

USING REAL  
INGREDIENTS,  
SOURCED LOCALLY,  
FROM PRODUCERS  
WE KNOW  
AND TRUST

*Our bread is baked right here at Rheged. Sourdough, tin loaves, and focaccia fresh from our ovens to your plate.*

*Our meat comes straight from our own butchery, raised on our family farm at Orton and trusted Cumbrian Farms. The same care and craft go into every cut we serve.*

*Our seasonal salads are grown by Growing Well, a mental health charity at our sister site, Tebay Services, just 15 miles away. Fresh, crisp and vibrant.*

*Our eggs are laid by truly free range hens at Renison's Regenerative Farm in Renwick, near Penrith. Happy hens, delicious eggs!*

*Adults need around 2000kcal a day.*

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

 Vegetarian

 Vegan

# ALL DAY MENU

## Yoghurt bowl (V)

with seasonal compote and granola

regular **£6.50** 552kcal  
small **£5.25** 276kcal

## Strawberry & mint french toast (V)

served with vanilla mascarpone and granola

regular **£10.00** 793kcal  
small **£7.75** 296kcal

## 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

## WINE

all our wines are organic

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

### WHITE

Adobe Sauvignon Blanc (Chile - 12%)  
crisp and bursting with gooseberry and lemon

Mont'Albano Pinot Grigio (Italy - 12%)  
pear and summer fruits uplifted by vibrant citrus

### RED

Rebel.Lia Tempranillo (Spain - 13.5%)  
fruity; hints of smoke, dark chocolate & berries

Adobe Malbec (Chile - 13.5%)  
fruity; hints of smoke, dark chocolate & berries

### ROSÉ

Wild Thing (Spain - 12.5%)  
dry and summery with red fruit on the finish

200ml **£5.65** bottle **£16.95**

### PROSECCO

Giol Prosecco (Italy - 11%)  
refreshing citrus wrapped up in a gentle spritz

## COCKTAILS

spirits come from The Lakes Distillery, 19 miles from here

### Lakes G&T

served with a mediterranean tonic and slice of lemon

**£6.75**

### Lakes Pink Grapefruit G&T

served with a mediterranean tonic and slice of lemon

**£6.75**

### Lakes Vodka Highball

served with a lemon tonic with a slice of lime

**£6.75**

# KIDS

**Smoky beans on sourdough toast** (VE) **£4.60** 560kcal

**Eggs on sourdough toast** (V) **£4.60** 310kcal  
*with a choice of poached, scrambled or fried egg*

**Bacon sandwich** **£6.15** 471kcal  
*served on a milk roll with tomato ketchup*

**Seasonal soup** **£4.60**  
*served with a milk roll*

**Macaroni cheese** (V) **£6.15** 570kcal  
*served with toasted garlic bread*

**Hummus bowl** (VE) **£4.60** 200kcal  
*with crudites and focaccia crisps*

# 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	<b>£3.25</b> 130kcal	<b>£3.50</b> 0kcal
Latte	<b>£3.60</b> 130kcal	<b>£3.85</b> 181kcal
Cappuccino	<b>£3.60</b> 181kcal	<b>£3.85</b> 234kcal
Flat White	<b>£3.60</b> 139kcal	
Mocha	<b>£3.85</b> 145kcal	<b>£4.05</b> 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 **£3.85** 294kcal **£4.05** 364kcal  
*milk or dark*  
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  
*english breakfast, earl grey with cornflower, yunnan green  
ceylon decaf, mixed berry, rooibos, peppermint*

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**  
 Hullabaloos **£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**

**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 souffle** (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** *regular* **£16.00** *568kcal*  
*small* **£13.75** *292kcal*

*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*