



LUNCH MENU

LIGHT MEALS

Soup of the Day

Warm Organic Bloomer Bread and Butter portion

£6.95

Mediterranean Style Grilled Halloumi (VG)

Sauteed Bell Peppers, Cherry Tomato, Olives, Caperberry

£8.95

Greek Style Salad

Feta, Cucumber, Tomato, Red Onion, Oregano, Crispy Bloomer Bread

£9.95

MAIN MEALS

Homemade Gourmet Beef Burger

Crispy Back Bacon, Matured Cheddar Cheese, Skinny Fries, Tomato Relish

£16.75

Moroccan Style Falafel (VG)

Hummus, Tahini Sauce, Flat Bread

£12.95

Superfood Salad (v) (ve)

Mixed Organic Lettuce, Broccoli, Pumpkin Seeds, Baby Spinach, Orange Segments,
Pomegranate , Curly Kale, Avocado, Citrus Dressing

12.95

With Grilled Chicken **or** Poached Salmon

£15.95

TRADITIONAL BASKET MEALS

All served with a Choice of Double Fried Chips or Mash

Local Cumberland Sausage

Chef's Gravy Boat

£14.95

Golden Whitby Scampi

Tartare Sauce, Lemon Wedge

£14.95



DEEP FILLED BLOOMER SANDWICHES

(On Brown or White Bloomer Bread)

Cheddar, Red Onion and Pickle

Wild Rocket, Tomato

£8.95

Classic BLT (Bacon, Lettuce, Tomato)

Baby Lettuce, Aioli

£8.95

TOASTED PANINIS

Cumbrian Mature Cheddar Cheese and Ham

Salad and Crisps

£9.75

Mozzarella Cheese, Plum Tomato and Pesto

Salad and Crisps

£9.75

LUNCH SPECIAL

Any Sandwich or Panini and Soup

£13.75

SIDE ORDERS

Portion of Chips **£2.95**

Onion Rings **£2.95**

With Toasted Cheese Topping **£3.95**

Tossed Salad **£3.95**

Garlic Bread **£3.95**

With Toasted Cheese Topping **£4.95**

Seasonal Vegetables **£3.95**



DESSERTS

Homemade Sticky Toffee Pudding

Lakes Vanilla Ice Cream

£7.50

Trio of Lakes Ice Cream

Homemade Shortbread

£6.95

CHILDREN'S CHOICE

(All served with Chips or Mash, Beans or Peas)

Chef's Soup of the Day

Organic Bread

£4.95

Cumberland Sausage

£5.95

Chicken Breast Nuggets

£5.95

Chef's Beef Burger

£5.95

Kid's Fillet of Cod

£5.95

CHILDREN'S DESSERTS

Milky Bar Kid Sundae

Lakes Vanilla Ice Cream

£3.95

Jesse's Jolly Delight

Strawberry and Vanilla Ice Cream, Jelly

Babies, Strawberry Sauce

£3.95

Sally's Smarties Fudge Brownie

Lakes Vanilla Ice Cream, Chocolate Sauce

£3.95



The King's Head Inn

Thirlspot, Near Keswick, The Lake District, CA12 4TN

Restaurant Enquiries: 017687 72393 (Option 2)

The Traveller's Rest Inn

Dunmail Raise, Grasmere, The Lake District, LA22 9RR

Restaurant Enquiries: 015394 35604 (Option 2)

Keswick Lake Road Apartments

Keswick, The Lake District, CA12 5BX

Enquiries: 017687 72990

The Lodge in the Vale

St John's in the Vale, Thirlmere, Nr Keswick, The Lake District, CA12 4TQ

Cafe Bar Enquiries: 017687 73331

All Accommodation Enquiries

T: 017687 73331

E: stay@lakedistrictinns.co.uk

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HOT DRINKS

Espresso

A Full Flavoured Shot of Coffee Single or Double

£2.95 - £3.95

Americano

Hot Water Topped with a Double Shot of Espresso

£3.95

Cappuccino

Espresso with Steamed Milk Topped with Lots of Foam Dusted with Chocolate

£3.95

Latte

Espresso and Steamed Milk Topped with a Little Foam

£3.95

Flat White

Micro Foam Milk (Milk Steamed from the Bottom of the Pitcher)

Folded over a Double Shot of Espresso

£3.95

Mocha

Hot Chocolate with a Shot of Espresso

£3.95

Hot Chocolate

£3.95

Selection of Teas

£3.95