

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

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*

Roasted garlic & spinach twice baked souffle (V)

£11.00 460kcal

*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

Lemon & parsley slaw (VE)

£3.50 33kcal

Parmesan and rocket salad (V)

£3.50 54kcal

Beetroot, spelt & tahini salad (VE)

£3.50 42kcal

Pea, courgette & rocket pesto pasta salad (VE)

£3.50 182kcal

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 <i>english breakfast, earl grey with cornflower, yunnan green</i> <i>ceylon decaf, mixed berry, rooibos, peppermint</i>	£3.45 0kcal	

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