

drinksdrinksdrinks

Shakes and Smoothies

Acai Kick £3.95
Acai, strawberry, blueberries and mango, giving a fantastic kickstart to your day

Passion Storm £3.95
Passion fruit, papaya, pineapple, peach, guava and Aloe Vera, good for hair, skin and nails

Raspberry Heaven £3.95
Full of antioxidants, raspberry, blueberry, apple and mango

Green Reviver £3.95
Curly kale, lemon grass, banana and mango for a healthy and zesty delight, good for preventing coughs, fevers and colds

Berry Burst £3.95
Blackcurrant, blueberry, banana and blackberry

Strawberry Shortcake Mega Shake £4.50

Banoffee Mega Shake £4.50

Chocolate Brownie Mega Shake £4.50

Plain Milk Shakes £3.50
Choose from strawberry shortcake, choc chip or banoffee blast

Gym Buddy £1.95
Add a scoop of protein or wheat grass

Teas

All of our teas are sourced from Shibui Tea, served in a biodegradable tea bag

English Breakfast £2.95

Earl Grey £3.50

Chamomile Citrus £3.50
Herbal infusion (caffeine free)

Organic Mint £3.50
Infusion of organic spearmint (caffeine free)

Berry Hibiscus £3.50
A fruit infusion (caffeine free)

Gingerbread £3.50
Herbal infusion with ginger and liquorice (caffeine free)

African Winter Rooibos £3.50
Herbal infusion with exotic spices (caffeine free)

Ti Kuan Yin £3.50
A Chinese Oolong tea with floral notes (caffeine free)

Coffees and Hot Chocolate

Americano £2.95

Espresso £2.95

Café Latte £3.20

Cappuccino £3.20

Double Espresso £3.20

Flat White £3.20

Iced Coffee £3.95
With cream

Posh White Hot Chocolate £3.95
Topped with marshmallows and lashings of cream, served with a chocolate flake

Posh Milk Hot Chocolate £3.95
Topped with marshmallows and lashings of cream, served with a chocolate flake

Soft Drinks

Various Soft Drinks available from £2.80

Pepsi Max £2.20

Diet Pepsi £2.20

Lemonade £2.20

Tango £2.20

Beers and Ciders

We have a large variety of draught beers, as well as craft ales, stout and cider
Please ask our staff for details

Cocktails

Cherry Bakewell £9.95
Cherry brandy and cranberry, amaretto for the almond, all topped with whipped fresh cream

Peach and Mango Daiquiri £9.95
Peach schnapps and frozen peach and mango chunks blended with white rum

Cucumber, Apple and Mint Martini £9.95
Apple vodka, cucumber syrup, cloudy apple juice and fresh mint

Espresso Martini £7.95
Vodka, coffee liqueur and espresso, the coffee lover's cocktail

Passionfruit Pornstar £9.95
One of our most popular cocktails, a fizzy delight packed full of passion! Passion fruit liqueur, passion fruit puree, vodka and pineapple served with a shot of Prosecco

Aperol Spritz £9.95
An Italian aperitif, soda and Prosecco, garnished with a slice of orange

Long Island Iced Tea £10.95
Gin, tequila, triple sec, white rum, sour mix and Pepsi

Billionaire's Punch £119.99
A two pint pitcher, filled with mint, fresh fruit and strawberry Pimms, all served with a bottle of Moët Ice Champagne to pour over

Vodka Martini £9.95
Dirty or twist

Margarita £10.95
Served frozen

Bellini from £7.95
Ask about our flavours - make it a royal with a Champagne alternative

Bloody Mary £7.95
Spiced rich tomato juice, vodka, emon juice, Worcestershire sauce and Tabasco

June Bug £9.95
Melon liqueur, coconut rum, crème de banana, fresh lime juice and pineapple juice

Mandarin Sours £9.95
Mandarin liqueur, tequila, fresh lemon juice and egg white

Negroni £9.95
Dry gin, Campari and vermouth rosso

Gins

Prices from £3.95
We have an exquisite selection of gins available with various alcohol levels and various flavours. Please ask our bartender for the weekly array!

Rums

Prices from £3.80
We have an exquisite selection of rums available with various alcohol levels and various flavours. Please ask our bartender for the weekly array!

Vodkas

Prices from £3.40
We have an exquisite selection of vodkas available with various alcohol levels and various flavours. Please ask our bartender for the weekly array!

Whiskys

Prices from £3.40
We have an exquisite selection of whiskys available with various alcohol levels and various flavours. Please ask our bartender for the weekly array!

