

## LET'S EAT

### **Welcome to the Galloping Horse.**

The Galloping Horse has served the community of Harrington for over 150 years, originally as a resting place for weary travellers. It was originally surrounded by fields, farms and pasture and, as High Harrington grew as did the pub, several additions, alternations and modifications were made over the years.

Recently the inn became a private owned free-house for what we believe is the first time in its history and the New Galloping Horse was completed in early 2017. Although time as moved on and at a time when village pubs struggle to survive, we aim to maintain and cherish the Galloper's place at the heart of the community and continue with the traditional values of great home cooked food and hospitable service. We hope you enjoy your visit and we would dearly like you to feel that you are "Always Among Friends."

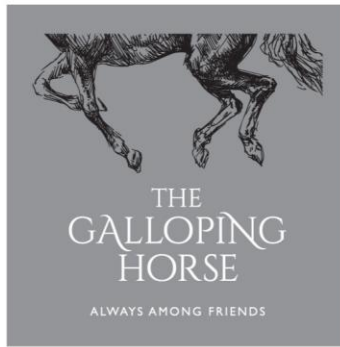
## MENU

Our team of chefs have worked with local suppliers to offer our guests a real taste of Cumbria. Wherever possible our produce is sourced from local farms and producers; for example, our free-range eggs are from Wilsons Farm literally around the corner, our lamb and beef are all from quality assured Lakeland farms, our potatoes from Schoose Farm and chutneys from Hawkshead. Our kitchen hand makes desserts, pizza dough, pies and specials daily.

We aim to produce good honest food, locally sourced whenever possible and served to our customers with care. We hope you enjoy.

We are always happy to discuss individual dietary requirements, intolerances and allergies. Please speak to one of our members of staff and we will do everything we can to accommodate you. Most of our dishes can be adapted to suit your specific requirements.

**We would like to wish you all a very Happy New Year 2019. Thank you so much for your valued custom.**



## JANUARY MENU

### Starters

Winter Vegetable Soup, with roll £4.95

Farmhouse Pâté, toasted brioche, Hawkshead chutney £4.95

Not Quite Prawn Cocktail, prawns, avocado, smoked salmon with dill, crème fraîche, apple £4.95

Black Pudding, smoked bacon, local free-range poached egg, peppercorn sauce £4.95

Creamy Garlic Mushrooms with ciabatta £4.95

### To Nibble and Share

Chilli or Pulled Pork Nachos (V without pork) Starter for 2 or main for 1 £11.95, main for 2 £15.95

### Your Favourites

*\*Available as smaller portions, price reduced by £2.00*

Wholetail Scampi, twice-cooked chips, garden peas, dressed salad, home-made tartare sauce £12.25 \*

Hand Battered Haddock, mushy peas, twice-cooked chips, home-made tartare sauce £11.45 \*

Award-winning Cumberland Sausage, twice-cooked chips, free-range fried egg, peas, onion rings £10.95 \*

Home Baked Pies- please see our boards for today's real slab pies, £10.25 \*

Classic Lasagne, garlic bread, dressed leaves £10.50 \*

Pot Roast Beef, red wine jus, bubble and squeak, buttered greens £14.95

Rump of Lakeland Lamb, pea puree, baby garlic roast potatoes, rosemary gravy £13.50

5 Bean Enchiladas, spiced mixed beans in tortilla baked with cheese and salsa, sweet potato fries, spicy slaw £11.95 (V)

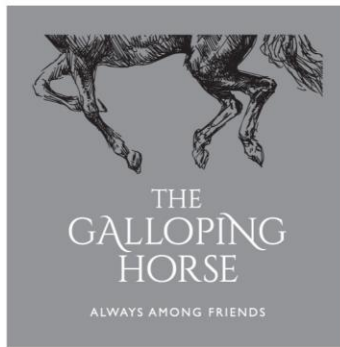
Penne Pasta sauté onions, olives, chilli and sun blushed tomatoes with rocket and parmesan £11.95 (V)\*

### January Specials

Roast Shoulder of Lamb, Yorkshire pudding, herb mash, seasonal vegetables, mint gravy £12.00 \*

Breast of Chicken, stuffed with haggis, served with neeps, tatties and whisky cream £12.00

Fillet of Scottish Salmon, cabbage bubble and squeak cake, poached egg, hollandaise sauce £12.00



## Pizzas

Build your own pizza-

Margherita base 9" £8.25 12" £9.95

Toppings (choose any three for £2.00) and add as many additional toppings for 75p each

Pepperoni, chorizo, Cajun chicken, pineapple, ham, mushrooms, salami, Cumberland sausage, roasted vegetables, goats' cheese, chilli, king prawns, smoked salmon

House Special- (choose any 7 toppings) 9" 11.95 12" £13.95

Garlic Bread Pizza 9" 5.95 12" £7.95

Add Mr Vikki's "hot stuff" chilli sauce to any pizza for only 50p

NB Pizzas available daily from 5pm

## Create your burger

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 £10.50 (double up for only £2.00)

Chicken Fillet £11.50

Vegetable Burger £9.95

Choose your two toppings: Monterey Jack Cheese, Mozzarella, Tomato Salsa, Barbeque Sauce, Mr Vikki's Hot Sauce, Sauté Onions, Pickled gherkin, mayonnaise, pepperoni, back bacon

Add any additional toppings for only 50p

## Steaks

*Add a prawn skewer for only £2.95*

10oz Rib Eye £15.95

10oz Sirloin £16.95

12oz Gammon Steak, free range fried egg, chips, garden peas and pineapple £11.95

All served with onion rings, chips, mushroom and tomato

Sauces- all £2.50

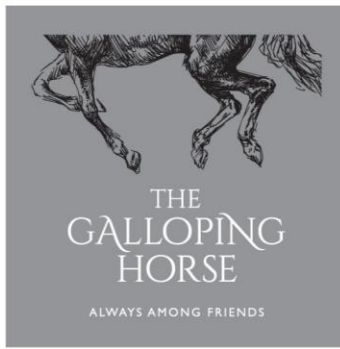
Peppercorn, Diane, Red wine, Garlic mushroom, Stilton

Twice cooked Chips £2.00

Sweet potato fries £2.00

Onion rings £2.00

Garlic bread £2.50



## Lunch Time

*(in addition to our usual menu)*

### **Sandwiches (GF buns are available)**

All £6.95 unless stated

Mature cheddar with red onion marmalade £5.95

Honey Roast Ham, Dijon Mayonnaise

Roasted Vegetable, Mozzarella with basil pesto

Cumberland Sausage, red onion marmalade

Baked Brie, bacon and cranberry

Poached Salmon, dill mayo, watercress

Prawn Marie Rose

Hot Beef, onion gravy

Cajun Chicken Wrap

### **Lunch dishes**

Jacket Potato £6.95 (various fillings available)

Salad of the day £10.95