



The TRAVELLERS REST



All Day Menu - Served between 12.00-5.00pm

Light Meals

Soup of the Day	£5.95
Sourdough, Salted Butter Pot	
Avocado, Beef Tomato, Mozzarella (v)	£8.95
Pesto, Balsamic, Rocket	
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	

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	
Aubergine, Leek, Broccoli & Vegan Parmigiana Bake (v)	£13.95
Rocket and Cherry Tomato Salad	
Mediterranean Vegetable Lasagne (v)	£14.95
Rocket, Cherry Tomato, Mixed Leaves	

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	£10.95
Chicken Gravy Boat	

Side Orders (Lunch and Dinner)

Portion of Chips	£2.95
<i>With toasted cheese topping</i>	
	£3.95
Sauces Dianne, Au Poivre, Bernaise	£2.95
Tossed Salad	£3.95
Garlic Bread	£3.95
<i>With toasted cheese topping</i>	
	£4.95
Seasonal Vegetable Bowl	£3.95
Chefs Homemade Pan Gravy Boat	£3.95
Portion of Sourdough Bread and Salted Butter Pot	£2.95

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	£5.50
Chicken Breast Nuggets	£5.50
Chef's Beef Burger	£5.50
Chips or Mash, Beans or Peas	

Deep Filled Bloomer Sandwiches

On Brown or White Bloomer Bread	
Cheddar, Red Onion and Pickle (v)	£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	£5.95
Shortbread	
Creme Brulee	£6.95
Berry Compote, Lakes Ice Cream	

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	£2.95 - £3.95
A Full Flavoured Shot of Coffee Single or Double	
Americano	£3.95
Hot Water Topped with a Double Shot of Espresso	
Cappuccino	£3.95
Espresso with Steamed Milk topped with lots of Foam Dusted with Chocolate	
Latte	£3.95
Espresso and Steamed Milk Topped with a Little Foam	
Flat White	£3.95
Micro Foam Milk (milk steamed from the bottom of the pitcher) Folded over a Double Shot of Espresso	
Mocha	£3.95
Hot Chocolate with a Shot of Espresso	
Hot Chocolate	£2.95
Selection of Teas	£2.95



SCAN ME



The TRAVELLERS REST



Dinner Menu - Served between 5.00-8.00pm

First Courses

Chicken Liver and Bacon Skillet - £9.95

Crisp Bacon Lardons, Chicken Livers, Mushrooms, Shallots, Garlic Bread

Homemade Soup of the Day - £6.95

Sourdough Bread, Salted Butter Pot

Avocado, Beef Tomato, Mozzarella (v) - £8.95

Pesto, Balsamic, Rocket

Garlic King Prawn Skillet - £9.95

Six large shell on King Prawns in Garlic, Shallot and Lemon Butter, Garlic Croute

Main Courses

Chicken Supreme stuffed with Feta, Spinach and Sun Dried Tomatoes - £16.95

Wrapped in Parma Ham, Rich Red Wine Jus, Sautéed Potatoes, Green Beans

Cumberland Sausage with Bacon and Cabbage - £15.95

Leek Mashed Potatoes, Rich Pan Gravy

Aubergine, Leek, Broccoli & Vegan Parmigiana Bake (v) - £14.95

Rocket and Cherry Tomato Salad

Mediterranean Vegetable Lasagne (v) - £14.95

Garlic Croute, Dressed Salad Leaves

8oz. English Rib Eye Steak - £21.95

14 Day Aged Ribeye, Double fried chips, Sautéed Wild Mushrooms, Grilled Tomato, Rocket Leaf Garnish, Pepper Sauce or Bernaise Sauce, served on the side.

Homemade Beef Burger - £13.95

Crispy Back Bacon, Cheddar Cheese, Double Fried Chips, Salad, Relish

Fillets of Sea Bass - £15.95

Crushed New Potatoes, Vine Tomatoes, Green Beans, Lemon & Prawn Sauce

Homemade Steak and Kidney Pudding - £14.95

Leek Mashed Potatoes or Chips, Rich Steak Sauce, Seasonal Vegetables

Desserts & Cheeses

Sticky Toffee Pudding - £5.95

Caramel Toffee Sauce, Lakes Thunder and Lightening Ice Cream

Salted Caramel and Amaretto Pot - £5.95

Amaretto Biscuits, Creme Fraiche, Raspberries

A Platter of Local Cheeses - £6.95

Grapes, Celery, Water Biscuits

Creme Brulee - £6.95

Berry Compote, Lakes Vanilla Ice Cream

Drinks

Coffees

Espresso, Americano, Cappucino, Mocha, Latte, Flat White, DeCaff

All £3.95

Speciality Teas of Your Choice

Lemon and Ginger, Camomil, Mint, Red Berry and Flower, Great Rift Breakfast

All £3.95

Children's Choice and Side Orders as Lunch Menu overleaf



SCAN ME