

## Lunch

**11.30am – 5.15pm**

Seasonal Soup & Homemade Roll  
V | (NG\* available) 381kcal | £7.50

Smoked Torpenhow Cheddar & Onion  
Soufflé. Buttered spinach, Chive & white wine  
cream sauce.  
NG\* | 547kcal | £10.50

Roast Garlic Creamed Mushrooms,  
Toasted Lovingly Artisan Sourdough, Rocket,  
Parmesan Shavings, Balsamic Glaze.  
V | 611kcal | £11.75

Beer Battered Haddock Fillet.  
Chips, Homemade crushed Marjoram and  
Lemon peas, Tartare Sauce.  
NG\*  
Regular | 593kcal | £19.50  
Small | 297kcal | £9.75

Cumbrian Lamb Burger.  
Toasted brioche bun, Smoked Brie, Rosemary  
Jelly, Tomato, Red onion, Chips.  
743kcal | £19.50

Outdoor Reared Crispy Pork Belly Ciabatta ,  
Rhubarb & Date Chutney, Rocket, Chips.  
448kcal | £13.00

Beer Battered Haddock in a Lovingly Artisan  
Milk Roll, Tartare Sauce, Rocket.  
432 | £13.00

## Wi-Fi

**Network: Tebay Hotel**

**Password: M6cumbria**

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

## Rustic Baguettes & Vegetable Crisps

Salt beef, Chimichurri.  
304kcal | £10.50

Cheddar Cheese, Spicy Tomato Relish.  
V | 608kcal | £9.75

Coronation Chicken.  
348kcal | £9.75

Greek White, Olive and Sundried Tomato  
V 334kcal | £9.75

Coronation Chickpea.  
VE | 245 kcal | £9.75

Ham, smoked cheddar, piccalilli.  
366kcal | £10.50

Tuna mayonnaise, sliced red onion, baby gem.  
365kcal | £9.75

## Sides

Chips | V | NG\* | 225kcal | £4.75

Mug of soup | NG | £3.00

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

## Desserts

Warm chocolate brownie, chocolate sauce, vanilla ice cream | **V** | 489kcal | £5.50

English Lakes Ice-Creams (3 scoops)  
**V** | **NG** | 456kcal | £8.00

English cheese, biscuits, treacle & walnut bread, chutney, celery.

Trusmadoor

Black Dub Blue,

Sykes Fell.

**V** | 438kcal | £11.50

## Hot Drinks

### *Co<sup>a</sup> 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

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

Hullabaloo's - £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.