

# THE WHEATSHEAF INN

## Dinner Menu

### 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**

### Signature Dish's

**10oz Ribeye steak hand cut chips, cherry tomato, mushroom 1045Kcal/£24.95**

**Lamp rump ratatouille, lyonnaise potato, wilted spinach, broccoli, red wine jus  
754Kcal/£18.95**

**Grilled chicken breast sweet potato wedges, broccoli, marsala & mushroom sauce  
609Kcal/£16.95**

**Pan fried fillet of salmon Mediterranean style, new potato, asparagus, red peppers,  
cherry tomato, capers served in a wholegrain mustard & lemon sauce 922Kcal  
£17.95**

**Vegetarian sausages creamy mash, broccoli, green beans & gravy 725Kcal/£14.95**

### Cartmel Valley Game Specials

**Pheasant breast with wild boar & damson, wrapped in bacon, creamy mash, glazed  
carrots, broccoli and a red wine gravy 899Kcal/£18.95**

**Wild mallard breast with pork & black cherries, new potatoes, glazed carrots &  
broccoli 1089Kcal/£18.95**

**Trio of Cumberland sausages, creamy mash, seasonal greens & red wine Jus  
1189Kcal/£15.95**

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

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## Wheatsheaf Classics

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

**Cumbrian beer battered haddock** 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 OR 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 ciabatta with hand cut chips *973Kcal/£14.75*

## Salad bowls & Sharing Platters

**Halloumi & falafel** baby leaf, lentils, aubergine, courgette, red peppers, onion & balsamic glaze *1230Kcal £13.95*

**Caesar salad** grilled chicken breast, croutons, Caesar dressing *1502Kcal/£13.95*

**Smoked meat platter** pheasant breast, chicken breast, duck breast, venison, Cumberland sausage, dressed olives, sourdough & butter *1400Kcal £17.95*

**Fishman's platter** calamari, prawns in Marie Rose, smoked salmon, mackerel, trout, roll mop herring, sourdough bread & butter *1010Kcal £17.95*

## Side dishes

**Skinny fries** *462Kcal/£3.95*

**Seasonal veg** *254Kcal £3.95*

**Hand cut chips** *327Kcal/£3.95*

**Sweet potato wedges** *339Kcal/£3.95*

**Peppercorn sauce** *247Kcal/£2.50*

**Onion rings** *304 Kcal/£3.95*

**Stilton sauce** *323Kcal/£2.50*

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