky tomato paste 643kcal</i> + egg 728kcal £8.00	Sun-blushed tomato and goat's cheese quiche (V) £11.50 <i>seasonal salads 893kcal</i>
Rosti benedict (V) £8.95 <i>potato rosti, spinach, poached eggs, hollandaise 684kcal</i> + bacon 784kcal £9.95 + hot smoked salmon 741kcal £10.95	Smoked bacon and brie quiche £11.50 <i>seasonal salads 961kcal</i>
Toasted banana bread (VE) £7.00 <i>yoghurt, poached fruit 428kcal</i>	Steak burger £14.50 <i>brioche bun, tomato chutney, lancashire cheese, potato wedges 861kcal</i>
Today's soup (V) £7.25 <i>with sourdough bread or cheese scone</i>	
Chicken salad bowl £11.50 <i>marinated chicken, mixed green salad, sweet & sour rainbow slaw 289kcal</i>	
Homemade lamb kofta flatbread £12.95 <i>rocket, tzatziki, tamarind potato salad 780kcal</i>	
Mushroom shawarma flatbread (VE) £11.95 <i>sweet & sour rainbow slaw, tahini dressing 581kcal</i>	

SIDES

Potato wedges 198kcal (VE) £4.25
Sweet & sour rainbow slaw 24kcal (VE) £3.75
Tamarind potato salad 234kcal (VE) £3.75
Squash & sprout pasta salad 132kcal (VE) £3.75
Mixed green salad 29kcal (VE) £3.75

(V) Vegetarian

(VE) Vegan

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

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	
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