



starters & nibbles

HOMEMADE SEASONAL SOUP

sourdough bread, salted butter
£8.50 (GF*) (DF) (V) (VG)

BREADED BRIE

smoked red pepper chutney & wild rocket
£10 (GF) (V)

MARINATED MIXED OLIVES

feta, sun blushed tomato chutney & breadsticks
£9 (GF*) (V) (VG*) (DF*)

HALLOUMI FRIES

sweet chilli sauce
£9.50 (GF) (V)

HAM HOCK TERRINE

homemade hashbrown, rocket, pickled
baby carrots & crostini £12 (DF)

PLOUGHMAN'S PLATTER

honey roast ham, roasted sliced beef, hog roast pork pie, mature
cheddar, blue cheese, sourdough bread, sun blushed tomato chutney,
pickled cocktail gherkins, pickled onions & butter £14 (GF*) (DF)

salads

PANKO CHICKEN CAESAR SALAD

baby gem, croutons, smoked streaky
bacon, parmesan, caesar dressing
£10 / £20 (GF*)

CLASSIC PRAWN COCKTAIL

shredded gem lettuce, atlantic prawns, marie
rose sauce, chopped salad, smoked paprika,
buttered brown bread
£12 / £22 (GF*)

CAPRESE SALAD

buffalo mozzarella, heritage tomatoes, basil
pesto, roasted pine nuts, olive oil &
balsamic
£10 / £20 (GF) (V) (N)

mains

KERALA CHICKEN PLATTER

pilaf rice, onion bhaji, samosa, naan bread, mint raita,
mango chutney, spice roast cashews, fresh chilli,
coriander
£23 (GF*) (N)

WHOLE TAIL WHITBY SCAMPI

chunky chips, tartar sauce, mushy peas, lemon wedge
£20 (DF)

8OZ BEEF BURGER

monterey jack cheese, brioche bun, house burger sauce,
gherkins, gem lettuce, tomato skinny fries, onion rings
£20 (GF*)
ADD smoked streaky bacon / fried egg / avocado salsa £3

BEER BATTERED HADDOCK & CHIPS

tartare sauce, mushy peas & lemon wedge
£18 (DF)

HOMEMADE STEAK & CUMBRIAN ALE PIE

braised beef steak in local ale, shortcrust pastry,
seasonal veg, red wine gravy & creamy mash or
chunky chips £22

CUMBERLAND SAUSAGES & MASH

red wine gravy, red onion marmalade, tender
stem broccoli & onion rings £20 (DF*)

vegetarian & vegan

CAULIFLOWER, CHICKPEA & BUTTERNUT SQUASH CURRY

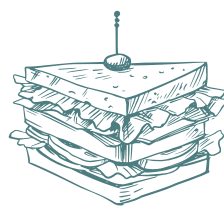
pilaf rice, onion bhaji, samosa, naan, mango
chutney, mint raita, spiced cashew nuts,
coriander, fresh chilli
£22.50 (GF*) (VG) (N)

BANGKOK BURGER

red lentils, mixed veg, lemon grass, chilli,
cumin, vegan slaw, skinny fries, onion rings
£21 (DF) (V) (VG*)

RIGATONI PASTA

spiced tomato sauce, aubergine, chickpeas,
red pepper & feta cheese
£20 (DF*) (V) (VG*) (GF*)



hot ciabbatas
& sandwiches

ON THE NEXT PAGE

kids menu

FISH & CHIPS

garden peas, skinny fries, tartare sauce
£10 (DF)

SAUSAGE & MASH

garden peas and gravy
£10 (GF) (DF*)

CHICKEN GOUJONS

garden peas & skinny fries
£10 (DF) (GF*)

RIGATONI PASTA

tomato sauce & grated parmesan
£10 (DF) (V) (VG*) (GF*)

BEEF BURGER

skinny fries & slaw
£10 (DF*)

desserts

MARY MOUNT SEASONAL CRUMBLE

warm custard £10 (GF) (VG*) (V)

LEMON MERINGUE PIE

raspberry sorbet, raspberry coulis
£10 (GF) (V)

STICKY TOFFEE PUDDING

salted caramel ice-cream, toffee sauce
£10 (GF) (V)

CUMBRIAN CHEESE BOARD

blengdale blue, eden valley brie, cumberland farmhouse,
smoked applewood cheddar, fig chutney, crackers, celery,
grapes & apple £13.95 (Supplement for DBB £5) (GF*) (V)

CHEESECAKE OF THE DAY

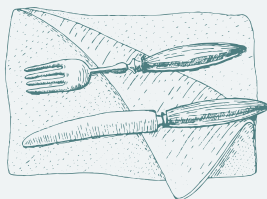
madagascar vanilla ice-cream £10

LAKE DISTRICT ICE-CREAM

AND SORBET 3 scoops of your
choice £10 (GF) (DF*) (V) (VG*)

sides ONION RINGS £5 (V) CHUNKY CHIPS £5 (GF) (DF) (V) (VG) SKINNY FRIES £5 (GF) (DF) (V) (VG) CHEESE FRIES £5.50 (GF)

GARLIC & HERB CIABATTA £5 (V) (VG) CHEESY GARLIC & HERB CIABATTA £6 (V) HOUSE SALAD £5 (GF) (DF) (V) (VG*) honey & mustard dressing



hot ciabattas

served on warm rustic ciabatta
with skinny fries, house salad & coleslaw

MARY MOUNT CLUB

panko chicken, crispy smoked streaky bacon,
egg mayo, gem lettuce, tomato, mayo
£17 (DF) (GF*)

FISH BUTTY

cod goujons, mushy peas, tartar sauce,
gem lettuce, beef tomato
£17 (DF)

GRIDDLED FLAT IRON STEAK

Red Onion marmalade, roast garlic mayo
£18 (GF*) (DF*)

CUMBERLAND SAUSAGE RING

caramelised onions, mustard mayo
£17 (GF*) (DF)

GRILLED AUBERGINE & ZUCCHINI

sun blushed tomato chutney, rocket, basil pesto
£16 (GF*) (DF) (V) (VG)

sandwiches

served on white or wholewheat bread,
with salted crisps, house salad & slaw

PRAWN MARIE ROSE

gem lettuce & tomato
£12 (GF*) (DF)

HONEY ROAST HAM & ENGLISH MUSTARD MAYO

£11 (GF*) (DF)

CUMBRIAN CHEDDAR & BRANSTON PICKLE

£11 (GF*) (V)

TUNA MAYO WITH RED ONION

£11 (GF*)

FREE RANGE EGG MAYO

£11 (GF*) (DF)

(GF) - Gluten free
(DF) - Dairy free

(V) - Vegetarian
(VG) - Vegan

(N) - Nuts
(*) - Available on request

PLEASE ORDER ALL FOOD & DRINKS AT THE BAR