

THE AIR HOSTESS - LUNCH MENU -

Starters

- Homemade Soup of the Day (v) £4.50
- Heritage Tomato, Pomegranate and Feta Salad with Lemon and Sumac (v, vg*, gf, df*) £5.50
- Chicken and Pork Terrine with Apple, Walnut Chutney and Crusty Bread (gf*) £6.00
- Asparagus, Avocado, Poached Egg, and Basil on Toast (v,vg*,df,nf) £6.00
- Curried Potted Crab, Pink Peppercorns, Watercress, Toast (gf*,nf) £6.50
- Smoked Salt Seared Scallops, Pea Puree, Pancetta and Parsnip Crisps (gf, nf, df) £9.00

Mains / Lights

- Haddock and Chips with Mushy or Garden Peas (df,nf) £12.50/£7.50
- Scampi, Chips, Garden Peas and Tartare Sauce (nf) £11.50/£7.00
- Beef Lasagne, Salad and Garlic Bread (nf) £11.50/£7.50
- Veggie Shepherds Pie with Sweet Potato Mash, Thyme and Stem Broccoli (v,gf,nf,vg*,df) £9.00/£6.50
- Homemade Beef Burger in a Toasted Brioche Bun with Swiss Cheese, Gem Lettuce, Beef Tomato, Gherkin, Burger Sauce and Chips (nf, gf*) £10.00
- Maple and Mustard Braised Pork Belly with Sweet Potato, and a Red Cabbage, and Apple Slaw (gf, nf) £12.50
- Pan Fried Cod, Pearl Barley and Pea Risotto with Lemon Butter Sauce and Capers (nf) £12.50
- Lamb Rump, Truffle Oil Mash, Dutch Carrots, Parmesan Tuille and Lamb Jus (nf) £14.00
- Cajun Chickpea Burger on a Brioche Bun with Tomato Salsa and Chips (v) £9.50
- Steak and Ale Pie with Chips or Mash and Garden or Mushy Peas (nf) £11.00/£7.50
- Teriyaki Salmon Fillet, with an Asian Salad and a Sesame & Ginger Dressing (gf, df, nf) £12.00
- Roasted Cherry Tomato, Pine Nut and Thyme Risotto with Basil Pesto (gf, v) £11.00
- Chicken Breast wrapped in Parma Ham with a Wild Mushroom Fricasse, Asparagus and New Potatoes (nf, gf) £12.50

(gf) gluten free (df) dairy free (nf) nut free (v) veggie (vg) vegan *available on request

Please let a member of staff know if you have and food allergies or intolerances.

All items subject to availability

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STEAKS

Choose from a selection prime Cumbrian Steaks, all served with
Chips, Roast Mushroom, Vine Tomatoes and Watercress

- 10^{oz} Rump Steak (gf, nf, df) £14.50
- 8^{oz} Sirloin Steak (gf, nf, df) £17.50
- 12^{oz} Rib Eye Steak (gf, nf, df) £20.50
- 8^{oz} Fillet Steak (gf, nf, df) £24.00
- 8^{oz} Gammon Steak with Egg, Pineapple, Chips
and Peas (gf,nf,df) £12.00

Sandwiches

All served on a White or Multiseed Loaf with chips and watercress
(apart from the chip butty!)

- Steak and Onion £7.50
- Fish Finger and Tartar Sauce £7.50
- Capresse - Tomato, Buffalo Mozzarella, Basil and Rocket (v) £6.50
- Ham Salad £5.50
- Chip Butty £3.50

Sides

- Chips / Cheesy Chips £2.95
- Garlic Bread £2.00
- Cheesy Garlic Bread £2.50
- Onion Rings £2.00
- Mixed Leaf Salad £2.95
- Mixed Vegetables in Garlic Butter £2.95
- Pepper Sauce £2.00
- Port & Stilton Sauce £2.00

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