



The TRAVELLERS REST



Light Meals

Soup of the Day £6.95

Sourdough, Butter

Avocado, Beef Tomato, Mozzarella £9.95

Pesto, Rocket, Balsamic (V) (Gf)

Whipped White Beans £8.95

Dried Cranberries, Mixed Seeds, Pea Shoots, Grilled Sourdough (Vg) (Df)

Ploughman's Lakeland Board £13.95

Garstang Blue Cheese, Cumbrian Cheddar, Honey Roast Ham, Ham Hock Terine, Pork Pie, Pickled Onion, Westmorland Chutney, Sourdough

Smoked Salmon and Cream Cheese Bloomer Sandwich £9.95

Red Onion, Capers, Salad Garnish

Cheddar, Red Onion and Pickle Bloomer Sandwich £8.95

Rocket, Westmorland Chutney, Salad Garnish (V)

Back Bacon, Cheddar and Tomato Relish Toasted Panini £9.25

Salad Garnish

Mozzarella, Pesto and Sun-Dried Tomato Panini £9.25

Salad Garnish (V)

(Add a Bowl of Soup to Sandwich or Paninis for £3.50)

Locally Baked Sourdough Bread, Butter £3.95

Balsamic, Olive Oil (V)

Mains

Jennings Beer Battered Haddock £16.95

Chunky Chips, Tartare Sauce, Mushy Peas

Homemade Beef Burger £15.95

Crispy Bacon, Smoked Applewood Cheese, Coleslaw, Salad, French Fries (throw a hash brown in burger - £1.50)

Cumberland Sausage with Bacon and Cabbage £15.95

Champ Mashed Potatoes or Chips, Gravy

Chickpea and Green Lentil Dahl £14.95

Coconut Milk, Basmati Rice, Naan, Onion Bhaji (Vg) (Df)

Mediterranean Vegetable Lasagne £14.95

Rocket, Cherry Tomato, Garlic Bread (V)

Moroccan Style Falafel £12.95

Hummus, Tzatziki, Pita Bread, Salad (V)

Golden Whitby Scampi Basket £13.95

Double Fried Chunky Chips, Tartare Sauce, Lemon (add garden peas for £1.25)

Half Roasted Chicken Basket £13.95

Double Fried Chunky Chips, Gravy (add garden peas for £1.25) (Gf) (Df)





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Lunch Menu - Served between 12.00 - 5.00pm

Sides

Double Fried Chunky Chips £3.75 (Gf) (Df)
(with cheese £4.75)

Tossed Salad £3.95 (Gf) (Df)

Garlic Bread £3.95
(with cheese £4.95)

Seasonal Vegetables £4.75 (Gf) (Df)

Homemade Gravy Boat £2.00

Desert

Salted Caramel Pot £5.95
Amaretto Biscuits, Crème Fraiche, Raspberries

Original Sticky Toffee Pudding £5.95
Thunder and Lightning Ice Cream, Butterscotch Sauce

Raspberry and White Chocolate Crème Brulée £6.95
Vanilla Ice Cream (Gf)

Platter of Local Cheeses £8.95
Grapes, Celery, Crackers, Chutney

Selection of Lakes Ice Cream £5.95
Shortbread

Children's Menu

Chefs Soup of the Day £4.50
Sourdough, Butter

Cumberland Sausage £6.95

Chicken Breast Nuggets £6.95

Chefs Beef Burger £6.95
All with either Mash / Chips and Peas / Beans

Milky Bar Sundae £4.25
Vanilla Ice Cream, Chocolate Sauce, Milky Bar

Jolly Delight £4.25
Strawberry and Vanilla Ice Cream, Jelly Babies, Strawberry Sauce

Smartie Brownie £4.95
Vanilla Ice Cream, Chocolate Sauce, Smarties

Hot Drinks

Espresso £2.95 / Double Espresso £3.95

Americano £3.50

Cappuccino £3.95

Latte £3.95

Flat White £3.95

Mocha £3.95

Hot Chocolate £3.95

Selection of Teas £3.50



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