

TEMPERANCE FOOD

STARTERS

Soup of the Day

With warm focaccia bread and butter — 6.50

Korean Popcorn Chicken

On a bed of shredded lettuce (817 kcal) — 8.00

Mozzarella Fries

Served with garlic aioli (v) (794 kcal) — 8.00

Asian-Style Salt & Pepper Calamari

Served with sweet chilli jam (1033 kcal) — 9.00

Buttermilk Chicken Tenders

With Southern-style gravy (790 kcal) — 9.00

BBQ Pulled Jack Fruit Taco

Served with pickled slaw (vg) (599 kcal) — 8.50

Loaded Potato Skins

Crispy skins with melted mozzarella cheese, spring onions, chillies & sour cream (v) (704 kcal) — 7.00

Frank's Hot Wings

Sesame seeds and spring onion (1206 kcal) — 8.00

Nachos (Sharer)

Tortilla chips, nacho cheese, guacamole, tomato salsa and sour cream (v) (1012 kcal) — 10.00
(Add pulled pork (220 kcal) — 4.00)

Dough Balls (Sharer)

Freshly made dough balls, served with garlic butter (v) (1126 kcal) — 9.00

Paprika Blooming Onion (Sharer)

With nacho cheese sauce (v) (1260 kcal) — 9.00

LUNCH

Available 11am until 5pm. All dishes also available for takeaway. Please ask a staff member for more details. All served with salad and slaw

Cheddar & Red Onion Toastie

Served hot on sourdough bread (v) (291 kcal) — 8.00

Ham & Cheddar Toastie

Served hot on sourdough bread (359 kcal) — 8.00

Tandoori Chicken

Served on focaccia bread (470 kcal) — 10.00

Vintage Cheddar & Pesto

Served on focaccia bread (v) (736 kcal) — 10.00

BBQ Pulled Pork

Served hot on focaccia bread (505 kcal) — 12.00

Tempura Cod Butty

Served hot with tartare sauce (623 kcal) — 12.00

Add homemade chips (449 kcal) — 4.00

MAINS

Hungarian Beef Goulash

Served with sauerkraut, red chilli, sour cream and crusty bread (1193 kcal) — 18.00

Crispy Chilli Beef Salad Bowl

Deep-fried rump strips with mixed salad, sweet chilli sauce, spring onion and chopped chilli (772 kcal) — 15.00

Tandoori Chicken Loaded Flatbread

Served with raita, slaw and paprika fries (1465 kcal) — 16.00

Sourdough Meat Feast Pizza

Pepperoni, chicken, nduja sausage, mozzarella (912 kcal) — 14.00

Loaded Jacket of the Day

Ask your server for today's selection — 14.00

Dirty Macaroni Cheese

Red Leicester and mozzarella macaroni cheese with bacon crumb (Vegetarian option available) (1469 kcal) — 14.00

Smashed Patty Stacked Beef Burger

With smoked streaky bacon, Italian cheese, sweetcorn relish and shredded lettuce, with fries and slaw (1134 kcal) — 16.00

Big T Burger

For those who love a challenge! Smashed patty beef burger, buttermilk chicken, pulled pork, lettuce, tomato and sweetcorn relish, with onion rings, fries and slaw (1472 kcal) — 20.00

Fried Buttermilk Chicken Burger

Italian cheese, tomato, sweetcorn relish and shredded lettuce, with fries and slaw (1286 kcal) — 16.00

Vegan Burger

Vegan-friendly brioche, plant-based Miami patty, Applewood vegan smoked cheese, lettuce, tomato and vegan mayo, with fries and slaw (vg) (1206 kcal) — 16.00

Vegetarian Ramen

Thai rice vermicelli noodles, banana blossom, soft-boiled egg, smoked tofu and crispy seaweed in an Asian-style broth. Garnished with red chilli, spring onion and sesame seeds (v) (883 kcal) — 17.00

Bockwurst Dog

Extra large bockwurst sausage in a brioche hot dog bun, topped with crispy onions and French mustard, served with fries and slaw (946 kcal) — 16.00

Mega Loaded BBQ Board (Sharer)

Slow-braised harissa beef brisket, chipotle BBQ pulled pork, buffalo chicken wings, charred corn, beer-battered giant onion rings, loaded fries and slaw (3586 kcal) — 35.00

TFC Fried Chicken Bucket (Sharer)

Chicken wings, buttermilk chicken tenders and popcorn chicken, served with southern style gravy, BBQ dipping sauce and aioli, with seasoned fries and slaw (3641 kcal) — 32.00

Antipasto Platter (Sharer)

