

| Celery | Crustacean | Eggs | Fish | Gluten | Lupin Flour | Milk | Molluscs | Mustard | Nut | Peanut | Sesame | Soya Beans | Sulphites |
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

MAINS

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|--|---|---|--|---|--|---|---|
| Beer Battered Fish | | | ✓ | ✓ | ✓ | | | ✓ | | | | ✓ | ✓ |
| Cumberland Sausage & Mash | ✓ | | | | ✓ | | ✓ | | | | | ✓ | ✓ |
| Fillet of Hake | | | | | | | | | | | | | |
| Lamb Tattie Pot | ✓ | | | | | | ✓ | | | | | | ✓ |
| Steak & Cumbrian Ale Pie | ✓ | | ✓ | | ✓ | | ✓ | ✓ | | | | | |
| Tomato & Red Pepper Spaghetti (Chicken) | ✓ | | ✓ | | ✓ | | | | | ✓ | | | |
| Tomato & Red Pepper Spaghetti (Prawn) | ✓ | ✓ | ✓ | ✓ | | | | | | ✓ | | | |
| Tomato & Red Pepper Spaghetti (Veg) | ✓ | | ✓ | | ✓ | | | | | ✓ | | | |
| Thai Green Curry (King Prawn) | ✓ | ✓ | | ✓ | ✓ | | | | | | | | |
| Thai Green Curry (Chicken) | ✓ | | | | ✓ | | | | | | | | |
| Thai Green Curry (Veg) | ✓ | | | | ✓ | | | | | | | | |

GRILLS

| | | | | | | | | | | | | | |
|-------------------------------|--|--|--|--|---|--|---|--|--|--|--|--|--|
| Lemon & Thyme Roasted Poussin | | | | | ✓ | | ✓ | | | | | | |
| 10oz Rib Eye Steak | | | | | ✓ | | ✓ | | | | | | |
| 8oz Sirloin Steak | | | | | ✓ | | ✓ | | | | | | |
| 8oz Flat Iron Steak | | | | | ✓ | | ✓ | | | | | | |

BURGERS

| | | | | | | | | | | | | | |
|--------------------------------------|--|--|---|--|---|--|---|---|---|--|---|---|---|
| The Ambleside Burger | | | ✓ | | ✓ | | ✓ | ✓ | | | ✓ | ✓ | ✓ |
| Rosemary & Garlic Chicken Burger | | | ✓ | | ✓ | | ✓ | | | | ✓ | ✓ | ✓ |
| Beetroot, Red Pepper & Quinoa Burger | | | ✓ | | ✓ | | ✓ | | ✓ | | ✓ | ✓ | ✓ |

SIDES

| | | | | | | | | | | | | | |
|---------------------------------------|---|--|---|--|---|--|---|--|--|--|--|---|---|
| Hand-Cut Chunky Chips | | | | | | | | | | | | ✓ | |
| Rocket & Parmesan Salad with Balsamic | | | | | | | ✓ | | | | | | ✓ |
| Buttered Seasonal Greens | ✓ | | | | | | ✓ | | | | | | |
| Honey & Thyme Chantenay Carrots | | | | | | | ✓ | | | | | | |
| Onion Rings | | | | | ✓ | | | | | | | ✓ | ✓ |
| Garlic Ciabatta Bread | | | ✓ | | ✓ | | ✓ | | | | | | |

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|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

DESSERTS

| | | | | | | | | | | | | | |
|--------------------------------|---|--|---|---|--|---|--|--|---|--|--|---|---|
| Baked Chocolate Tart | | | ✓ | ✓ | | ✓ | | | ✓ | | | | |
| Sticky Toffee Pudding | | | ✓ | ✓ | | ✓ | | | | | | ✓ | ✓ |
| Vanilla Crème Brûlée | | | ✓ | ✓ | | ✓ | | | | | | | |
| Bread & Butter Pudding | | | ✓ | ✓ | | ✓ | | | | | | | |
| Luxury English Lakes Ice Cream | | | ✓ | ✓ | | ✓ | | | | | | | ✓ |
| Cumbrian Cheese Board | ✓ | | | ✓ | | ✓ | | | | | | | |

CHILDREN'S MENU

| | | | | | | | | | | | | | |
|----------------------|---|--|---|---|---|---|--|---|---|--|--|---|---|
| Fish & Chips | | | ✓ | ✓ | ✓ | | | ✓ | | | | ✓ | ✓ |
| Penne Pasta | ✓ | | | | ✓ | ✓ | | | | | | | ✓ |
| Cumberland Sausage | ✓ | | | | ✓ | ✓ | | | | | | ✓ | ✓ |
| Chicken Goujons | | | ✓ | | ✓ | ✓ | | | | | | | |
| Ice Cream | | | ✓ | | | ✓ | | | | | | | |
| Strawberries & Cream | | | | | | ✓ | | | | | | | |
| Chocolate Fudge Cake | | | ✓ | | ✓ | ✓ | | | ✓ | | | ✓ | |

SANDWICHES

| | | | | | | | | | | | | | |
|---|---|--|---|---|---|---|--|---|--|--|--|---|---|
| Mature Cumbrian Cheddar & Onion Chutney | ✓ | | ✓ | | ✓ | ✓ | | ✓ | | | | | |
| Roast Ham, Wholegrain Mustard & Tomato | ✓ | | ✓ | | ✓ | ✓ | | ✓ | | | | | |
| Smoked Salmon, Rocket & Cream Cheese | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | | | | | |
| Hummus, Red Pepper, Tomato & Rocket | ✓ | | ✓ | | ✓ | ✓ | | | | | | | |
| Homemade Fish Fingers & Tartare Sauce | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | | | | ✓ | |
| Hot Roast Sandwich of the Day | ✓ | | ✓ | | ✓ | ✓ | | ✓ | | | | ✓ | ✓ |

SUNDAY CARVERY

| | | | | | | | | | | | | | |
|--------------------|---|--|---|--|---|---|--|---|---|--|--|---|---|
| Roast Topside Beef | | | ✓ | | ✓ | ✓ | | | | | | ✓ | ✓ |
| Roast Pork | | | ✓ | | ✓ | ✓ | | | | | | ✓ | ✓ |
| Roast Turkey | | | ✓ | | ✓ | ✓ | | | | | | ✓ | ✓ |
| Nut Roast | ✓ | | ✓ | | ✓ | ✓ | | ✓ | ✓ | | | ✓ | |