



## Healthy Options

**Tuna and Asparagus with Anchovy Sauce** £11.25  
Griddled tuna steak and fresh asparagus spears, served with new potatoes.

**Linguini with Tiger Prawns** £11.95  
Infused with chilli and white wine

**Chicken Jambalaya** £9.50  
Oven roasted chicken cooked with chorizo sausage, prawns, onions, peppers and rice with a hint of cajun spice.

**Fillet of Salmon** £11.25  
Poached salmon in our chef's cucumber, dill and creme fresh sauce. served with couscous.

## Salad Platters

**Sliced Sirloin with Rocket and Parmesan** £11.95  
Thinly sliced steak served with a rocket salad and shavings of parmesan, finished with a balsamic dressing.

**Cumbrian Cheese and Fruit** £9.95  
A selection of local cheeses, fruit and a crisp salad. Served with ciabatta bread.

**Smoked Chicken and Caesar** £10.95  
Smoked chicken and bacon with parmesan shavings, anchovies and croutons. Served on a crispy salad with ceasar dressing.

**Fruit de Mer** £11.95  
Poached and smoked salmon, crab, shrimp, rolled mop herring, cockles and mussels. Served with a crisp salad and marie rose sauce.

**Meat Feast** £10.95  
A selection of home cooked meats with egg, tomato, coleslaw and a crisp salad.

**Home cooked real chips - £2.50**  
**Home made onion rings - £2.00**