Marinated olives, sweet chilli hummus, cream cheese stuffed cherry peppers, charred baby carrots, Padrón peppers and balsamic flatbread, served with dipping olive oil (v)
For 2 people (983 kcal) — 18.00 For 4 people (1966 kcal) — 32.00

LOADED FRIES

Barbecue Pulled Pork

Nacho cheese, spring onion & chilli (1061 kcal) — 12.00

Vegan

Barbecue jack fruit, vegan cheese, spring onion and chilli (vG) (1146 kcal) — 12.00

Asian Style

Korean sticky chicken, sesame seeds, spring onion and chilli (1672 kcal) — 12.00

Burger Fries

Smashed beef patty, bacon and caramelised onions smothered in nacho cheese sauce (1449 kcal) — 13.00

CHILDREN'S MENU

Popcorn Chicken

With fries and choice of slaw, beans or peas (458 kcal) — 8.00

Beef Burger

With fries and choice of slaw, beans or peas (645 kcal) — 8.00
(Add cheese (723 kcal) 1.00, add bacon (820 kcal) 1.50)

Tempura Cod Goujons

With fries and choice of slaw, beans or peas (599 kcal) — 8.00

Margarita Pizza

With fries and choice of slaw, beans or peas (v) (716 kcal) — 8.00

SUNDAYS

Available all day, every Sunday

Yorkshire Pudding Wrap

Ask your server for today's meat choice. Hand-rolled with honey-roasted carrots and parsnips, buttered savoy cabbage, served with roast potatoes and gravy — 17.00

Veggie Yorkshire Pudding Wrap

Plant-based sausage with honey-roasted carrots and parsnips, buttered savoy cabbage, served with roast potatoes and vegetarian gravy (v) (1455 kcal) — 17.00

Ultimate Sunday Pie

Ask your server for today's meat choice, with a choice of roasties, mash or chips, with roasted roots, buttered savoy cabbage and gravy — 17.00

Deep Filled Roast Baguette

Ask your server for today's meat choice, served in a fresh malted wheat baguette, with a side of gravy — 12.00 (Add chips (449 kcal) 4.00)

Deep Filled Vegetarian Baguette

Plant-based sausage in a malted wheat baguette, with a side of vegetarian gravy (v) (761 kcal) — 12.00

Please order your food at the bar, quoting your table number when ordering

Please ask our team for today's choice of specials. We hope you enjoy your meal.

Please note, specials may not be available during peak seasons

Terms & Conditions: Menu descriptions may not list full dish contents. All weights shown on the menu are raw weight, the final cooked weight may vary due to cooking time or process. Adults need around 2000 kcals per day. Due to using fresh game produce on our menus please note that some dishes may contain traces of bone or shot. All menu items are subject to availability. Prices include VAT at the current rate. Visa and MasterCard are accepted and Maestro/Delta/Amex where applicable, together with personal cheques when accompanied by an appropriate banker's card. All products may contain nuts or nut derivatives. Please note that all of our meat and fish products may contain bones. If you have any queries or comments please do not hesitate to contact us at: The Temperance Inn, Lake Road, Ambleside, Cumbria, LA22 0BH. Tel: 015394 33192. Email: info@thetemperanceinn.co.uk

DESSERTS

Cinnamon Churros

Chocolate sauce, autumn berries, Chantilly cream (518 kcal) — 8.00

Bubble Cone Waffle

Madagascan vanilla gelato, whipped cream, Maraschino cherries and smashed hazelnuts (778 kcal) — 10.00

Mississippi Mud Pie

Homemade chocolate sponge, chocolate buttercream and icing, served with vanilla gelato or Chantilly cream (1048 kcal) — 8.00

Sticky Toffee Pudding Jar

With butterscotch sauce, cream and vanilla gelato (1579 kcal) — 8.00

Loaded Cheesecake of the Day

Please ask your server for today's selection — 7.50

Selection of Gelato

Per scoop: Milk chocolate (100 kcal), Madagascan Vanilla (111 kcal), Strawberries & Cream (86 kcal) and vegan-friendly Passion Fruit Sorbet (113 kcal)

Two scoops — 4.00 Three scoops — 5.00

SIDES & SAUCES

Hand-Cut Chips (449 kcal) — 4.00

Shoestring Fries (711 kcal) — 4.00

Olives (266 kcal) — 4.00

Charred Vegetables with Slaw (186 kcal) — 4.00

Southern Style Gravy (457 kcal) — 2.50

Garlic Mayonnaise (576 kcal) — 2.00

BBQ Sauce (150 kcal) — 2.00

Frank's Hot Sauce (24 kcal) — 2.00

Sticky Asian Gochujang Sauce (79 kcal) — 2.00



Scan here for all allergy and dietary information, or speak to a member of our team

All our food is cooked to order which may result in a longer than average waiting time during busy periods, thank you for your patience