

McMenamins

Menu 2009

V=Vegetarian N=Contains nuts G=Gluten free



STARTER

Soup of the day VG £3.95

Chef's homemade soup, served with fresh bread

Melon and Prawn Cocktail G £4.95

Fanned melon served with prawns in a Marie rose sauce

McMenamins Smoked Mackerel Pate £4.95

Homemade smoked mackerel pate served with fresh salad leaves and bread crisps

Caramelized Red Onion Tart Tatin V £5.45

Homemade tart with caramelized red onion and topped with goat's cheese and a tomato chutney

Confit of Duck £5.45

Slow roasted duck thigh served with noodles and a maple soy sauce

Scallops £5.95

Succulent pan fried scallops served with local black pudding and fresh salad leaves

MAIN COURSE

Cumberland Sausage £7.95

Local Cumberland sausage, served with homemade chips, oven roasted plum tomato, local black pudding and a fried egg

Chicken Goujons £7.95

Homemade chicken goujons served with chips, dressed salad leaves and either a chilli or garlic dip

Roast Belly Pork £9.95

Oven roasted belly pork served on parmentier potatoes with a cider sauce and fresh seasonal vegetables

Rump Steak £10.95

10oz Cumbrian 28 day matured rump steak served with chips, roast plum tomato, field mushroom, and homemade onion rings

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Cumbrian Rib-eye Steak £13.95

10oz 28 day matured Cumbrian rib-eye steak served with homemade chips, roast plum tomato, field mushroom, and onion rings

Lakeland Lamb G £12.45

Cumbrian lamb chump served with parmentier potatoes, fresh seasonal vegetables and a rich red wine and rosemary sauce

Pan Fried Chicken Breast £11.95

Pan fried chicken breast served with potatoes of the day, or chips, fresh seasonal vegetables and a leek and Stilton cream sauce

FISH

Scampi and Chips £8.45

Homemade scampi in a crispy beer batter, served with chips, mushy peas, and tartare sauce

Fish and Chips £8.95

Pollock fillet in a crispy beer batter, served with homemade chips, mushy peas, and tartare sauce

Fillet of Salmon G £11.95

Poached fillet of Scottish salmon topped with sauce Verde and served with potatoes of the day and fresh seasonal vegetables

King Prawn Linguine £10.95

Pan-fried king prawn tails on a bed of linguine, with a chilli, garlic, ginger, and lemon grass herb butter and a wedge of homemade bread

VEGETARIAN/SALAD

Penne Pasta V £7.95

Penne pasta served in a rich tomato and herb sauce, with Parmesan shavings and garlic bread

McMenamins Cannelloni V £8.95

Spinach and ricotta pancake cannelloni topped with a fantastic homemade cheese rarebit, served with dressed salad leaves and garlic bread

Caesar Salad £7.95

Crisp salad leaves, and parmesan shavings coated in a light garlic and anchovy dressing and topped with crispy croutons. Served with one of the following: salmon, farmhouse cheddar, chicken goujons

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SIDE ORDERS

Bowl of homemade chips	V	£2.35
McMenamins side salad	V	£2.75
Garlic bread (2 pieces)	V	£1.95
Garlic mushrooms	V	£2.50
Bowl of homemade bread	V	£1.75
Peppercorn sauce	V	£1.95
Stilton and leek sauce	V	£1.95
Potatoes of the day	V	£2.35

KIDS MEALS

All £5.50

Crispy Chicken Nuggets

Homemade crispy chicken, served with chips and a sauce of your liking

Fish and chips

Succulent pollock in a crispy batter, served with homemade chips, (please tell your server if you would like peas and tartare sauce)

McMenamins Pizza V

Homemade cheese and tomato pizza served on a thin crust base. If you would like ham on your pizza please tell your server.

McMenamins Sausage

Local Cumberland sausage, served with chips and a fried egg

Penne Pasta V

Penne pasta served with a rich tomato, herb sauce, Parmesan shavings and garlic bread

SWEET

Chocolate Pudding £4.95

Homemade chocolate sponge pudding served with a warm chocolate fudge sauce

McMenamins Sticky Toffee Pudding £4.95

Our very own sticky toffee pudding served with butterscotch sauce and vanilla ice cream

Vodka and Orange cheesecake £4.75

Homemade vodka and orange cheesecake served with a raspberry coulis

Lemon Posset £4.75

A fabulous tangy lemon sweet (similar to a crème brûlée) served with homemade shortbread

Hartley's Fantastic Cumbrian Ice Cream

(Please ask your server for today's flavours)

3 scoops £4.70

Served with a homemade brandy snap

2 scoops £3.20

Served with a homemade brandy snap

McMenamins Cheese Board

A selection of 3 cheeses, served with biscuits, celery, and homemade chutney £6.50
Additional cheeses £1.70 per portion

Farmhouse Cheddar

A fantastic mature cheddar, which is made in Cumbria

Cumbrian Blue

A soft, creamy blue cheese from the Cumberland Dairy, Appleby

Douce Brie

A lovely creamy and delicate brie

Why not try a glass of port with your cheese board?

If you have any special dietary needs or allergies, please bring this to the attention of your server

All our dishes are made freshly on the premises. We do not knowingly use GM foods, and wherever possible, we use the best produce from local suppliers

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