

# ALL DAY MENU

## Yoghurt bowl (V)

*with seasonal compote and granola*

£6.50 552kcal

## Banana waffle & cinnamon spiced plums (V)

*served with skyr yogurt, granola and hot honey*

£9.50 640kcal

## Dry cured bacon & fried egg sandwich

*on a milk loaf with Isle of Wight tomato pesto and zesty brown sauce*

£8.50 738kcal

## Smoked salmon with poached eggs

*with crushed avocado on sourdough toast*

£13.00 560kcal

## Brunch bowl

*treacle cured bacon chop, cumberland swirl, hashbrown, mushroom, smoky beans and a fried egg*

£13.50 904kcal

## Pulled beef shin hash

*with a hash brown, poached egg, harissa hollandaise and wilted spinach*

£14.00 569kcal

## Butternut squash & kidney bean shakshuka (V)

*with pickled fennel, herb salsa, poached egg and crispy kale*

£13.50 370kcal

## NIBBLES

### Mixed olives (VE)

£4.50 287kcal

### Homemade bread, oil and balsamic (V)

£5.00 943kcal

### Toasted garlic focaccia (V)

£4.00 441kcal

**Hummus mezze bowl** (VE) **£12.00** 733kcal  
*herb falafel with roasted vegetables, olives,  
focaccia crisps and topped with toasted seeds*

**Seasonal soup** **£7.50**  
*made fresh by us and served with either  
homemade focaccia or a cheese scone*

**Ham hock & gruyere twice  
baked souffle** **£10.50** 787kcal  
*with a bechamel sauce and a side salad  
of rocket and parmesan*

**Smoked brie, leek &  
chestnut croquette** (V) **£10.50** 350kcal  
*with beetroot & apple slaw, horseradish  
crème fraiche and crispy capers*

**Sirloin steak sandwich** **£16.00** 846kcal  
*served with chimichurri sauce on a toasted  
milk loaf, with a rocket and parmesan salad*

**Lamb & feta kofta flatbread** **£16.00** 467kcal  
*with a pomegranate salsa, tahini yoghurt and slaw*

## SIDES

Skin on chips (VE) **£4.50** 90kcal

Hash brown with  
tomato relish (VE) **£4.50** 202kcal

Sweet & sour rainbow slaw (VE) **£3.50** 45kcal

Parmesan and rocket salad (V) **£3.50** 54kcal

Tamarind potato salad (VE) **£3.50** 188kcal

Squash & sprout pasta (VE) **£3.50** 135kcal

# DRINKS

## COFFEE

*from Carvetii Coffee Roasters in Threlkeld, 23 miles from here*

Espresso	<b>£2.80</b> 0kcal	
Americano	<b>£3.25</b> 130kcal	<b>£3.50</b> 0kcal
Latte	<b>£3.60</b> 130kcal	<b>£3.85</b> 181kcal
Cappuccino	<b>£3.60</b> 181kcal	<b>£3.85</b> 234kcal
Flat White	<b>£3.60</b> 139kcal	
Mocha	<b>£3.85</b> 145kcal	<b>£4.05</b> 185kcal

*swap to decaf, skimmed or oat milk for free*

*add your choice of flavoured syrup for just +70p  
vanilla, caramel or hazelnut*

## HOT DRINKS

Hot Chocolate <i>milk or dark</i>	<b>£3.85</b> 294kcal	<b>£4.05</b> 364kcal
Mini Hot Chocolate	<b>£1.50</b>	
Babyccino	<b>50p</b>	
Masala Chai	<b>£3.85</b> 64kcal	<b>£4.05</b> 135kcal
Vanilla Matcha	<b>£4.55</b> 215kcal	<b>£4.75</b> 275kcal
Matcha	<b>£3.85</b> 155kcal	<b>£4.05</b> 215kcal
Tea	<b>£3.05</b> 0kcal	
<i>english breakfast, earl grey with cornflower, yunnan green ceylon decaf, mixed berry, rooibos, peppermint</i>		

## ICED DRINKS

Iced Americano	<b>£3.50</b> 20kcal
Iced Latte	<b>£3.85</b> 115kcal
Iced Red Berry & Hibiscus Tea	<b>£3.55</b> 155kcal
Iced Earl Grey, Elderflower & Orange Tea	<b>£3.55</b> 51kcal

