**Starters**

**Soup**

Soup of the day served with toasted sourdough. (gfo) (df)

£8.50

**Pan Seared Scallops**

Celeriac, black pudding, pickled fennel, apple & walnut. (gfo) (dfo)

£12.00

**Crispy Pork Cheek**

Pear & sultana remoulade with bacon jam.

£9.00

**Spiced Parsnips Fritters**

Mango salsa & coriander yoghurt. (gf) (dfo) (vgo)

£8.50

**Leek And Cheddar Soufflé**

Twice baked soufflé with leek & cheddar, chive cream. (v)

£10.00

**Sides**

Dressed salad

Vegetables

Hand cut chips

French fries

Sweet potato fries

Sourdough bread & oil

£3.85

v/vo = vegetarian option, vg/vgo = vegan option, df/dfo = dairy free option, gf/gfo = gluten free option.

**Special Starters**

**Spiced crab fritters, curry cauliflower, florets, pine nuts.**

£11.50

**Home-made Black pudding, Bacon Jam, apple, pickled shallots.**

£ 9.50

**Special Main Course**

**Gammon steak, egg & pineapple, hand-cut chips and garden peas. (dfo, gfo)**

£21.00

**Fisherman’s pie haddock, salmon & king prawn, mashed potato,**

**smoked cheddar, greens and sourdough bread.**

£23.00

**Steak & Kidney suet pudding, braised red cabbage, mashed potato, jus.**

£21.00

**Pie of the day, hand-cut chips, fresh vegetables and gravy.**

£21.00

**Special Dessert**

**Tart of the day served with vanilla ice cream.**

£ 8.75

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**Mains**

**Jumbo Fish & Chips**

Cumbrian ale battered haddock, hand cut chips, crushed peas, tartare sauce (gf) (df)

Jumbo £21.00 or standard £18.00

**Slow Cooked Beef**

Shin of beef, truffled pomme purée, charred cabbage, Madeira jus (gf)

£21.00

**Steak Burger**

8 oz steak burger, bacon & cheese, baby gem, tomato, fries & slaw (gf) (df)

£19.00

**Bistro 8oz Rump Steak**

Hand cut chips, plum tomato, sautéed mushroom, onion rings (gf) (df) (add peppercorn sauce, blue cheese or pancetta & shallot)

£26.00

**Belly Of Pork**

Braised Cumbrian belly of pork, black pudding mash, parsnip, jus (gfo)

£19.00

**Rough Fell Lamb**

Rump of lamb, confit shoulder, cabbage & bacon, potato gratin,

red wine jus, served pink (gfo)

£27.00

**Chicken Schnitzel**

Buttermilk chicken schnitzel, chilli jam, garlic aioli, Cajun fries, dressed salad.

£19.00

**Cod Loin**

Baked cod loin, roast baby potatoes, kale, caper & anchovy butter sauce (gf)

£22.00

**Punchbowl Falafel Burger**

Roast red peppers & feta, baby gem, chilli jam & sweet potato fries.

£17.50

**Cauliflower Steak**

Charred cauliflower steak, red lentil & chickpea dhal, sweet potato, coriander yoghurt, almond (gf) (vg) (dfo)

£18.00

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**Sunday Menu**

1. Course £18.00
2. Course £25.50
3. Course £32.00

**Starters**

Soup of the Day, toasted sourdough (gfo,dfo)

Spiced Crab Fritters**,** curry cauliflower, florets, pine nuts

Home-Made Black Pudding,Bacon Jam, apple, pickle shallots.

**Mains**

Traditional Roast of the Day, roast potatoes, bubble and squeak, seasonal greens, Yorkshire pudding, jus (vo,dfo,gfo)

Fisherman's Pie, smoked salmon, haddock and king prawn, seasonal greens, toasted sourdough.

Fish And Chips (Add £3 for jumbo fish) (gfo,dfo)

Pie Of the Day, hand-cut chips, seasonal greens, jus.

**Desserts**

Crumble Of the Day, custard and vanilla ice cream (gfo,dfo)

Sticky Toffee Sundae, vanilla ice cream, caramel ice cream and caramel sauce.

Custard Tart, vanilla ice cream

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**Sandwiches**

# Ham Hock

Open sandwich, toasted sourdough, smoked applewood cheddar,

red onion marmalade (gf)

£11.00

# Fish Sarni

Cumbrian ale battered haddock, tartar sauce, brioche roll (gf)

£11.50

# Minute Steak

Open sandwich, toasted sourdough, caramelised onion, mustard mayo (gf)

£12.50

# Falafel

Open sandwich toasted sourdough, chili & garlic.

(gf) (df) (vgo)

£9.70

# Cumbrian Rarebit

Open sandwich toasted sourdough, spring onion.

£9.50

All sandwiches are served with fries & dressed salad.

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**DESSERTS**

Sticky Toffee Pudding,

Custard & Vanilla Ice Cream.

Dark Chocolate & Salted Caramel Brownie

& Vanilla Ice Cream.

Crumble Of the Day, Custard

& Vanilla Ice Cream. (gfo) (dfo)

Cheesecake Of the Day

& Vanilla Ice Cream.

£8.75

All Desserts Are Handmade And Prepared In Our Kitchen.

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