

BRUNCH

Yoghurt bowl (V) £6.00

blackberry and apple compote,
granola 552kcal

Buckwheat pancakes (V) £8.00

yoghurt, banana, maple syrup,
granola 321kcal

**Dry cured bacon
& fried egg sandwich** £8.50

milk loaf, Isle of Wight tomato pesto,
brown sauce 738kcal

**Shawarma mushrooms
on toast** (VE) £12.00

artisan sourdough, rocket, aged balsamic
308kcal

**Smoked salmon and
poached eggs** £13.00

crushed avocado, sourdough toast 560kcal

Brunch bowl £13.00

treacle cured bacon chop, hash brown,
mushroom, homemade beans, fried egg
529kcal

Pulled beef hash £13.00

hash brown, poached egg, harissa
hollandaise, wilted spinach 585kcal

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

LUNCH

Seasonal soup £7.50

homemade focaccia, or cheese scone

**Cheddar and caramelised
onion twice baked soufflé** (V) £8.50

white wine cream sauce 643kcal

Hummus mezze bowl (VE) £11.00

herb falafel, roasted vegetables, olives,
focaccia crisps, toasted seeds 733kcal

Ham hock and egg salad bowl £12.50

rainbow slaw, toasted dukkha mix,
pineapple and chilli salsa 296kcal

Sirloin steak sandwich £15.00

chimichurri sauce, toasted milk loaf,
rocket and parmesan salad 846kcal

Lamb and feta flatbread £15.00

tzatziki, pickled red cabbage,
herb potato wedges 688kcal

SIDES

**Herb and sea salt
potato wedges** (VE) 198kcal £4.00

**Hash brown bites
with tomato relish** (VE) 202kcal £4.00

Rainbow slaw (VE) 107kcal £3.50

**Parmesan and
rocket salad** (V) 54kcal £3.50

(V) Vegetarian

(VE) Vegan

HOT DRINKS

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

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**

COLD DRINKS

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 **£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