

# THE WHEATSHEAF INN

## Lunch 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*

Salmon, Mozzarella & spring onion fish cake baby leaf, sweet chilli, lemon & lime  
*623Kcal £7.95*

### Light Bites - £8.95

Served with dressed salad & coleslaw **add fries for £1.50**

Chicken & mushroom baguette creamy Cajun sauce *928Kcal*

Steak & cheese baguette red wine jus *607Kcal*

Goats Cheese baguette ratatouille *612Kcal*

Chicken & chorizo tortilla wrap *287Kcal*

Haloumi & falafel tortilla wrap *541Kcal*

### Soup, Sandwich & Fries £10.95

Mature Cheddar & Westmorland chutney *820kcal*

Ham & wholegrain mustard *720kcal*

Bacon lettuce tomato *640kcal*

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Adults need around 200kcal per day

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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 **£3.95**

**Skinny fries** *462Kcal*

**Hand cut chips** *327Kcal*

**Seasonal veg** *254Kcal*

**Sweet potato wedges** *339Kcal*

**Onion ring** *304Kcal*

**Peppercorn Sauce** *247Kcal* **£2.50**

**Stilton Sauce** *323Kcal* **£2.5**

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