



THE WHEATSHEAF INN

While you wait

Olives Marinated in garlic *139Kcal/£4.75*

Whitebait lemon aioli *499Kcal/£6.25*

Venison & cranberry chipolata's honey
and mustard mayonnaise *319Kcal/£8.50*

To Start

Soup of the day toasted sourdough & butter **£5.95**

Calamari chorizo aioli *292Kcal/£7.95*

Goats cheese terrine candid walnuts *414Kcal/£7.95*

Haloumi & chorizo skewers cherry tomato, baby leaf, honey & lime dressing *714Kcal/£7.95*

Prawn cocktail lettuce, basil and shallot, apple, Marie Rose sauce *283Kcal/£8.50*

Wheatsheaf Classics

Cumbrian 6oz beef burger charred onions, Emmental cheese, tomato & dill pickle, burger relish, lettuce, tomato, toasted seeded bun with hand cut chips *1446Kcal/£15.95*

Cumbrian beer battered fish hand cut chips, tartare sauce & mushy peas or garden peas *820Kcal/£13.95*

10oz sirloin steak hand cut chips, cherry tomato, mushroom *975Kcal/£23.95*

Cumbrian steak & ale pie shortcut pastry, hand cut chips, braised red cabbage seasonal greens *1088Kcal/£14.95*

Slow cooked lamb shank minted mash, honey roast carrots, broccoli & red wine gravy *1331Kcal/£17.95*

Spinach & aubergine harissa burger charred onions, Emmental cheese, tomato & dill pickle, burger relish, lettuce, tomato, toasted seeded bun with hand cut chips *973Kcal/£14.75*

Mediterranean Salmon fillet new potatoes, red peppers, asparagus, cherry tomatoes, capers, wholegrain mustard & lemon sauce *922Kcal/£17.95*

Adults need around 2000Kcal a day. **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



THE WHEATSHEAF INN

Sunday Lunch - £15.95

Served with roast potatoes, honey roasted carrots & parsnips, cauliflower cheese, creamed mash potato, broccoli & green beans & Yorkshire pudding

Roast Top Side of Beef *780Kcal*

Chicken Breast *918Kcal*

Roast Pork Loin *981Kcal*

Vegetarian Nut Roast *510Kcal*

Sunday Sides - £3.95

Cauliflower cheese *104Kcal*

Seasonal vegetables *254Kcal*

Yorkshire pudding *123Kcal* £1.50

Roast potatoes *286Kcal*

Mash potatoes *388Kcal*

Side dishes - £3.95

Skinny fries *462Kcal*

Hand cut chips *327Kcal*

Pepper corn sauce *247Kcal* £2.50

Stilton sauce *323Kcal* £2.50

Seasonal veg *254Kcal*

Sweet potato wedges *339Kcal*

Onion rings *304Kcal*

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