

Lounge Menu

Breakfast

7.15am – 11.30am

Two Slices of toast, butter, preserve | 475kcal | £2.50

Warm Croissant, jam, butter | 388kcal | £3.25

Yoghurt pot, fruit compote, granola | 255kcal | £3.25

Grilled Bacon, More? Artisan Bakery milk roll
643kcal | £4.75

Cumberland Sausage, More? Artisan Bakery
milk roll 540kcal | £4.75

Fried Egg, More? Artisan Bakery milk roll
387kcal | £4.25

Porridge | 308kcal | £3.00

Lunch

11.30am – 5.15pm

Seasonal Soup & Homemade Roll
V | (GF available) 381kcal | £7.00

Beer Battered Haddock Fillet
Chips, Homemade crushed peas,
Tartare sauce. **GF**
Regular | 455kcal | £19
Small | 228kcal | £9.50

Pie Of The Day,
Chips, Hispi cabbage, Gravy.
1350kcal | £17.00

Our Own Lamb Burger,
Sage Derby cheese, Dressed rocket, Fresh
tomato, Toasted brioche bun, Chips
1068kcal | £18.50

Fish Finger Sandwich,
In a soft milk roll, Dressed rocket,
Homemade tartare sauce.
886kcal | £10.50

Roast Garlic Creamed Mushrooms,
Toasted Lovingly Artisan sourdough,
Parmesan shavings, Balsamic glaze.
280kcal | £11.50

Wi-Fi

Network: Tebay Hotel

Password: M6cumbria

**Please place your order
at the bar.**

**Sandwiches served on a choice of white or
brown bloomer bread with vegetable crisps.**

Salt Beef, Gherkin, Honey mustard mayonnaise.
553kcal | £9.75

Cheddar, Apple & damson chutney.
V | 771kcal | £9.75

Chicken, Crispy streaky bacon, Mayonnaise.
495kcal | £9.75

Cartmel Valley Smoked Salmon, Cream cheese,
Cucumber. 625kcal | £10.50

Falafel, Roasted red pepper. Hummus.
V | 560kcal | £9.75

Ham, Smoked cheddar, Piccalilli.
626kcal | £10.50

Tuna Mayonnaise, Sliced red onion, Baby gem.
524kcal | £9.75

Sides

Chips | V | GF | 225kcal | £4.50

Mug of Soup | GF | £2.50

Desserts

Warm Chocolate Brownie, Chocolate sauce,
Vanilla ice cream | **V** | 489kcal | £5.50

Homemade Ice creams & Sorbets (3 scoops)
V | **GF** | 456kcal | £7.50

English Cheese,
Biscuits, Treacle & walnut bread,
Chutney, Celery,
Torpenhow Cheddar,
Black Dub Blue,
Crofton.
V | 438kcal | £11

Hot Drinks

Coffee

All Coffees available in decaf

Cafetiere | £3.20

Americano • 53kcal | £3.35

Latte • 182kcal | £3.75

Cappuccino • 101kcal | £3.75

Flat White • 87kcal | £3.55

Macchiato • 29kcal | £3.35

Mocha • 116kcal | £3.85

Espresso • 20kcal | £3.20

Iced Coffee • £3.50

Masala Chai Latte • £3.95

Add a syrup - Hazelnut, Vanilla, Caramel, Pumpkin
£0.50

Our coffee is roasted less than 30 miles away at Carvetii Coffee Roasters in the Northern Lake District. Owners Angharad and Gareth Kemble have created a blend uniquely for us using carefully sourced speciality beans that they roast in small batches.

Hot Chocolate • 183kcal • £3.20

Tea

Clipper Tea * • 43kcal • £2.95

Specialty and Herbal Teas • 43kcal • £2.95

For our full range of flavours, please ask a member of our team

Cakes & Bakes

Plain Scone, Strawberry jam, Cream & butter.
V | 318kcal | £3.50

Hetty's Salted Caramel Brownie
V | 499kcal | £3.60

Shortbread
V | 338kcal | £2.50

Soft Drinks

Frobishers - £3.50

Tomato Juice • 250ml • 42kcal

Orange Juice • 250ml • 90kcal

Apple Juice • 250ml • 105kcal

Cranberry • 250ml • 102kcal

Pineapple • 250ml • 120kcal

Bumbleberry • 250ml • 156kcal

Gusto Organic - £3.80

Real Cola • 275ml • 110kcal

Slim Cola • 275ml • 19kcal

Real Cherry Cola • 275ml • 110kcal

Sicilian Blood Orange • 275ml • 110kcal

Karma - Fair trade & Organic - £3.60

Lemony Lemonade • 300ml • 102kcal

Gingerella • 300ml • 105kcal

Marlish Spring Water - £2.60

Sparkling Raspberry • 330ml • 6.6kcal

Sparkling Elderflower • 330ml • 3.3kcal

Sicilian Lemon • 330ml • 3.3kcal

Marlish - £2.80

Tonic • 200ml • 24kcal

Elderflower Tonic • 200ml • 20kcal

Ginger Ale • 200ml • 14kcal

Lemonade • 200ml • 20kcal

Soda • 200ml • 2kcal

Hullabaloos - £3.60

Original still Lemonade • 330ml • 85kcal

Lime & Mint still Lemonade • 330ml • 95kcal

Raspberry still Lemonade • 330ml • 108kcal

Still Ginger Beer • 330ml • 119kcal

Still Citrus Lemonade • 330ml • 102kcal

Still Elderflower Presse • 330ml • 115kcal

Allergens? Please advise us if you have any allergens.

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

V Vegetarian | **GF**/(GF Available) - No Gluten ingredients, not suitable for Coeliac.

Government Guidance: An average adult should consume at least 2000 calories a day.