



All Day Menu - 12.00-5.00pm

The TRAVELLERS REST

Dinner Menu - 5.00-9.30pm



Light Meals

Soup of the Day	£5.95
Sourdough, Salted Butter Pot	
Sautéed Squid	£8.95
Lemon, Parsley, Courgette, Tomato, Garlic Croute	
Chicken Liver & Bacon 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, Ham Hock, Scotch Egg, Pickled Onion, Crusty Bloomer Bread, Westmorland Chutney	
Mixed 'Anti Pasti' Board	£12.95
Air Dried Ham, Smoked Duck Breast, Chorizo, Salami, Aoli, Mixed Olives, Sun Dried Tomatoes, Onion Marmalade, Sourdough	

Main Meals

Chicken Supreme stuffed with Feta, Spinach and Sun Dried Tomatoes	£15.95
Wrapped in Parma Ham, Rich Red Wine Jus, Sautéed Potatoes, Broccoli Florets, Carrots	
Haddock in Jennings Beer Batter	£14.95
Chunky Chips, Tartare Sauce, Mushy Peas	
Homemade Steak & Kidney Pudding	£15.95
Champ Potatoes or Chips, Rich Steak Sauce, Seasonal Vegetables	
Homemade Beef Burger	£13.95
Crispy Back Bacon, Smoked Cheese, Chunky Chips, Salad, Relish	
Chickpea, Butternut Squash and Harissa Tagine	£13.95
Preserved Lemon, Rocket, Aromatic Rice	

Traditional Basket Meals with Double Fried Chips

Local Cumberland Sausage	£11.95
Chef's Gravy Boat	
Golden Whitby Scampi	£11.95
Tartare Sauce, Lemon	
Half Roasted Chicken	£11.95
Chicken Gravy Boat	

Paninis & Sandwiches

Lunch Special	£11.95
Any Sandwich or Panini and Soup	
Toasted Panini's	£8.95
Salami, Brie & Red Onion Marmalade Mozzarella, Cherry Tomato & Green Pesto	

Children's Choice

Chef's Soup of the Day	£3.95
Organic Bread	
Cumberland Sausage	
Chicken Breast Nuggets	
Chef's Beef Burger	
Chips or Mash, Beans or Peas	
	All £5.50

Triple Layer Bloomer Sandwiches

On Brown or White Bloomer Bread	
Cheddar, Red Onion and Pickle	£8.95
Rocket, Tomato	
Smoked Salmon & Cream Cheese	£9.95
Lemon, Red Onion Rings, Capers	
Cajun Chicken Breast	£8.95
Sun-dried Tomatoes, Pesto, Rocket	
Home Roasted Honeyed Ham	£8.95
English Mustard, Rocket, Tomato	

Desserts

Salted Caramel Pot	£5.95
Amaretto Biscuits, Creme Fraiche, Raspberries	
Original Sticky Toffee Pudding	£5.95
Lakes Ice Cream	
Platter of Local Cheese	£6.95
Grapes, Celery, Crackers, Chutney	
Selection of Lakes Ice Cream	
Shortbread	

Children's Desserts

Milky Bar Kid Sundae	£3.50
Vanilla Ice Cream, Chocolate Sauce, Milky Bar	
Jesse's Jolly Delight	£3.50
Strawberry & Vanilla Ice Cream, Jelly Babies, Strawberry Sauce	
Sally's Smarties Fudge Brownie	£3.50
Vanilla Ice Cream, 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



The TRAVELLERS REST



SUNDAY LUNCH MENU

Main Course £14.95 / 2 Course £19.95 / 3 Course £21.95

Starters

Chef's Soup of the Day
Sourdough, Salted Butter Pot

Ham Hock Terrine
Crostoni, Pickles, Dressed Salad

Mozzarella, Beef Tomato, Avocado
Pesto, Balsamic, Rocket

Mains

All Roasts Served With
Goose Fat Roast Potatoes, Broccoli Florets,
Chanterelle Carrots, Cauliflower Cheese,
Roasted Parsnips, Pan Gravy

Roast Topside of Cumbrian Beef
Yorkshire Pudding

Roast Loin of Pork
Apple Sauce

Roast Cumbrian Chicken
Rich Red Wine Jus

Poached Salmon Fillet
Béarnaise Sauce, Lemon

Aubergine, Tomato & Vegetarian Parmesan Bake
Rocket, Tomato

Desserts

Salted Caramel Pot
Amaretto Biscuits, Creme Fraiche, Raspberries

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

Ham Hock Terrine
Crostoni, Pickles, Dressed Salad

Mozzarella, Beef Tomato, Avocado
Pesto, Balsamic, Rocket

Mains

8oz Sirloin Steak
Chunky Chips, Tomato, Mushroom,
Parsley Butter & Onion Rings

8oz Fillet Steak (£9.00 Supplement)
Chunky Chips, Tomato, Mushroom,
Parsley Butter & Onion Rings

14oz 'T' Bone Steak (£7.00 Supplement)
Chunky Chips, Tomato, Mushroom,
Parsley Butter & Onion Rings

8oz Ham Steak
Chunky Chips, Tomato, Mushroom & Onion Rings

Salmon Steak
Baby Potatoes, Broccoli Florets, Béarnaise Sauce, Lemon

Desserts

Homemade Sticky Toffee Pudding & Vanilla Ice Cream

Salted Caramel Pot
Amaretto Biscuits, Creme Fraiche, Raspberries

Selection of Local Ice Creams

Platter of Local Cheese (£1.20 Supplement)

Side Orders

Portion of Chips
£2.95 each

**Tossed Salad,
Garlic Bread
or Seasonal Vegetables**
£3.95 each

Sauces

**Diane, Au Poivre
or Bearnaise**
£2.95 each

**Chef's Homemade
Pan Gravy Boat**
£1.95 each