## COLD DRINKS

Marlish Sparkling Water <i>still or sparkling</i>	<b>£2.95</b>
Hullabaloos <i>still lemonade, raspberry lemonade or elderflower presse</i>	<b>£2.95</b>
Karma Cola <i>regular or sugar free</i>	<b>£3.00</b>
Cawston Press <i>sparkling cloudy apple or rhubarb</i>	<b>£2.70</b>
Zingi Bear Ginger Switchel	<b>£3.95</b>
MOMO Kombucha <i>raspberry-hibiscus, elderflower, ginger-lemon</i>	<b>£4.50</b>

### MADE BY US

Milkshake <i>choose between: chocolate, salted caramel or Wild &amp; Fruitful mixed berry</i>	<b>£4.75</b>
Freshly Squeezed Orange Juice <i>110kcal</i>	<b>£4.25</b>

NT JUICES Raw Cold-press Juices <i>choose between: kale aid, root zing or sweet beets</i>	<b>£4.50</b>
Eva's Organic Apple Juice	<b>£3.25</b>

## BEER & CIDER

Swan Free Lager (0.5%)	<b>£2.95</b>
Swan Free Pale Ale (0.5%)	<b>£2.95</b>
Thistly Cross Scottish Cider (4.4%)	<b>£5.25</b>
Thistly Cross Scottish Strawberry Cider (4.0%)	<b>£5.25</b>
Tebay Blonde (3.8%)	<b>£5.25</b>
Tebay Best (3.4%)	<b>£5.25</b>

### ON TAP

St. Sunday Lager (4.6%) <i>bavarian style helles made in Cumbria by Fell Brewery</i>	<b>half £3.00</b> <b>pint £6.00</b>
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## WINE

*all our wines are organic*

125ml **£4.75** 175ml **£5.95** 250ml **£6.95** bottle **£16.95**

### WHITE

Adobe Sauvignon Blanc (*Chile - 12%*)  
*crisp and bursting with gooseberry and lemon*

Mont'Albano Pinot Grigio (*Italy - 12%*)  
*pear and summer fruits uplifted by vibrant citrus*

### RED

Rebel.Lia Tempranillo (*Spain - 13.5%*)  
*fruity; hints of smoke, dark chocolate & berries*

Adobe Malbec (*Chile - 13.5%*)  
*fruity; hints of smoke, dark chocolate & berries*

### ROSÉ

Wild Thing (*Spain - 12.5%*)  
*dry and summery with red fruit on the finish*

200ml **£5.65** bottle **£16.95**

### PROSECCO

Giol Prosecco (*Italy - 11%*)  
*refreshing citrus wrapped up in a gentle spritz*

## COCKTAILS

*spirits come from The Lakes Distillery, 19 miles from here*

### Lakes G&T

*served with a mediterranean tonic and slice of lemon*

**£5.95**

### Lakes Pink Grapefruit G&T

*served with a mediterranean tonic and slice of lemon*

**£5.95**

### Lakes Vodka Highball

*served with a lemon tonic with a slice of lime*

**£6.75**

# KIDS

## Yoghurt bowl (V)

*with seasonal compote and granola*

**£4.95** 227kcal

## Waffle (V)

*served with banana, granola and hot honey*

**£5.25** 354kcal

## Smoky beans on sourdough toast (VE)

**£4.95** 560kcal

## Eggs on sourdough toast (V)

*with a choice of poached, scrambled or fried egg*

**£4.95** 310kcal

## Bacon sandwich

*served on a milk roll with tomato ketchup*

**£6.95** 471kcal

## Seasonal soup

*served with a milk roll*

**£4.95**

## Beef smashed burger

*served on a milk roll with cheddar cheese  
and skin on chips*

**£7.50** 557kcal

## Macaroni cheese (V)

*served with toasted garlic bread*

**£6.95** 570kcal

## Hummus mezze bowl (VE)

*herb falafel with roasted vegetables, olives,  
focaccia crisps and topped with toasted seed*

**£6.95** 214kcal

### FEELING THIRSTY?

Bensons Joosed Fruity Water  
*apple or apple blackcurrant*

**£1.75**