Allergies

Some drinks may have ingredients which could cause an allergic reaction, please ask staff if you have any concerns

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menu

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menu

Breakfast

Served until 12noon

Brown Sugar Full English Breakfast <i>Smoked Back Bacon, Local Cumberland Sausage, Fried Hen's Egg, Black Pudding, Mushrooms, Fresh Tomato, Hash Browns and Baked Beans</i>	£9.95
Super Size Brown Sugar Full English Breakfast	£15.95
Brown Sugar Vegetarian (V) <i>Grilled Halloumi, Avocado, Poached Hen's Egg, Hollandaise, Hash Browns, Flat Mushroom, Fresh Tomato and Baked Beans</i>	£8.95
Brown Sugar Vegan (VG) <i>Smashed Avocado, Grilled Mushrooms, Slow Roasted Tomato, Hummus, Dairy Free Toast and Harissa marinated fried Tofu</i>	£8.95
Breakfast Waffle <i>Smoked Bacon, Egg, Baked Beans and Sausage served with HP sauce</i>	£8.95
Crispy Back Bacon and HP Sauce Sourdough Roll	£5.95
Crispy Back Bacon and Egg Sourdough Roll	£6.95
Local Cumberland Sausage and HP Sauce Sourdough Roll	£6.95
Local Cumberland Sausage and Egg Sourdough Roll	£7.95
Avocado, Poached Egg and Mushroom Sourdough Roll (V)	£6.95
Eggs Benedict <i>Smoked back bacon on toasted sourdough, two poached hen's eggs with hollandaise sauce</i>	£9.00
Eggs Royale <i>Smoked salmon, two poached hen's eggs on toasted sourdough with hollandaise sauce</i>	£9.00
Avocado Spinach Benedict (V) <i>Avocado, baby spinach, two poached hen's eggs on toasted sourdough with hollandaise sauce</i>	£8.95
Egg White Omelette (V) (GF) <i>With avocado, spinach, mushroom, tomato and chopped fresh herbs</i>	£8.95
Roasted Granola <i>With a pot of low fat Greek yoghurt, milk and berries. Oat milk and soya milk available (V)</i>	£4.50
Old Fashioned Pear Brulée Porridge (V) <i>Oats soaked in oat milk, topped with pear purée and caramelised sugar</i>	£6.95

SUNDAY ROASTS

Served from 12:00

Sirloin of Roast Beef with all the trimmings!

When it's gone, it's gone!

(V) Vegetarian Dish
(VG) Vegan Dish
(GF) Gluten Free

Some dishes can be altered to suit a Gluten Free, Vegan and Vegetarian diet, please ask to see what we can do for you.

Always ask a senior member of staff or speak to the chef if you have any food allergies, intolerances or special dietary requirements. Nuts and Sesame Oils may be used in all dishes.

Crusty Rolls and Fries

Served until 5pm

Goats Cheese <i>Goats cheese, rosemary, ham, apple and honey with fresh peppered rocket</i>	£8.95
Salami and Mozzarella <i>Salami, mozzarella, roasted red pepper, fresh spinach and smashed avocado</i>	£9.95
Classic BLT <i>Smoked back bacon, baby gem lettuce and fresh tomato with garlic mayo on the side</i>	£8.95
Smoked Salmon <i>Smoked salmon, black pepper, cream cheese and sliced pickled cucumber</i>	£9.95
Hot Roast Sirloin of Beef <i>Served with caramelised onions and horseradish sauce</i>	£13.95
Caprese (V) <i>Fresh tomato, buffalo mozzarella, fresh basil and pine nut pesto</i>	£8.95
Traditional Ham Salad <i>With English mustard on the side</i>	£8.95

Nibbles and Lite Bites

Olives on Ice (V) (GF)	£3.95
Fresh Soup of the Day <i>With warm bread and butter</i>	£4.95
Tempura Battered Calamari <i>Served with a chunky roasted garlic, black pepper and lemon mayo</i>	£9.95
Tear and Share Garlic Bread (V)	£6.95
Tear and Share Cheesy Garlic Bread (V)	£7.95
Old English Pub-Style Barbecue Ribs <i>Served with dipping bread</i>	£6.95
Moules Mariniere <i>Served with dipping bread</i>	£8.95
Thai Green Curry Mussels <i>With pak choi, served with dipping bread</i>	£8.95
Mussels with Belgian Beer Shallots and Smoked Bacon <i>Served with dipping bread</i>	£8.95
Baked Camembert - to share (V) <i>Topped with sun-blushed tomato, garlic and chilli, served with crusty bread and butter</i>	£11.95
Half Pint Mug of Bitesize Bangers <i>Served with a HP sauce</i>	£9.95
A Dish of Smoked and Roasted Padron Peppers (V) (VG) (GF) <i>Sprinkled with sea salt</i>	£6.95
Popcorn Pickled Cockles <i>Served with chunky garlic and lemon mayonnaise</i>	£9.95
Succulent Hickory Braised Beef Nuggets <i>Served with a hickory dip</i>	£9.95
Mozzarella Pieces (V) <i>Marinated in garlic and herbs, dipped in a tempura batter, served with a sun blushed tomato sauce</i>	£7.95

Sides

Rocket, Parmesan and Lemon Salad (V) (GF)	£5.95
Chunky Chips (V) (VG) (GF)	£3.95
Posh Chunky Chips (V) (GF) <i>With truffle and parmesan</i>	£4.95
Bowl of Padron Peppers (V) (VG) (GF) <i>Sprinkled with sea salt</i>	£6.95
Bowl of Buttered and Honeyed Chanteney Carrots (V) (GF)	£3.95
Buttered Spinach (V) (GF) <i>With a hint of garlic</i>	£3.95
Mashed Potato (V) (GF)	£3.95

