

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 | (NG* available) 381kcal | £7.50

Beer Battered Haddock Fillet
Chips, Homemade crushed peas,
Tartare sauce. NG*
Regular | 593kcal | £19.00
Small | 297kcal | £9.75

Pie Of The Day,
Chips, Soured cabbage, Gravy.
1350kcal | £18.50

venison Burger.
Toasted brioche bun, Blackberry jam, Stilton,
Rocket, Chips.
743kcal | £19.50

Fish Finger Sandwich,
In a soft milk roll, Dressed rocket,
Homemade tartare sauce.
886kcal | £11.00

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 | £10.50

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

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

Ham, Smoked cheddar, Piccalilli.
626kcal | £11.00

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

Sides

Chips | V | NG* | 225kcal | £4.75

Mug of Soup | GF | £3.00

Desserts

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

Homemade Ice creams & Sorbets (3 scoops)
V | **NG** | 456kcal | £8.00

English Cheese,
Biscuits, Treacle & walnut bread,
Chutney, Celery.
Torpenhow Cheddar,
Black Dub Blue,
Crofton.
V | 438kcal | £11.50

Hot Drinks

Co^a ee

All Coffees available in decaf

Cafetiere | £3.35

Americano • 53kcal | £3.55

Latte • 182kcal | £3.95

Cappuccino • 101kcal | £3.95

Flat White • 87kcal | £3.75

Macchiato • 29kcal | £3.35

Mocha • 116kcal | £3.95

Espresso • 20kcal | £3.20

Iced Coffee • £3.50

Masala Chai Latte • £3.95

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 • £3.75

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 - £4.00

Tomato Juice • 250ml • 42kcal

Orange Juice • 250ml • 90kcal

Apple Juice • 250ml • 105kcal

Cranberry • 250ml • 102kcal

Pineapple • 250ml • 120kcal

Bumbleberry • 250ml • 156kcal

Fusions

Orange and Passion Fruit • 275ml • 99kcal

Apple and Mango • 275ml • 91kcal

Apple and Raspberry • 275ml • 82.5kcal

Gusto Organic - £3.90

Real Cola • 275ml • 110kcal

Slim Cola • 275ml • 19kcal

Real Cherry Cola • 275ml • 110kcal

Sicilian Blood Orange • 275ml • 110kcal

Karma - Fair trade & Organic - £3.90

Lemony Lemonade • 300ml • 102kcal

Gingerella • 300ml • 105kcal

Marlish - £2.90

Tonic • 200ml • 24kcal

Elderflower Tonic • 200ml • 20kcal

Ginger Ale • 200ml • 14kcal

Lemonade • 200ml • 20kcal

Soda • 200ml • 2kcal

Hullabaloos - £3.90

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.

| **NG*/NG* Available** – Made without gluten – These dishes have been made with ingredients that do not contain gluten but are made in a kitchen where gluten is present.

DF | Dairy Free,

VE | Vegan.

V | Vegetarian.