



THE  
GALLOPING  
HORSE®

ALWAYS AMONG FRIENDS

# Lunch Menu

Served  
Monday-Friday 12-2pm  
& Saturday 12-5pm

*We would like to thank you so much for your valued custom*

## Starters & Sharers

### Homemade Soup of the Day

bloomer bread £5.25

### Locally Grown Wild Mushrooms

garlic and herb cream, garlic ciabatta £5.50

### Bread, Olives and Sun-Dried Tomatoes

£5.25

### Chilli or Pulled Pork Nachos

£5.95

### Panko Dusted King Prawns

Hawkshead black garlic, dressed salad £6.25

*We are happy...*

to discuss individual dietary requirements, intolerances, allergies (gf, dairy-free etc).

Most dishes can be adapted, though this may alter them from the menu description.

Please speak to a member of staff who will be pleased to advise you.

## Favourites

### Homemade Garlic and Herb Chicken Kiev

dressed salad, tiger fries £12.95

### Cumberland Sausage from Lindsay's Butchers of Cockermonth

black pudding mash, pan-fried greens, onion gravy £11.95

### Homemade Steak & Ale or Cheese and Onion Slab Pie

twice-cooked chips, vegetables and gravy £11.25

### Wholetail Extra-Large Whitby Scampi

twice-cooked chips, garden peas, dressed salad and homemade tartare sauce £12.50

### Ale Battered Haddock

twice-cooked chips, mushy peas, dressed salad and homemade tartare sauce £12.50

### Homemade Beef Lasagne

dressed salad and garlic ciabatta £11.25

### Onion & Garlic Potato Rosti

greens, poached egg and grain mustard sauce £10.95

### Chicken or Vegetable Fajitas

£12.95

### Spaghetti with Spicy Tomato Beef Meatballs

garlic ciabatta £11.25

## Wellbeing Weekdays

(excluding Saturday)

### All £10

including your choice of health-positive soft drink; Frobishers fruit juice, iced tea, herbal teas or mineral enriched water

### Italian Chicken

Italian seasonings and low carb dressing, organic spinach, mixed greens, carrots, lettuce, tomatoes, parmesan cheese and onions

### Supergreen Egg White Omelette

farm egg whites, wok greens, asparagus, broccoli

### Superfood Detox Salad

green leaves, spinach, avocado, sesame seeds, blueberries, broccoli, radish, cucumber and almonds

### Honey Glazed Salmon with Brown Basmati Rice

radish, onions, broccoli and sugar snaps

### Greek Yoghurt and Chicken Salad

green leaves, celery, apple, grapes and almonds

add today's fresh market fish or grilled chicken to any dish for a supplement of £3





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*We always try our best ...*

to accommodate special requests so please, if there's something you'd like that's not on the menu, ask a member of staff

## Steaks

(not available Sunday lunch)

All steaks served with roast tomatoes, onion rings, field mushrooms and chips

**10oz Rib Eye (gf)** £15.95

**10oz Sirloin (gf)** £16.95

**12oz Gammon Steak (gf)**  
free range fried egg, chips, garden peas and pineapple  
£12.95

Add **Wholetail Extra-Large Whitby Scampi** for £4.95

## Sandwiches & Omelettes

sandwiches all served on bloomer bread with chips and salad.

gf = gluten-free available

**Cumbrian Ham (gf)**  
egg and red onion marmalade  
£7.00

**BLT (gf)**  
local dry-cured bacon, lettuce, vine tomato, honey and mustard dressing  
£7.00

**Hot Roast Beef (gf)**  
caramelised onions, leaves, horseradish  
£7.00

**British Mature Cheddar (gf)**  
spiced tomato relish  
(add ham £1.00) £6.00

**Ale Battered Fish**  
homemade tartare sauce, lettuce  
£6.00

**Goats Cheese (gf)**  
vine tomato and spiced tomato relish  
£6.00

**Cumberland Sausage (gf)**  
red onion marmalade £7.00

**Prawn and Marie-Rose sauce**  
£7.00

**Chicken and Pesto** £7.00

**British Mature Cheddar and Red Onion Omelette (gf)**  
with leaves  
add ham £1.00 £7.95

**Jacket Potato (gf)**  
Please ask for today's fillings  
£7.00

## Create your Burger

(not available Sunday lunch)

gf = gluten-free available

our beef steaks are 28 day matured and sourced from Cumbrian farms, all served with twice-cooked chips, brioche bun, home-made onion rings, dressed leaves

choose your burger:

**8oz 100% Lakeland Steak Burger (gf)** £10.50  
(double up for £2 more)

**Chicken Fillet (gf)** £11.50

**Vegetable Burger (gf)** £9.95

**Fish Fillet Burger** £9.95

**Mountain Vegan Burger (gf)**  
£9.50

prices include your choice of two toppings:

monterey jack cheese  
mozzarella  
tomato salsa  
barbecue sauce  
mr vikki's 'hot stuff' sauce  
sautéed onions  
pickled gherkin  
mayonnaise  
pepperoni  
back bacon

add additional toppings for 50p each

## Sides

Hand-cut chips £2.50  
Sweet potato fries £2.50  
Skinny fries £2.50  
Coleslaw £2.50

Onion rings £2.50  
Side salad £2.95  
Side of veg £2.95  
Garlic bread £3.00  
Halloumi fries and dip £6.00

## Sauces

Peppercorn, Diane, Stilton  
red wine, garlic mushroom  
all £2.95

