## KITCHEN

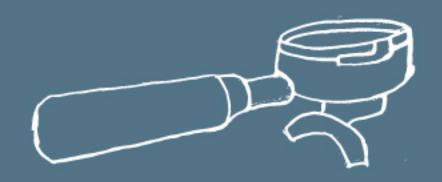
### COFFEE

	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 o

### HOT CHOCOLATE

Hot chocolate £4.50 109 £4.75 129

### MASALA CHAI

Masala Chai £4.5064 £4.75 135

### EXTRAS

80p

Cream 45kcal, 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

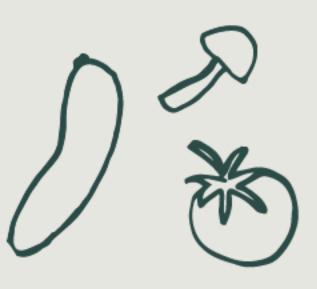
Raspberry

£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

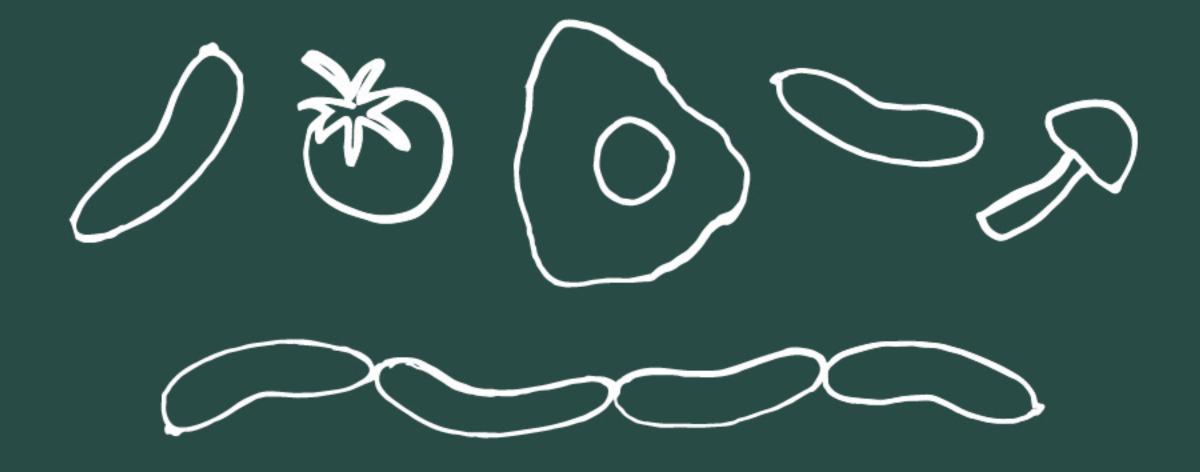
Any 2 of our breakfast items served with toast.

# 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