



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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