

THE HARDKNOTT BAR & CAFÉ LUNCH MENU

Homemade Soup of the Day	5.50
Halloumi Fries	6.50
Skinny Fries	3.50
Asian Spiced Sticky Ribs	7.50
Woodfired Hot Smoked Chicken Wings	6.50
Roasted Cauliflower Falafel	6.75

Roasted Vegetables & Feta OR Vegan Cheese Pitta <i>With smoked garlic & chilli sauce</i>	7.95
Hoisin Duck Pitta <i>with cucumber & shredded leaves</i>	8.50
Local Cumberland Sausage Pitta <i>with Caramelised Onions</i>	7.95
Cumbrian Cheddar Cheese & Homecooked Ham Pitta	7.95

Home Hot Smoked Sea Trout Salad <i>mixed leaves, vine ripe tomato, cucumber & sea trout</i>	13.90
Homemade Tatie Pot <i>slowly cooked Herdwick Mutton, Local Beef, Black Pudding & vegetables with pickles and Yorkshire Pudding</i>	14.50
Indian Red Lentil & Chickpea Curry <i>with spiced rice & pickled veg</i>	14.50

Child's Choice <i>Battered Chicken Bites with skinny fries</i> OR <i>Cumberland Sausage with skinny fries</i>	7.50
Small Vegan Dish of the Day	9.50

Sticky Toffee Pudding <i>with hot toffee sauce & English Lakes Vanilla Ice cream</i>	5.95
Rich Chocolate Brownie <i>with hot chocolate Sauce & English Lakes Vanilla Ice cream</i>	5.95
English Lakes Ice cream Bucket <i>Vanilla, Chocolate or Strawberry with toffee or chocolate sauce</i>	3.50

Welcome back

Please bear with us, we are working in line with Government Guidance, the experience may look & feel a little different, follow the signs & if unsure please ask.

Table Service Only

Please Fill in the Track & Trace, sit at a table inside & we will take your orders from there.

If you wish to sit outside, follow the same procedure & then go outside. Thank you

We are very open minded & welcome your input, while we adapt, do let us know how we can make your experience better in line with the guidance

If all good please say so too & tell your friends!

Takeaway Breakfast Box (8 - 12am)

Breakfast Butty	Sausage & Egg	6.00
	Bacon & Egg	6.00
	Fried Egg (2 eggs)	4.00
	Sausage, Bacon & Egg	7.50
	Vegan Sausage	5.00
Vegan Mushrooms & Tomato on Brown Toast		7.50
Hot Smoked Sea Trout with Scrambled Egg on Brown Toast		8.50

**Please dispose of biodegradable containers in the bins provided
Thank you.**

Plated Full Cooked breakfast with toast (8-10am)	8.95
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HOT DRINKS

Tea, Coffee - Flat white, Americano, Espresso	2.50
Fruit/ Herb Tea, Coffee - Cappuccino, Latte	3.00
Hot Chocolate	3.00
with Marshmallows, Cream & Chocolate	3.75

CAKE £3.50