

## Lunch

**11.30am – 5.15pm**

Seasonal Soup & Sourdough

**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 Wild Mushrooms, Our own Toasted Sourdough, Rocket, Parmesan Shavings.

**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.**

**Served on our own sourdough tin loaf,  
vegetable crisps**

Any cold san

Salt beef, Chimichurri.

304kcal | £10.50

Cheddar Cheese, Spicy Tomato Relish.

**V** | 608kcal | £9.75

Chicken, Crispy Streaky Bacon & Mayonnaise

495kcal | £10.50

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.