



The KINGS HEAD



All Day Menu - 12.00-5.30pm

Dinner Menu - 5.30-9.30pm

Light Meals

Soup of the Day	£5.95
Warm Organic Bloomer Bread	
Chef's Homemade Crab & Salmon Fishcakes	£8.95
Soy, Orange, Honey and Chilli dip	
Hunters Skillet	£8.95
Crisp Bacon Lardons, Chicken Livers, Wild Mushrooms, Garlic Bread	
Mediterranean Style Grilled Halloumi	£8.95
Sautéed bell peppers, cherry tomatoes, Kalamata olives, capers	

Main Meals

Homemade Steak & Kidney Pudding	£14.95
Champ Potatoes or Chips, Rich Steak Sauce, Chanterelle Carrots, Broccoli Florets	
Homemade Beef Burger	£13.95
Crispy Back Bacon, Cheese, Chips, Salad, Relish	
Tuna Steak	£15.95
Wild rice timbale, sautéed bell peppers, mascarpone sweet pepper sauce	
Wild Mushroom Risotto	£13.95
Dressed rocket, vegetarian parmesan, green pesto	
Chicken Supreme stuffed with Feta, Spinach and Sun Dried Tomatoes	£14.95
Wrapped in Parma Ham, Rich Red Wine Jus, Sautéed Potatoes, Broccoli Florets, Carrots	

Traditional Basket Meals with Double Fried Chips or Mash

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

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	

Triple Layer Bloomer Sandwiches

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	

Cheddar, Red Onion and Pickle	£8.95
Rocket, Tomato	

Desserts

Caramelised Rice Pudding	£5.95
Thunder and lightning ice cream, damson compote	
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 £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

Bruschetta

Olive Oil and Dressed 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

Crisp Roasted Half Chicken

Rich Pan Gravy

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
Main Course £15.95 / 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

Bruschetta

Olive Oil and Dressed 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