Mains

Old English Pub Style Barbecue Ribs (GF) <i>Served with chunky chips and mayonnaise</i>	£15.95
Moules Mariniere (GF) <i>Served with chunky chips and garlic mayonnaise</i>	£14.95
Thai Green Curry Mussels (GF) <i>With pak choi, served with chunky chips and garlic mayonnaise</i>	£14.95
Mussels with Belgian Beer Shallots and Smoked Bacon (GF) <i>Served with chunky chips and garlic mayonnaise</i>	£14.95
Tempura Lobster Burger <i>Lightly tempura battered lobster meat, mango aioli, chunky mango and avocado with tomato salsa, crisp romaine lettuce and served on toasted sourdough with chunky chips</i>	£26.00
Monster Munch Wagyu 10oz Cheeseburger <i>With smoked Irish cheddar, fresh tomato, lettuce, pickled cucumber, onion rings, chunky chips and aioli</i>	£16.95
Beer Braised Sticky Beef Shortrib (GF) <i>Served with a rosemary and caramelised onion mash with oven roasted root vegetables</i>	£15.95
Ham Hock and Wholegrain Mustard Parcel <i>On a buttered cider fondant potato with honeyed chanteney carrots, drizzled with a cider sauce</i>	£14.95
Old Fashioned Bangers and Mash <i>With roasted onion gravy, root vegetables and beer battered crispy onion rings</i>	£13.95
Fresh Fish Pie (GF) <i>Topped with smoked Irish cheddar, mashed potato served with honeyed chanteney carrots and buttered spinach</i>	£16.95
14" Focaccia Romana Pizza (V) <i>Topped with buffalo mozzarella, cherry tomato, black olives, fresh basil and oregano</i>	£11.95
14" Focaccia Romana Pizza <i>Topped with toasted Padro peppers, salami milano, herb cream cheese and a drizzle of honey</i>	£14.95
Classic Italian Caesar Salad <i>With romaine lettuce, smoked bacon, parmesan, garlic croute, black olives, anchovies and large parmesan crisp</i>	£9.95
Add Char-grilled Chicken Breast	£4.00
Add Poached Buttered Lobster Tail	£10.00
Whole Red Peppers (V) (VG) (GF) <i>Roasted in garlic, stuffed with spinach, mushrooms and root vegetables, trickled with a vegan halloumi and woodland mushroom sauce.</i>	£14.95
The Showstopper <i>Local 16oz Cote de Boeuf (ribeye on the bone), cooked to your liking with beef tomato, mushrooms, chunky chips, crispy onion rings and a sauce of your choice:</i> <i>Blue Cheese</i> <i>Peppercorn</i> <i>Garlic Mushroom</i>	£28.50

Fresh Homemade Crispy Waffles

Maple Syrup and Vanilla Ice Cream	£5.95
Fresh Banana, Caramel and Vanilla Ice Cream	£6.95
Nutella, Sliced Strawberries, Vanilla Ice Cream and Fudge Sauce	£6.95

Brown Sugar Little Eaters

Mains

Fresh Chicken Goujons and Chips <i>Served with peas or beans</i>	£6.95
Cheese and Tomato Pizza and Chips (V) <i>Served with peas or beans</i>	£6.95
Moules Mariniere served with Chips	£7.95
Beans on Toast (V) <i>With a hint of garlic</i>	£2.95
Bitesize Bangers and Chips <i>Served with peas or bean</i>	£6.95

Sandwiches

Bacon Sandwich	£5.95
Salami Sandwich	£5.95
Cheese Sandwich (V)	£5.95
Ham Sandwich	£5.95
Nutella Sandwich	£5.95

All served with fresh fruit and crisps

Sunday Roast

Kids Sunday Roast <i>Sirloin of Roast Beef with trimmings</i>	£9.95
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Waffles/Desserts

Maple Syrup <i>Served with vanilla ice cream</i>	£3.95
Ice Cream and Chocolate Sauce <i>Served with vanilla ice cream</i>	£3.95
Banana, Ice Cream and Chocolate Sauce	£3.95
Ice Cream Tub	£3.95
Fresh Fruit Bowl <i>Blueberries, banana, strawberries</i>	£4.50

Shakes, Mega Shakes

Strawberry Shortcake Mega Shake	£4.50
Banana Banoffee Mega Shake	£4.50
Chocolate Banana Mega Shake	£4.50
Chocolate Brownie Mega Shake	£4.50
Or choose from Strawberry Whip, Choc Chip or Banana Blast	£3.50

Drinks

Apple Juice	£3.25
Orange Juice	£3.25
Glass of Semi-Skimmed Milk	£1.20
Iced Water (complementary)	

DESSERTS

See Cabinet for Extras

Cheesecake of the Day	£4.95
White Chocolate and Raspberry Roulade	£4.95
Banoffee Toffee Roulade	£4.95
Vegan Vanilla Ice Cream <i>With fresh fruit</i>	£5.95
Triple Chocolate Ice Cream Sundae	£6.95
Warm Caramel Apple Pie <i>With cream</i>	£4.95

See Cabinet for Extras