

THE WHEATSHEAF INN

Nibbles

Bowl of marinated olives £4.75 🌾🌿

Garlic & herb flatbread £5.50 add mozzarella £1.50 🌿

Starters

Homemade Soup of the day – crusty bread & butter £5.95 🌾

Cumbria Ale battered chipolata sausages – chip shop style curry sauce £7.95

Crispy salt and pepper squid, sriracha mayonnaise & lime £8.75

Mixed Endmoor Bakery breads –oil & vinegar, marinated olives, hummus £6.50 🌾🌿

Pan fried King Prawns & Chorizo - Cherry tomato & chilli sauce - rocket £8.95

Twice baked Lancashire cheddar cheese souffle, grain mustard cream, onion & Ale jam £8.95 🌿

Platters – Great to share as a starter or hearty main

Seafood- Cartmel Smoked Salmon, harissa dressed prawns, salt and pepper squid, smoked mackerel, apple, lemon mayonnaise, skinny fries served with crusty Endmoor Bakery bread, butter & mixed salad £19.95 🌾

Vegetarian meze – hummus, Moroccan style falafels, marinated olives, pitta breads, stuffed sweet chili peppers, sriracha mayonnaise & mixed leaf salad £17.25

Pizza/ Flatbread

Margherita £9.95 / £5.95 🌿

Cumbrian Ham & fresh pineapple £12.95 / £6.95

Chorizo, jalapeno pepper and sweetcorn £12.95 / £6.95

Cumbrian Meat- chicken, bacon, Cumberland sausage, mushroom & red onion £12.95 / £6.95

Lancashire stilton, mushroom, spinach and red onion on a garlic and parsley base £12.95 / £6.95 🌿

🌿 - Vegetarian 🌾 - can be adapted to be Gluten Free 🌿 - can be adapted to be vegan

Salad

Crispy salt and pepper Chicken salad, sweet and sour sauce, peppers, onions, cucumber, mixed leaves **Starter £8.50 Main £13.95**

Mains

Cartmel Valley Game Venison & Cranberry Sausages, crushed celeriac & truffle mash, kale, grain mustard gravy and onion rings **£15.95**

Fish & Chips - Cumbrian ale battered haddock, triple cooked chips, garden or mushy peas & tartare sauce - Large **£13.95**/ Small **£8.95**

Gammon Steak – Chargrilled D-cut gammon steak, fresh pineapple, fried duck egg, triple cooked chips, mixed salad **£14.95** 🍷

Thai red sweet potato curry, peppers, tomatoes, coconut & coriander, Basmati Rice **£13.95** 🍷

12 Hour Slow Cooked Brisket of Beef – Creamed potato, smoked bacon, mushroom & baby onion sauce - **£15.95** 🍷

Fish Pie – Smoked haddock, salmon, white fish & Atlantic prawns in a creamy spring onion & herb sauce topped with creamed potato & Lancashire cheese. Served with garden peas - **£13.50**

Cumbrian Beef Burger- Carmel Valley 6oz Beef burger, charred onions, Emmental cheese, toasted seeded bun, lettuce, tomato & dill pickle. Burger relish & triple cooked chips **£14.95**

Cajun Marinated Chicken Breast – skinny fries, smoked paprika coleslaw, mixed salad **£14.95**

Lancashire Cheese and Onion Pie – Dewlay's tasty Lancashire cheese and Caramelised white onion, short crust pastry - Buttered Vegetables & Creamed Potato or Tripple Cooked Chips - **£13.95** 🍷

Pie of the day!! **£13.95** *please ask a member of staff for more details*

Roast Topside Cumbrian Beef, roast potatoes, Yorkshire pudding, cauliflower cheese, roasted carrot, green beans, beef gravy **£13.95**

Sides £3.95

Skinny fries

House salad

Buttered vegetables

Triple cooked chips

FOOD ALLERGIES AND INTOLERANCES. Before ordering drinks or food, please speak with a member of our staff about your requirements. Whilst we take care to preserve the integrity of our vegetarian (v) products, we must advise that these products are handled in a multi-ingredient kitchen environment. Some fish may contain small bones. All dishes are prepared in areas where allergens are present. Therefore, there is a risk that ingredients used in your meal may have accidentally come into contact with an undeclared allergen, leading to cross contamination. Cooking equipment (e.g. fryers, grills etc.) and food preparation areas may be shared and fried items containing different allergens may be cooked in the same frying oil. Please ask a team member if you would like further information. Company reg: 00170679

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