

DAIRY FREE



DAY  
MENU

# DAIRY FREE DAY MENU



## SNACKS

Marinated Olives with Chilli, Garlic & Herb.....	£3.50
Home-made Soup with Rustic Bread.....	£4.50
Cup of Home-made Soup with a Sandwich.....	£7.95
Hummus & Pitta Bread.....	£4.95
Fishcake with Mixed Salad.....	£6.95
Gambas Pil Pil – Tiger Prawns in Chilli & Garlic.....	£5.50
Crispy Whitebait with Mixed Salad Leaves.....	£6.50
Fish Goujons with Lemon & Mixed Salad.....	£6.50

## SALADS

Warm Chicken & Bacon Salad with Toasted Pine Nuts & Croutons.....	£9.95
Tuna Salad Nicoise.....	£9.95
New Potatoes, Egg, Anchovies, Mixed Salad, Tuna & Olives	
Italian Salad.....	£9.95
Proscuitto, Sun Blush Tomatoes, Basil, Mixed Leaves & Toasted Pine Nuts	

## SPECIALITY SANDWICHES

(All made with dairy free mayonnaise)

All served with chunky chips or skinny fries and salad

Big Fat Italian.....	£10.95
Ciabatta with Salami, Proscuitto, Mortadella, Sun Blush Tomatoes, Rocket & Mayo	
Big Fat Vegetarian.....	£10.95
Ciabatta with Hummus, Roasted Mediterranean Vegetables, Rocket, Sun Blush Tomatoes & Mayo	
Char Grilled Minute Steak Sandwich.....	£11.95
Ciabatta with Mayo, Mixed Leaves & Caramelised Onions	

## MEDITERRANEAN SANDWICHES

(All made with dairy free spread)  
Served with Mixed Salad

Spicy Chicken.....	£6.95
Chicken & Roasted Mediterranean Vegetables...	£6.95
Hummus & Roasted Mediterranean Vegetables..	£6.95

## TRADITIONAL SANDWICHES

(All made with dairy free spread and dairy free mayo) Served with Mixed Salad

Honey Roast Cumbrian Ham.....	£6.95
BLT.....	£6.95
Chicken BLT.....	£6.95
Cartmel Valley Smoked Salmon.....	£6.95

## MAINS

Classic Beef burger.....	£10.95
Bacon Burger.....	£11.95
Spinach & Falafel Burger.....	£10.95
Cajun Spiced Chicken Burger.....	£10.95
Cajun Spiced Chicken Burger with Bacon.....	£11.95
All Burgers are served on White Bun with Skinny Fries or Chunky Chips and Mixed Salad	
Fishcakes with Salad & Chunky Chips or Skinny Fries.....	£11.95
Chicken Kebabs Marinted in Garlic & Rosemary.....	£12.95
Served on Warm Mediterranean Cous Cous & Hummus	
Grilled Fish with Ratatouille & Roasted New Potatoes with Rosemary & Garlic.....	£13.95

## SHARING PLATTERS

Mediterranean Meze Platter for one	£12.95
To Share	£19.95
Marinated Olives, Hummus, Chicken Kebabs, Calamari, Meatballs, Mixed Salad & Bread	

## SIDES

Chunky Chips.....	£3.50
Skinny Fries.....	£3.50
Onion Rings.....	£3.50
Basket of Bread.....	£2.95
Roasted Mediterranean Vegetable.....	£3.95
Roasted New Potatoes, Garlic & Rosemary.....	£3.50
Ratatouille.....	£3.95

### Special Diets

Whilst we do our utmost to accommodate any special dietary requirements, the food is all prepared in the same kitchen, therefore we cannot accept any liability.

DAIRY FREE



EVENING  
MENU

# DAIRY FREE EVENING MENU



## STARTERS/TAPAS

Marinated Olives with Chilli, Garlic & Herbs ....	£3.50
Home-made Soup with Rustic Bread.....	£4.50
Hummus & Pitta Bread.....	£4.95
Fishcake with Mixed Salad.....	£6.95
Gambas Pil Pil – Tiger Prawns in Chilli & Garlic.....	£5.50
Crispy Whitebait with Mixed Salad Leaves.....	£6.50
Fish Goujons with Lemon & Mixed Leaves.....	£6.50
Grilled Lountza.....	£4.50
Spicy Meatballs .....	£4.25
Calamari.....	£4.95
Gambas Pil Pil.....	£6.50
Patatas Bravas.....	£3.50
Roasted Mediterranean Vegetables .....	£3.95
Basket of Fresh Bread & Pitta with Balsamic & Olive Oil .....	£2.95
Chicken Skewers with Olive Oil & Garlic.....	£5.50

## MAINS

Classic Beef burger.....	£10.95
Bacon Burger .....	£11.95
Spinach & Falafel Burger .....	£10.95
Cajun Spiced Chicken Burger .....	£10.95
Cajun Spiced Chicken Burger with Bacon.....	£11.95
All Burgers are served on White Bun with Skinny Fries or Chunky Chips and Mixed Salad	
Fishcakes with Salad & Chunky Chips or Skinny Fries.....	£11.95
Chicken Kebabs Marinted in Garlic & Rosemary.....	£12.95
Served on Warm Mediterranean Cous Cous & Hummus	
Grilled Fish with Ratatouille & Roasted New Potatoes with Rosemary & Garlic.....	£13.95
Steak Frites – Chargriled Sirloin of Beef with Salad & Fries.....	£14.95
Chicken Frites – Chargrilled	
Chicken Fillet with Salad & Fries.....	£11.95

## SHARING PLATTERS

Platter for one £12.95 • To Share £19.95

### Mediterranean Meze Platter

Marinated Olives, Hummus, Chicken Kebabs, Calamari, Meatballs, Mixed Salad & Bread

## SALADS

Warm Chicken & Bacon Salad with Toasted Pine Nuts & Croutons.....	£9.95
Tuna Salad Nicoise.....	£9.95
New Potatoes, Egg, Anchovies, Mixed Salad, Tuna & Olives	
Italian Salad.....	£9.95
Prosciutto, Sun Blush Tomatoes, Basil, Mixed Leaves & Toasted Pine Nuts	

## SIDES

Chunky Chips .....	£3.50
Skinny Fries.....	£3.50
Onion Rings .....	£3.50
Basket of Bread.....	£2.95
Roasted Mediterranean Vegetable.....	£3.95
Roasted New Potatoes, Garlic & Rosemary.....	£3.50
Ratatouille.....	£3.95

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