



Served until 11am

## KITCHEN BREAKFAST

Made by us as you would make it at home

BACK TO WEBSITE

- Tebay breakfast** £11.75  
*Cumberland sausage, dry-cured bacon, black pudding, egg, tomato, mushroom, beans, bubble & squeak cake, white or seeded toast.* 908kcal
- Westmorland breakfast** £9.75  
*Cumberland sausage, dry-cured bacon, egg, mushroom, beans, white or seeded toast.* 636kcal
- Butcher's breakfast** £13.75  
*2 x Cumberland sausage, 2 x dry-cured bacon, black pudding, haggis, egg, tomato, mushroom, beans, bubble & squeak cake, white or seeded toast.* 1371kcal
- Vegan breakfast** **Ve** £9.50  
*Smoked tofu, spicy beans, mushroom, tomato, bubble & squeak cake, white or seeded toast* 530kcal

- Bean bowl** £6.50  
*Spicy beans, 2 x dry-cured bacon, fried egg, bubble & squeak cake.* 395kcal
- On More? Bakery sourdough toast**
- Mushrooms** **Ve** 331kcal £5.50
- Spicy beans** **Ve** 343kcal £5.50  
*with dry-cured bacon* 594kcal £6.50
- Eggs** **V** 271kcal £5.75  
*fried, poached or scrambled*



- Breakfast baps**
- Dry-cured bacon** 630kcal £5.75
- Dry-cured bacon & egg** 595kcal £5.75
- Cumberland sausage** 678kcal £5.75
- Smoked tofu** **Ve** 604kcal £5.75  
*with sun-dried tomato and garlic chutney*



Fancy an extra? Add an extra item to any of our breakfasts for just £1 each

GF toast is available. Please ask one of our colleagues when you order.

**Ve** Vegan **V** Vegetarian **GF** No gluten ingredients, not suitable for coeliacs

- Kids breakfast** £4.50  
*Any 2 of our breakfast items served with your choice of white or seeded toast.*



## KIDS EAT FOR £1



Smaller portions of our freshly cooked main dishes cost just £1 when bought with adult-sized hot meals.  
*\*offer is applied automatically at the till and applies to children aged 10 and under.*



## KITCHEN HOT FOOD

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BACK TO WEBSITE

### FROM OUR KITCHEN

- Steak & ale pie** 538kcal £10.85  
*with your choice of side*
- Macaroni cheese** **V** 531kcal £10.00  
*with your choice of side*
- Sweet potato & chickpea tagine** **Va** **GF** 279kcal £10.00  
*with sweet potato wedges*
- Lasagne** 544kcal £10.85  
*with your choice of side*

- Pork & chestnut mushroom casserole** **GF** 534kcal £10.75  
*with new potatoes and thyme-roasted carrots & swede*
- Cumberland sausage** 709kcal £10.50  
*with red onion marmalade and new potatoes*
- Beer battered fish** 775kcal £12.50  
*with chips and peas*

### KIDS MENU

- Lasagne** 272kcal £6.50
- Macaroni cheese** **V** 248kcal £6.50
- Battered fish** 137kcal £6.50
- Cumberland sausage** 157kcal £6.50

## IN OUR KITCHENS

Enjoy a homemade main & a hot pudding for just £10 after 3pm

Click here to see our new Filled Flatbreads & Salads at Tebay North

## DELI MENU\*

\* Tebay South only

### DELI



- Main meal or sandwich on it's own** £6.50
- Main meal or sandwich with salads** £9.50

### MAINS

- Sandwiches or toasties (see counter)**
- Cumberland scotch egg** 313kcal
- Sweet potato & goats cheese** **V** 213kcal scotch egg
- Wild mushroom nut roast** **Ve** 264kcal

### SALADS



- Small salad bowl** £4.50  
*Pea, courgette & rocket pesto pasta, lettuce, red cabbage, cucumber, red onion & carrot.*
- Large salad bowl** £9.00  
*Pea, courgette & rocket pesto pasta, lettuce, red cabbage, Mediterranean potato salad, cucumber, red onion & carrot.*
- A selection of our seasonal salads*
- Sweet and sour rainbow slaw** **Ve** **GF** 43kcal
- Pea, courgette & rocket pesto pasta** **Ve** 136kcal
- Mediterranean potato salad** **Ve** **GF** 108kcal
- Green leaf salad** **Ve** **GF** 29kcal

### SOUP

Soup of the day, made by us as you would make it at home

- Served with a bread roll** £5.50  
*from More? The Artisan Bakery*
- Served with a cheese scone** £6.00  
*made by us*

### SUNDAY LUNCH\*

\*only available on Tebay South  
Served on Sundays from 11.30am

Choose from roast beef **GF** or roast lamb **GF**, both from our butchery.

*Served with Yorkshire pudding, seasonal vegetables and gravy.*

£11.75 (Kid's size £6.50)

BACK TO WEBSITE

## COFFEE & CAKES

### CAKES

from £2.50

Baked by us as you would bake them at home



### DRINKS

Our wide range of hot and cold drinks includes fruit smoothies, milkshakes, hot chocolate iced coffees and barista coffees made using speciality beans from Carvetii Coffee Roasters in the Lake District.

