



Lunch Menu - Served 12.00pm-2.30pm

Sandwiches

On white, granary or gluten-free bread with a handful of sea salted crisps:

- * Beef & red onion **5**
 - * Ham & tomato **5**
 - * Fish goujons with tartar sauce & iceberg lettuce **4, 5**
 - * Chicken salad with mayo **3, 5, 9**
 - * Tuna mayo with cucumber **3, 4, 5, 9**
 - * Cheese & Westmorland chutney **5, 7**
 - * Avocado & brie salad (vegan) **5, 7**
 - * Hummus, peppers & salad (vegan) **5, 12**
- * Soup of the day with a bread roll & butter **5, 7**

Main Courses

- * Scampi & chips with mushy peas **2, 5, 9, 14**
- * Local Cumberland sausage curl with mash, garden peas & gravy
- * Gammon steak with Lakeland free-range egg, hand cut chips & peas **3, 14**
- * Thai green curry – either fish or chicken served with rice & prawn crackers **2, 4, 13**
- * Homemade steak burger in a pretzel bun with bacon, Monterey Jack cheese, lettuce, tomato & fries **3, 5, 7**
- * Mussels cooked in white wine & shallots with fries & crusty bread **5, 8**
- * Pepper, onion & falafel burger in a pretzel bun with melted vegan cheese, vegan mayo, lettuce, tomato & fries (vegan) **5, 9**
- * Caponata linguine with garlic bread (vegan) **5**

Children's Menu

- * Battered chicken nuggets **5**
- * Fish goujons **4**
- * Pork sausage
- * Vegetarian sausage (v) **5**
- * Beef Burger **3, 5**

*Each of the above with fries or mashed potato **7**, baked beans, peas or salad*

- * Pasta in a tomato & basil sauce served with garlic bread (v) **5**



Evening Menu - Served 5.00pm – 8.00pm

Starters

- * Soup of the day, bread roll & butter **5, 7**
- * Salmon pate with toasted ciabatta **4, 5, 7**
- * Mussels cooked in white wine & shallots with crusty bread **5, 8**
- * Salt & pepper ribs
- * Baked garlic & rosemary Camembert with Westmorland chutney & toasted ciabatta (v) **5, 7**
- * Vegetable samosas with mild curry mayo (v) **3, 5, 9**

Main Courses

- * Mussels cooked in white wine & shallots with fries & crusty bread **5, 8**
- * Fish & chips served with mushy peas **4, 9, 14**
- * Cumberland sausage curl, mash, garden peas & gravy
- * Homemade steak burger in a pretzel bun with bacon, Monterey Jack cheese, lettuce, tomato & fries **3, 5, 7**
- * Homemade haddock & salmon fish burger in a pretzel bun with lettuce, lemon-parsley mayonnaise & fries **3, 4, 5, 9,**
- * The Kings Arms homemade 'proper' short-crust steak & ale pie served with chips, mushy peas & gravy **5, 7, 14**
- * Slow-braised lamb shank, rosemary & red wine jus, minted mashed potatoes & vegetables **7**
- * Grilled pork chop, apple mash & vegetables with creamy cider & thyme jus **7**
- * Thai green curry – either fish or chicken, served with rice & prawn crackers **2, 4, 13**
- * Creamy white sauce linguine with either chicken & mushroom or prawn & fish **2, 4, 5, 7**
- * 8oz Venison steak, roasted new potatoes, vegetables & berry jus
- * Pepper, onion & falafel burger in a pretzel bun with melted vegan cheese, vegan mayo, lettuce, tomato & fries (vegan) **5, 9**
- * Caponata linguine with garlic bread (vegan) **5**

Sides

- * Hand cut chips **14**
- * Fries
- * Side salad
- * Onion rings
- * Garlic bread **5, 7**
- * Garlic bread with Stilton or Cheddar **5, 7**
- * Selection of bread & dips **5, 7**

Desserts

- * Sticky toffee pudding **3, 7**
- * Lemon bread & butter pudding **3, 7**
- * Chocolate brownie **3**

Served with either double jersey ice cream, cream or custard

- * Raspberry crème brûlée with brownie bites **3, 7**

Ice Cream

- * Pistachio **7, 10**
- * Death by chocolate **7**
- * Thunder & lightning **5, 7**
- * Raspberry pavlova **3, 7**
- * Mint choc chip **7**
- * Damson & plum **7**
- * Double Jersey **7**

Sorbet

Lemon, orange or apple (vegan)

Key

The 14 allergenic ingredients are:

- 1 Celery and celeriac
- 2 Crustaceans (e.g. crab, lobster, crayfish, shrimp, prawn)
- 3 Eggs
- 4 Fish
- 5 Cereals containing gluten (i.e. wheat, rye, barley, oats, spelt, cous cous)
- 6 Lupin
- 7 Milk
- 8 Molluscs (e.g. mussels, oysters, squid)
- 9 Mustard
- 10 Tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, Brazils, pistachios, macadamia nuts)
- 11 Peanuts
- 12 Sesame seeds
- 13 Soya
- 14 Sulphur Dioxide (E220)