



All Day Menu - 12.00-5.30pm

# The KINGS HEAD

Dinner Menu - 5.30-9.30pm



## Light Meals

<b>Soup of the Day</b> Warm Organic Bloomer Bread	£5.95
<b>Chef's Homemade Crab &amp; Salmon Fishcakes</b> Soy, Orange, Honey and Chilli dip	£8.95
<b>Hunters Skillet</b> Crisp Bacon Lardons, Chicken Livers, Wild Mushrooms, Garlic Bread	£8.95
<b>Ploughman's Lakeland Board</b> Garstang Blue Cheese, Local Cheddar, Honey Roast Ham, Pork Pie, Scotch Egg, Pickled Onion, Crusty Bloomer Bread, Westmorland Chutney	£12.95
<b>Quiche of the Day</b> Crisp Salad, Chips or New Potatoes	£12.95

## Main Meals

<b>Homemade Steak &amp; Kidney Pudding</b> Champ Potatoes or Chips, Rich Steak Sauce, Chanterelle Carrots, Broccoli Florets	£14.95
<b>Homemade Beef Burger</b> Crispy Back Bacon, Cheese, Chips, Salad, Relish	£13.95
<b>Haddock in Jennings Beer Batter</b> Chunky Chips, Tartare Sauce, Mushy Peas	£14.95
<b>Chickpea, Butternut Squash and Harissa Tagine</b> Preserved Lemon, Rocket, Aromatic Rice	£13.95
<b>Chicken Supreme stuffed with Feta, Spinach and Sun Dried Tomatoes</b> Wrapped in Parma Ham, Rich Red Wine Jus, Sautéed Potatoes, Broccoli Florets, Carrots	£14.95

## Traditional Basket Meals with Double Fried Chips or Mash

<b>Local Cumberland Sausage</b> Mash and Caramelised Gravy	£12.95
<b>Golden Whitby Scampi</b> Tartare Sauce, Lemon	£12.95
<b>Breast of Cajun Chicken</b> New Orleans Remoulade Sauce	£12.95

## Paninis & Sandwiches

<b>Lunch Special</b> Any Sandwich or Panini and Soup	£11.95
<b>Toasted Paninis</b> Cumbrian Cheese, Chorizo & Roasted Red Pepper Mozzarella, Cherry Tomato & Green Pesto	£8.95

## Triple Layer Bloomer Sandwiches

<b>Smoked Salmon with Lemon Vinaigrette</b> Lemon, Red Onion Rings, Capers	£9.95
<b>Cajun Chicken Breast</b> Sundried Tomatoes, Pesto, Rocket	£8.95
<b>Home Roasted Honeyed Ham</b> English Mustard, Rocket	£8.95
<b>Cheddar, Red Onion and Pickle</b> Rocket, Tomato	£8.95

## Desserts

<b>Salted Caramel with Crunchy Amaretto Biscuits</b> Creme Fraiche, Mint and Raspberries	£5.95
<b>Original Sticky Toffee Pudding</b> Lakes Ice Cream	£5.95
<b>Platter of Local Cheese</b> Grapes, Celery, Crackers, Chutney	£6.95
<b>Selection of Lakes Ice Cream</b> Shortbread	£5.95

## Children's Choice

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

## Children's Desserts

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

## Hot Drinks

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



The  
**KINGS  
HEAD**



## SUNDAY LUNCH MENU

Main Course £15.95 / 2 Course £18.95 / 3 Course £19.95

### Starters

#### Chefs Soup of the Day

Organic Bloomer Bread

#### Crab & Salmon Fishcake

Soy, Orange, Honey and Chilli dip

#### Mozzarella, Beef Tomato, Avocado

Pesto, Balsamic, Rocket

### Mains

#### All Roasts Served With

Goose Fat Roast Potatoes, Winter Root Vegetables,  
Cauliflower Cheese, Roasted Parsnips, Pan Gravy

#### Roast Topside of Cumbrian Beef

Yorkshire Pudding

#### Roast Loin of Pork

Apple Sauce

#### Pan Fried Cumbrian Chicken Breast

Rich Red Wine Jus

#### Pan Roasted Salmon Fillet

Béarnaise Sauce, Lemon

#### Homemade Nut Roast

Rich Vegetarian Jus

### 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 £23.95

### Starters

#### Chefs Soup of the Day

Organic Bloomer Bread

#### Crab & Salmon Fishcake

Soy, Orange, Honey and Chilli dip

#### 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 (£1.50 Supplement)

### Side Orders

#### Portion of Chips

£2.95 each

#### Tossed Salad

#### Garlic Bread or

#### Seasonal Vegetables

£3.95 each

### Sauces

#### Diane

#### Au Poivre

#### Bearnaise

£2.95 each