



King's Head All Day Dining



Served 12 Noon – 5.30pm Dinner Menu 5.30 – 9.30pm

Light Meals

Soup of the Day	£5.95
Warm Organic Bloomer Bread	
Chef's Homemade Haddock & Salmon Fishcakes	£8.25
Tartare Sauce, Lemon, Rocket	
Hunters Skillet	£8.95
Crisp Bacon Lardons, Chicken Livers, Shallots, Garlic Bread	
Ploughman's Lakeland Board	£12.95
Garstang Blue Cheese, Local Cheddar, Honey Roast Ham, Pork Pie, Scotch Egg, Pickled Onion, Crusty Bloomer Bread, Westmorland Chutney	
Chef's Summer Salad	£11.95
Mixed leaves, Avocado, Smoked Applewood Cheese, Cherry Tomatoes, Olives, Roasted Peppers, & Lemon Vinaigrette	

Main Meals

Chicken Supreme & Wild Mushrooms	£15.95
Rich Red Wine Jus, Dauphinoise Potatoes, Broccoli Florets, Carrots	
Darne of Salmon or Grilled Chicken on Jerusalem Cous Cous	£13.95
Beetroot, Sundried Tomatoes, Broccoli Florets, Chef's Pesto (Vegetarian Option)	
Homemade Steak & Kidney Pudding	£14.95
Champ Potatoes or Chips, Rich Steak Sauce, Carrots, Broccoli Florets	
Homemade Beef Burger	£13.95
Crispy Back Bacon, Cheese, Chips, Salad, Relish	
Beetroot Risotto with Blue Cheese	£13.95
Rocket, Vegetarian Parmesan Shavings, Green Pesto	

Traditional Basket Meals with Double Fried Chips

Local Cumberland Sausage	£12.95
Red Onion Gravy Boat	
Golden Whitby Scampi	£12.95
Tartare Sauce, Lemon	
Breast of Cajun Chicken	£12.95
Tzatziki	

Paninis & Sandwiches

Lunch Special	£11.95
Any Sandwich or Panini and Soup	
Toasted Paninis	£8.95
Cumbrian Cheese, Chorizo & Roasted Red Pepper Mozzarella, Cherry Tomato & Green Pesto Salami and Brie & Red Onion Marmalade	

Triple Layer Bloomer Sandwiches On Brown or White Bloomer Bread

Poached Salmon & Freshwater Prawns	£9.95
Mayonnaise, Lemon, Rocket, Cherry Tomatoes	
Smoked Salmon with Lemon Vinaigrette	£9.95
Lemon, Red Onion Rings, Capers	
Cajun Chicken Breast	£8.95
Sundried Tomatoes, Pesto, Rocket	
Home Roasted Honeyed Ham	£8.95
English Mustard, Rocket	

Desserts

Crème Brûlée and Mixed Berry Compote	£6.95
Original Sticky Toffee Pudding	£5.95
Lakes Ice Cream	
Platter of Local Cheese	£6.95
Grapes, Celery, Crackers, Chutney	
Selection of Lakes Ice Cream	£5.95
Shortbread	

Children's Choice

Chef's Soup of the Day	£3.95
Organic Bread	
Beef Burger	£5.50
Homemade Beef Burger, Chips and Beans	
King's Head Cod	£5.50
Fresh Cod, Chips, Garden Peas or Beans	
Cumberland Sausage	£5.50
Cumberland Sausage, Mashed Potato, Gravy	
Chicken Fingers	£5.50
Breaded Chicken Fillet, Chips and Beans	

Children's Desserts

Milky Bar Sundae	£3.50
Chocolate & Mint Choc Chip Ice Cream, Chocolate Sauce, Milky Bar	
Jesse's Jolly Delight	£3.50
Strawberry & Vanilla Ice Cream, Hundreds & Thousands, Jelly Babies	
Sally's Smartie Fudge Brownie	£3.50
Chocolate Sauce	

Hot Drinks

Espresso	£2.25 - £2.95
A full flavoured shot of coffee - single or double	
Americano	£2.95
Hot water topped with a double shot of espresso	
Cappuccino	£2.95
Espresso with steamed milk topped with lots of foam dusted with chocolate	
Latte	£2.95
Espresso and steamed milk topped with a little foam	
Flat White	£2.95
Micro foam milk (milk steamed from the bottom of the pitcher) Folded over a double shot of espresso	
Mocha	£2.95
Hot chocolate with a shot of espresso	
Hot Chocolate	£2.95
Selection of Teas	£2.95



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SUNDAY LUNCH MENU

Main Course £13.95 / 2 Course £17.95 / 3 Course £20.95

Starters

Chef's Soup of the Day

Organic Bloomer Bread

Haddock & Salmon Fishcake

Lemon & Dill Mayo

Mozzarella, Beef Tomato, Avocado

Pesto, Balsamic, Rocket

Mains

All Roasts Served With

Goose Fat Roast Potatoes, Broccoli Florets, Carrots, Cauliflower Cheese, Roasted Parsnips, Pan Gravy

Roast Sirloin of Cumbrian Beef

Yorkshire Pudding

Roast Loin of Pork

Apple Sauce

Pan Fried Cumbrian Chicken Breast

Rich Red Wine Jus

Poached Salmon Fillet

Béarnaise Sauce, Lemon

Beetroot Risotto with Blue Cheese

Rocket, Vegetarian Parmesan Shavings, Green Pesto

Desserts

Crème Brûlée and Mixed Berry Compote

Our Own Sticky Toffee Pudding

Vanilla Ice Cream

Selection of Dairy Ice Creams

Shortbread

STEAK MENU

Served Monday to Saturday

2 Course £21.95 / 3 Course £22.95

Starters

Chefs Soup of the Day

Organic Bloomer Bread

Haddock & Salmon Fishcake

Lemon & Dill Mayo

Mozzarella, Beef Tomato, Avocado

Pesto, Balsamic, Rocket

Mains

8oz Sirloin Steak

Chunky Chips, Tomato, Mushroom, Parsley Butter & Onion Rings

8oz Ham Steak

Chunky Chips, Tomato, Mushroom, & Onion Rings

8oz Ribeye Steak (£4 Supplement)

Chunky Chips, Tomato, Mushroom, Parsley Butter & Onion Rings

Salmon Steak

Dauphinoise Potatoes, Broccoli Florets, Béarnaise Sauce, Lemon

8oz Fillet Steak (£9.00 Supplement)

Chunky Chips, Tomato, Mushroom, Parsley Butter & Onion Rings

Desserts

Homemade Sticky Toffee Pudding & Vanilla Ice Cream

Crème Brûlée

Selection of Local Ice Creams

Platter of Local Cheese (£1.20 Supplement)

Side Orders

Portion of Chips

£2.95

Tossed Salad

Garlic Bread or

Seasonal Vegetables

£3.95 each

Sauces

Diane

Au Poivre

Béarnaise

£2.95 each

Chef's Homemade

Pan Gravy Boat

£1.95