KITCHEN

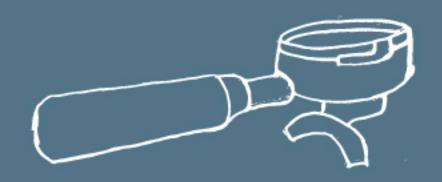
COFFEE

	kcal	kcal
Latte	£4.25 103	£4.60115
Cappuccino	£4.25 105	£4.60114
Filter coffee	£3.65 o	£3.950
Flat white	£4.50 54	
Mocha	£4.50 145	£4.75 185
Espresso		£3.25 o
Americano	£3.65 o	£3.950

Like it your way?

All our coffee can be made with decaf beans, semi-skimmed, skimmed, or oat milk.

Swap your milk for free.





COFFEE ROASTERS

Our coffee is roasted less than 30 miles away at Carvetii Coffee Roasters in the northern Lake District.

Owners Angharad and Gareth Kemble have created a blend uniquely for us using carefully sourced speciality beans that they roast in small batches.

TEA

kcal

English breakfast £3.25 0

Earl Grey £3.25 o

Triple mint £3.25 0

Berry & hibiscus £3.25 0

Green tea £3.25 0

HOT CHOCOLATE

Hot chocolate £4.50109 £4.75 129

MASALA CHAI

Masala Chai £4.5064 £4.75 135

EXTRAS

80p

Cream 45kcal, marshmallows 33kcal, syrups 86kcal, extra espresso shot Okcal.



COLD DRINKS

ICED COFFEE

kcal

A •	
Americano	£3.65 o
1 IIII CI I CUII O	10.00

Latte £4.25 138

Mocha £4.50 145

NEW

Honey oat milk latte £4.30 143



ICED TEA

NEW	£3.55 155
Red berry & hibiscus	

Earl Grey, elderflower & orange



HULLABALOOS LEMONADE

Original

£3.15 149kcal

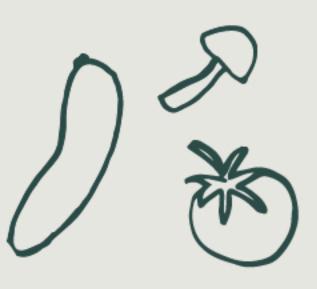
Raspberry

£3.15 149kcal

BREAKFAST -11AM

HOT BREAKFAST

Made using 100% British meat and the freshest ingredients sourced from our network of trusted producers.



Tebay breakfast

£12.75

Cumberland sausage, dry-cured bacon, black pudding, egg, tomato, mushroom, beans, bubble & squeak cake, toast. 908kcal

Westmorland breakfast

 f_{10} 50

Cumberland sausage, dry-cured bacon, egg, mushroom, beans, toast. 636kcal

Butcher's breakfast

£14.65

Cumberland sausage, 2x dry-cured bacon, black pudding, haggis, egg, mushroom, beans, bubble & squeak cake, toast. 1371kcal

Vegan breakfast 🚾

£10.50

Smoked tofu, spicy beans, mushroom, tomato, bubble & squeak cake, toast. 530kcal





If you have *any* dietary requirements or questions about allergens in our food, please ask a member of our team for help.

HOT BREAKFAST

Bean bowl	£6.95
Spicy beans, 2x dry-cured bacon,	
fried egg, bubble & squeak cake. 395kcal	
On More? Bakery sourdough toast:	
Mushrooms Ve 331kcal	£6.65
Spicy beans Ve 343kcal	£6.65
with dry-cured bacon 594kcal	£7.65
Eggs poached, fried or scrambled V 271kcal	£6.85
BREAKFAST BAPS	
Dry-cured bacon 630kcal	£6.85
Dry-cured bacon & egg 595kcal	£6.85
Cumberland sausage 678kcal	£6.85
Smoked tofu 604kcal	£6.85
with sun-dried tomato & garlic chutney	



Fancy a little extra?

