

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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