

ALL DAY MENU

Yoghurt bowl (V)

with seasonal compote and granola

£6.50 552kcal

Strawberry & mint french toast (V)

served with vanilla mascarpone and granola

£10.00 793kcal

Dry cured bacon & fried egg sandwich

on sliced white tin loaf with Isle of Wight tomato pesto and zesty brown sauce

£8.50 738kcal

Smoked salmon with poached eggs

with crushed avocado on sourdough toast

£13.00 560kcal

Brunch bowl

treacle cured bacon chop, cumberland swirl, hashbrown, mushroom, smoky beans and a fried egg

£13.50 904kcal

Pulled beef shin hash

with a hash brown, poached egg, harissa hollandaise and wilted spinach

£14.00 569kcal

Red pepper & butterbean shakshuka (V)

with chilli crisp, tahini and poached egg

£14.00 508kcal

add chorizo

+ £3.00 300kcal

add grilled halloumi

+ £3.00 402kcal

NIBBLES

Mixed olives (VE)

£4.50 287kcal

Homemade bread, oil and balsamic (V)

£5.00 943kcal

Toasted garlic focaccia (V)

£4.00 441kcal

Seasonal soup

£7.50

made fresh by us and served with either homemade focaccia or a cheese scone

Hummus mezze bowl (VE)

£12.00 733kcal

herb falafel with roasted vegetables, olives, focaccia crisps and topped with toasted seeds

Wild garlic & cheddar twice baked soufflé (V)

£11.00 451kcal

with a white wine & cream sauce with a side salad of rocket and parmesan

add chorizo

+ £3.00 300kcal

Grilled halloumi & crispy chilli salad (V)

£14.00 643kcal

with focaccia crisps, tahini dressing and pomegranate

swap halloumi for harissa chicken

+ £2.00 301kcal

Sirloin steak sandwich

£16.00 846kcal

served with chimichurri sauce on a toasted white tin loaf, with a rocket and parmesan salad

Harissa chicken flatbread

£16.00 568kcal

with a pomegranate salsa, tahini dressing and slaw

SIDES

Skin on chips (VE)

£4.50 90kcal

Hash brown with tomato relish (VE)

£4.50 202kcal

Miso & sesame slaw (VE)

£3.50 78kcal

Parmesan and rocket salad (V)

£3.50 54kcal

Harissa potato salad (VE)

£3.50 116kcal

DRINKS

ICED DRINKS

Iced Americano	£3.50 20kcal
Iced Latte	£3.85 115kcal
Iced Red Berry & Hibiscus Tea	£3.55 155kcal
Iced Earl Grey, Elderflower & Orange Tea	£3.55 51kcal
Iced Vanilla Matcha	£4.75 275kcal
Iced Matcha	£4.05 215kcal

COFFEE

from Carvetii Coffee Roasters in Threlkeld, 23 miles from here

Americano	£3.25 130kcal	£3.50 0kcal
Latte	£3.60 130kcal	£3.85 181kcal
Cappuccino	£3.60 181kcal	£3.85 234kcal
Flat White	£3.60 139kcal	
Mocha	£3.85 145kcal	£4.05 185kcal

swap your milk to semi-skimmed or oat, or your coffee to decaf for free

*add your choice of flavoured syrup for just **+70p**
vanilla, caramel or hazelnut*

HOT DRINKS

Hot Chocolate <i>milk or dark</i>	£3.85 294kcal	£4.05 364kcal
Masala Chai	£3.85 64kcal	£4.05 135kcal
Vanilla Matcha	£4.55 215kcal	£4.75 275kcal
Matcha	£3.85 155kcal	£4.05 215kcal
Tea	£3.45 0kcal	
<i>english breakfast, earl grey with cornflower, yunnan green ceylon decaf, mixed berry, rooibos, peppermint</i>		

Mini Hot Chocolate	£1.50
Babyccino	50p

COLD DRINKS

MADE BY US

Freshly Squeezed Orange Juice *110kcal* **£4.25**

Milkshake **£4.75**

*choose between: chocolate, salted caramel or
Wild & Fruitful strawberry*

MOMO Kombucha **£4.70**

raspberry-hibiscus, elderflower, ginger-lemon

Zingi Bear Ginger Switchel **£4.25**

Hullabaloo **£3.50**

still lemonade, raspberry lemonade or elderflower presse

Karma Cola **£3.50**

regular or sugar free

Eva's Organic Apple Juice **£3.25**

Marlish Sparkling Water **£2.95**

still or sparkling

Bensons Joosed Fruity Water **£1.75**

apple or apple blackcurrant

BEER & CIDER

ON TAP

St. Sunday Lager (4.6%) *half* **£3.00** *pint* **£6.00**

bavarian style helles made in Cumbria by Fell Brewery

Swan Free Low Alcohol Lager (0.5%) **£2.95**

Swan Free Low Alcohol Pale Ale (0.5%) **£2.95**

Thistly Cross Scottish Cider (4.4%) **£5.25**

Thistly Cross Scottish Strawberry Cider (4.0%) **£5.25**

WINE

all our wines are organic

125ml **£4.75** 175ml **£5.95** 250ml **£6.95** bottle **£16.95**

WHITE	Adobe Sauvignon Blanc (<i>Chile - 12%</i>) <i>crisp and bursting with gooseberry and lemon</i>
	Mont'Albano Pinot Grigio (<i>Italy - 12%</i>) <i>pear and summer fruits uplifted by vibrant citrus</i>
RED	Rebel.Lia Tempranillo (<i>Spain - 13.5%</i>) <i>fruity; hints of smoke, dark chocolate & berries</i>
	Adobe Malbec (<i>Chile - 13.5%</i>) <i>fruity; hints of smoke, dark chocolate & berries</i>
ROSÉ	Wild Thing (<i>Spain - 12.5%</i>) <i>dry and summery with red fruit on the finish</i>

200ml **£5.65** bottle **£16.95**

PROSECCO	Giol Prosecco (<i>Italy - 11%</i>) <i>refreshing citrus wrapped up in a gentle spritz</i>
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COCKTAILS

spirits come from The Lakes Distillery, 19 miles from here

Lakes G&T <i>served with a mediterranean tonic and slice of lemon</i>	£6.75
Lakes Pink Grapefruit G&T <i>served with a mediterranean tonic and slice of lemon</i>	£6.75
Lakes Vodka Highball <i>served with a lemon tonic with a slice of lime</i>	£6.75

LIGHTER MEALS

Yoghurt bowl (V)

with seasonal compote and granola

£5.25 227kcal

French toast (V)

served with strawberries, vanilla macarpone & granola

£5.25 392kcal

Smoky beans on sourdough toast (VE)

£5.25 560kcal

Eggs on sourdough toast (V)

with a choice of poached, scrambled or fried egg

£5.25 310kcal

Bacon sandwich

served on a milk roll with tomato ketchup

£7.00 471kcal

Seasonal soup

served with a milk roll

£5.25

Chicken flatbread

served with tahini dressing and slaw

£7.50 292kcal

Macaroni cheese (V)

served with toasted garlic bread

£7.00 570kcal

Hummus bowl (VE)

with crudites and focaccia crisps

£5.25 200kcal