

## TO START

Selection of Warm Artisan Breads .....	£4.00
Smoked olive oil	
Soup of the Day (GF) .....	£5.95
Homemade soup of the day served with artisan bread (GF bread available)	
Potted Mackerel .....	£6.95
Topped with cranberry jelly, sweet pickled dill cucumber, warm artisan bread (GF available)	
Lemon & Basil Syrup Soaked Melon (GF/V/VE).....	£5.95
Elderflower sorbet	
Cartmel Valley Venison & Pork Meatloaf .....	£7.45
Lemon thyme, streaky bacon, Cumberland sauce	
Prawn & Crayfish Cocktail .....	£7.45
Bloody Mary sauce & crostini (GF available)	
Crispy Pork Belly Pieces (GF).....	£7.45
Garlic & chilli caramel dipping sauce	
Twice Baked Three Cheese Soufflé.....	£8.50
Homemade cheese soufflé, pumpkin & beetroot salad, maple walnuts	

## BAR MENU

Sustainable Fish & Chips .....	£15.95
Mushy peas, hand-cut chips, homemade tartare sauce	
Regent Thick-Cut English Mustard and Maple Glazed Baked Ham .....	£13.95
Hand-cut chips, free-range fried eggs	
Chicken Parmesan Burger .....	£14.95
Chicken marinated in garlic, rosemary & thyme, topped with melted Parmesan & mozzarella, roasted peppers, fries, house slaw	
Pumpkin & Halloumi Burger (V).....	£14.95
Cucumber salsa, sweet potato fries, house slaw	

**Gluten Free (GF), Vegetarian (V) and Vegan (VE)**

## MAIN COURSES

Chargrilled 8oz Sirloin Steak (GF).....	£25.95
Hand-cut chips, cherry tomatoes, mushroom, onion rings (crispy onions if GF). Add peppercorn sauce, blue cheese sauce or red wine jus for £2.95	
Daube of Cartmel Valley Venison (served pink) (GF).....	£23.95
Spiced pear, hispi cabbage & chestnuts, herb fondant potato, red wine bramble jus	
Crispy Chilli & Lime Salmon .....	£16.95
Chilli & lime dressing, stir-fried noodles, pak choi	
Corn-Fed Chicken Supreme .....	£16.95
Mushroom & fresh herb risotto, sage crisps (GF available)	
Baked Cod .....	£17.95
Lightly curried mussel, leek & carrot fricassée, parmentier potatoes	
Tomato & Bean Cassoulet (V).....	£14.95
Giant butter beans, cherry tomatoes, seasonal greens, Greek salad, garlic flatbread (VE available)	
Twice-Baked Three Cheese Soufflé (V) .....	£17.95
Homemade soufflé, beetroot & pumpkin salad, maple walnuts, parmentier potatoes	
Slow-Roast Herdwick Lamb.....	£22.95
Coniston Herdwick lamb shoulder, crushed carrot & swede, boulangère potatoes, black pudding fritter, garlic & rosemary jus (GF available)	
Table 22 Beef Burger .....	£19.95
Homemade beef patty, brioche, melted cheese, pickles, bearnaise sauce, caramelised onions, candied bacon, fries, house slaw	

## SIDES £3.95

Sweet Potato Fries  
Skinny Fries  
Twice-cooked chips  
Onion Rings  
Dressed salad leaves (GF/V/VE)  
House slaw (GF/V)

## SAUCES £2.95

Peppercorn Sauce (GF)  
Blue Cheese Sauce (GF)  
Red Wine Jus (GF)

### Dietary Requirements & Allergens

Please note that our fryers are used for meat, fish, dairy and gluten. If you have a particular request for items to be cooked separately, please inform your server.

Our kitchen is not a fully gluten-free, nut-free or allergen-free environment. Our food can contain allergens; if you require more information on any of our menu ingredients, please ask a member of staff and they will be happy to advise.

It may be possible that some dishes not labelled GF, V or VE can be made as such, please ask your server for more details.

## DESSERTS

Sticky Toffee Pudding .....	£6.75
Butterscotch sauce, vanilla ice cream	
Baked Toffee Apple Cheesecake .....	£6.75
Cinder toffee, Thunder & Lightning ice cream	
Dark Chocolate Brownie .....	£6.75
Raspberry sorbet, chocolate sauce	
White Chocolate & Blackberry Brioche Pudding .....	£6.75
Vanilla custard	
Crème Brûlée (GF available).....	£6.75
Sesame tuile	
Lemon & Thyme Posset (GF available).....	£6.75
Spiced berry compote, shortbread biscuit	
Cheese Plate .....	£8.95
A selection of locally produced cheeses; Tovey - semi-soft goat's cheese, Blue Whinnow – creamy blue made from cow's milk, Eden Ivory – hard ewe's cheese, served with biscuits, damson chutney & fruit. Gluten free oat cakes are available	
Selection of Ice Cream and Sorbets .....	2 scoops £4.50/ 3 scoops £5.95
Ice creams: Vanilla, Chocolate, Strawberry, Thunder & Lightning, Strawberry, Sorbets: Champagne, Orange, Raspberry. Option of diabetic vanilla ice cream.	

### Gluten Free (GF)

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