

# TABLE°22

## RESTAURANT

### NIBBLES

- Spicy edamame beans & root vegetable crisps (V) ..... £3.75
- Sticky-glazed mini chipolatas ..... £3.75
- Olives, sun-blushed tomatoes, garlic, capers (V) ..... £3.75
- Sustainable fish goujons ..... £3.75
- Artisan bread, smoked olive oil, balsamic (V) ..... £3.75

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### STARTERS

- Soup of the Day ..... £5.95  
Artisan bread
- Cartmel Valley Beech-Smoked Salmon ..... £7.95  
Fennel, apple & avocado salad, Donka bread
- Thai Fish Cakes ..... £6.95  
Panko crumb, citrus aioli
- Chicken Liver Parfait ..... £6.95  
Back bacon, brioche, red onion marmalade
- Trio of Melon (V) ..... £6.50  
Orange & ginger syrup, blood orange sorbet
- Twice-Baked Three-Cheese Soufflé (V) ..... £7.95
- Smoked Mackerel Pâté ..... £6.50  
Melba toast

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### BOARDS

- Individual Cumbrian Board ..... £12.95  
Chicken liver parfait terrine, maple & mustard-glazed ham, pork pie, smoked cherry cheddar, pickles, chutney, leaves, wedge of bloomer
- Individual Veggie Board (V) ..... £11.95  
Smoked cherry cheddar, Thornby Moor Dairy Crofton & Crook Blue cheeses, hummus, red pepper dip, antipasti, pickles, chutney, leaves, wedge of bloomer

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### SANDWICHES ..... £8.95

- Fresh white or granary bloomer, with dressed leaves & crisps
- Maple & mustard-glazed ham      Cheddar & damson chutney (V)
- Tuna & red onion mayo              Egg mayo & rocket (V)

### MAINS

- Twice-Baked Three-Cheese Soufflé (V) ..... £13.95  
New potatoes, walnut & pear salad, grain mustard  
crème fraiche
- Pan-Roasted, Bacon-Wrapped Chicken Supreme ..... £13.50  
Fondant potato, greens, wild mushroom, thyme &  
white wine cream sauce
- 8-Hour Braised Lamb Shoulder ..... £18.95  
Boulangère potato, carrot & swede mash, jus
- Beer-Battered Sustainable Fish ..... £13.95  
Twice-cooked chips, mushy peas, tartar sauce  
*(Please ask your server for today's Catch of the Day)*
- Trio of Sausages ..... £14.50  
Traditional Cumberland, wild boar & damson and  
pork, apple & scrumpy cider sausages, grain mustard  
mash, red onion marmalade, onion gravy
- Pan-Cooked Sea Bass ..... £15.95  
Asparagus, new potatoes, herb & citrus butter

#### THE REGENT'S SPECIALITIES

- Rustic Lamb Stew ..... £14.50  
Leg of lamb stew, sourdough bread bowl, mint & red  
wine jus, greens
- Cumbrian Pork Three Ways ..... £16.50  
Smoked belly, tenderloin, black pudding bonbon,  
wild mushroom stuffing, mash, roots, apple sauce & jus

- Mediterranean Vegetable Gnocchi (V / VE) ..... £12.50  
Pan-fried Mediterranean vegetables, beetroot pesto
- Sticky Teriyaki Salmon Fillet ..... £15.95  
Ginger, soy, maple & garlic marinade, fondant  
potato, greens
- Red Wine-Braised Blade of Beef ..... £15.95  
Horseradish mash, greens, red wine jus
- Summer Pea & Mint Risotto (V) ..... £12.50  
Parmesan shavings, dressed pea shoots
- Chicken Katsu ..... £13.95  
Panko, Katsu sauce, sticky rice, edamame salad
- Vegetable Katsu (V / VE) ..... £13.95  
Seasonal vegetables, Katsu sauce, sticky rice,  
edamame salad

### STEAKS & BURGERS

- Grilled Chicken Burger ..... £13.50  
Bacon, cheese, tomato, gem lettuce, toasted bap,  
skinny fries
- 12-Hour Pulled-Beef Brisket Burger ..... £13.95  
Cheese, beer-battered onion rings, warm glaze,  
skinny fries
- Chargrilled 8oz Sirloin Steak ..... £23.50  
Twice-cooked chips, cherry tomatoes, field  
mushroom, onion rings, red wine or peppercorn sauce
- Pulled BBQ "Oumph" Burger (V / VE) ..... £13.50  
BBQ pulled Oumph burger, toasted vegan roll,  
vegan aioli, skinny fries
- Ham, Egg & Chips ..... £13.50  
Maple & mustard-glazed ham, twice-cooked chips,  
fried egg, piccalilli, mustard mayonnaise

Upgrade to sweet potato fries for an extra £1.00

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### SIDES ..... £3.50

- Sweet potato fries
- Skinny fries
- Twice-cooked chips
- Dressed leaves
- House slaw
- Fine Beans

#### MENU IS SERVED FROM 6PM UNTIL 9PM

If you have any special dietary requirements or food allergies please inform a member of staff.

Some dishes are adaptable for special diets.

All bread is vegan unless stated.

GF Gluten Free

V Vegetarian

VE Vegan

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