Add an *extra item* to any of our breakfasts for just £1.50

HOT BREAKFAST

Kids breakfast

£5.65

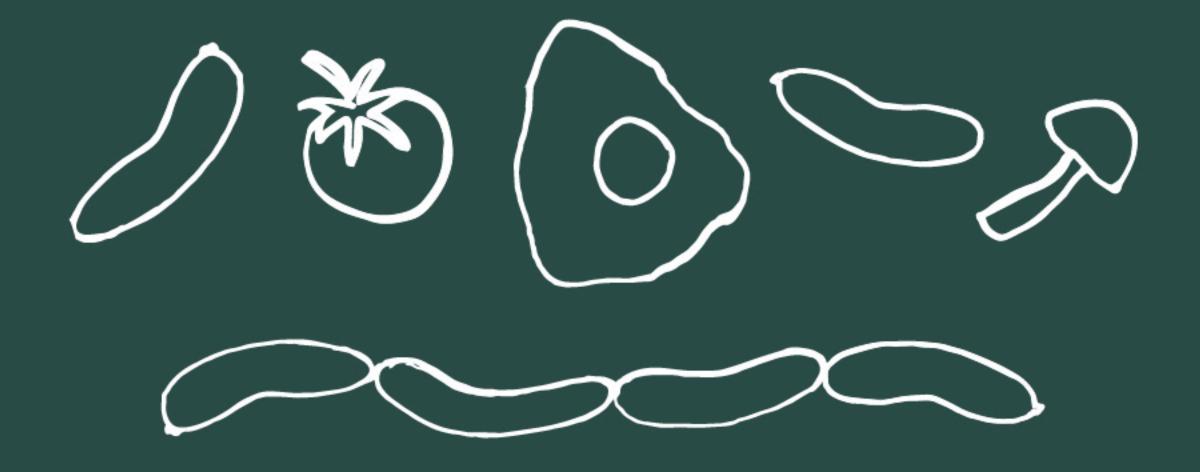
Any 2 of our breakfast items served with toast.

Kids eat for £1.50

All day, every day

when bought with an adult's hot meal*

*offer is applied automatically at the till and applies to children aged 10 and under.



Fancy a little extra?

Add an *extra* item to any of our breakfasts for just £1.50

BUTTERMILK WAFFLES



Made by us and lightly dusted with cinnamon

Dry-cured bacon, maple syrup & banana £9.50

773kcal

Seasonal berries & yoghurt

£8.50



550kcal

SMALLER PORTION OF ANY OF THE ABOVE £5.50



BREAKFAST SANDWICHES £7.50

Sausage sandwich

with fruity brown sauce, from Hawkshead Relish

849kcal

Bacon sandwich

with smoky tomato pesto from Isle of Wight tomatoes

610kcal

ADD BACON FOR JUST £1.50

PORRIDGE

Made by us



Seasonal berries, coconut flakes, cocoa nibs and maple syrup

£5.50

v 240kcal

Seasonal fruit compote, banana, cocoa nibs and maple syrup

£5.50

v 395kcal

Brown sugar

£4.50

V 199kcal

SMALLER PORTION OF ANY OF THE ABOVE £3.00

YOGHURT BOWLS



Made by us

Yoghurt, fruit & granola £5.50



595kcal

11AM-3PM

LUNCH

SALADS

Made here, by us, every day.

Small salad bowl

£5.50

Sun-blushed tomato & orzo pasta, Bombay potato salad, Green leaf salad

Large salad bowl

£9.75

Sun-blushed tomato & orzo pasta, Apple & mustard slaw, Bombay potato salad, Green leaf salad



Sun-blushed tomato & orzo pasta

Ve 140kcal

Apple & mustard slaw



Ve 33kcal

Green leaf salad



Bombay potato salad



Ve 97kcal

FLATBREADS

We make our own flatbreads using 100% Wildfarmed flour from wheat grown in healthy, biodiverse soil.

Filled flatbread

£9.95

Main filling and toppings.

Filled flatbread with salad

£12.95

Main filling, toppings and two side salads.

FREE RANGE

Chicken shawarma

with Tubby Tom's money shot sauce 457kcal



Lamb kofta

Lamb kofta with tzatziki 530kcal



Lemon & garlic tofu

Organic tofu made in Yorkshire with sweet chilli tomato relish



486kcal



HOT FOOD

Steak & Ale pie 839kcal with mashed potatoes and seasonal veg	£12.95
Macaroni cheese V 872kcal with mixed green salad	£11.95
Sweet potato & chickpea tagine ve 237kcal with sweet potato wedges	£11.95
Lasagne 537kcal with mixed green salad	£12.95
Cumberland Sausage 806kcal with red onion marmalade and mashed potate	£12.95
Beer battered fish 775kcal with chips and peas	£14.95
Add a bowl of:	
Seasonal vegetables 66kcal	£2.25
Chips 354kcal	£3.85



Ve Vegan

If you have *any* dietary requirements or questions about allergens in our food, please ask a member of our team for help.

KIDS HOT FOOD

Macaroni cheese V 861kcal

£7.25

Beer battered fish 137kcal with chips and peas

£7.25

Cumberland Sausage 157kcal

£7.25

with red onion marmalade and mashed potatoes

Sweet potato & chickpea

£7.25

tagine Ve 128kcal
with sweet potato wedges

Lasagne 272kcal with mixed green salad

£7.25



Kids eat for £1.50



All day, every day

Smaller portions of our freshly cooked main dishes cost £1.50 when bought with adult-sized hot meals.

*offer is applied automatically at the till and applies to children aged 10 and under.

DINNER 3 P M -

Today's special:

Homemade main with a hot pudding



NEW RECIPE

Cottage pie 663kcal

or

Sweet potato & 237kcal chickpea tagine 🗣 with sweet potato wedges

Steak & Ale pie 839kcal with mashed potatoes and seasonal veg £12.95

Macaroni cheese



872kcal

£11.95

with mixed green salad

Beer battered fish 775kcal with chips and peas

£14.95