

The Sally Menu



Please Notify Your Server of any Allergies or Dietary Requirements

Sandwiches

Served Mon-Sat 11:30am-4pm

Hummus & Halloumi Flatbread 10

Homemade Hummus & Grilled Halloumi With Red Onion,
Rocket, Tomato & Cucumber

The Cuban 12

Slow Cooked Pulled Pork,
Mustard Mayo, Monterey Jack Cheese & Pickled Red Cabbage
Served in a Toasted Ciabatta Roll

Can be GF / DF on Request

Lamb Shawarma 12

Homemade Hummus, Toasted Chickpea Salad
Served With Warm Pitta

DF

Open Steak Sandwich 12

Rare Flat Iron Steak
With Caramelised Onion & Monterey Jack Cheese
On Toasted Sourdough

Can be GF / DF on Request

Fish Finger Sandwich 10

Fresh Haddock In A Crisp Cider Batter
Served in a Brioche Roll With Tartare Sauce

Can be GF / DF on Request

**All Served with Homemade Slaw & Crisps
Upgrade to Fries or Triple Cooked Chips +£2**

Please Notify Your Server of any Allergies or Dietary Requirements

Appetisers

To Snack on While you Wait..

Homemade Focaccia Bread 4
With Salted Butter, Balsamic Olive Oil & Pesto

Marinated Mixed Olives 3
DF & GF

Smoked Almonds 3
DF & GF

Starters

Scottish Mussels 10
Cooked With Smoked Bacon, Leek, Cider & Cream
Served with Farmhouse Bread & Salted Butter
Upgrade to a Main Course, Served with Fries £16

Butterfly King Prawns 12
With Nduja Mayo, Panzanella Salad
& Wild Garlic Oil
DF

Feel Good Chicken Soup 9
Asian Broth, Rice Noodles, Pak Choi
Wild Mushrooms, Garlic, Chilli & Spring Onion
Can be GF on Request

Pork & Apple Scotch Egg 10
Minted Peas, Black Pudding & Cider Puree

Twice Baked Gruyere Cheese Soufflé 10
Tarragon Cream & Tomato Relish

Crispy Calamari 10
Lime, Ginger & Wild Garlic Crème Fraîche
Jalapeno Salsa
Can be GF on Request

Lamb Shawarma 10
Homemade Hummus, Toasted Chickpea Salad
Served With Warm Pitta
Can be GF on Request

Please Notify Your Server of any Allergies or Dietary Requirements

Pub Classics

Fish & Chips 18

Cider Battered Haddock, Triple Cooked Chips, Mushy Peas,
Tartare & Curry Sauce

DF & GF

Beef Shin & Ale Pie 18

Choice of Buttery Mash, Veg & Gravy
OR Triple Cooked Chips, Mushypeas & Gravy

Can be DF on Request

Tuscan Chicken 20

Garlic & Herb Roasted Chicken Breast
Served in a Creamy Tuscan Sauce Flavoured with Sunblush Tomatoes,
Spinach, White wine, Garlic, Parmesan, Cream & Oregano

Classic Steak Burger 17

6oz Patty Topped With Monterey Jack Cheese
American Mustard, Ketchup, Plum Tomato, Red Onion
Served In A Brioche Bun With Salted Fries
Add Maple Bacon or BBQ Pulled Pork +3

Can be GF / DF on Request

Fish Pie 18

Smoked Haddock, Cod, Scottish Salmon & King Prawns
In a Creamy Leek Sauce, Topped with Applewood Mash,
Served With Seasonal Vegetables

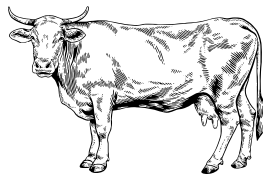
GF

Spelt & Wild Mushroom Risotto 18

Truffle Parmesan & Parsley Crumble
Crispy Enoki Mushrooms

Please Notify Your Server of any Allergies or Dietary Requirements

Cumbrian Steaks



10oz Bistro Rump 22

10oz Sirloin 26

8oz Fillet 32

Served with Portobello Mushroom & Plum Tomatoes
Add Butterfly King Prawns/Calamari Surf & Turf +£5

Choice of Potatoes

Seasoned Fries

GF & DF

Hand Cut Triple Cooked Chips

GF & DF

Truffle & Parmesan Chips

+£2 supplement GF

Choice of Sauce

Peppercorn

GF

Blue Cheese

GF

Beef Jus

GF & DF

Please Notify Your Server of any Allergies or Dietary Requirements

Sides

Seasoned Fries 4

GF & DF

Hand Cut Triple Cooked Chips 4

GF & DF

Truffle & Parmesan Chips 5

GF

Mixed Greens 4

Tenderstem Broccoli, Green Peas, Spring Onions

GF

Honey Glazed Carrots 4

GF

Cider Battered Onion Rings 4

GF & DF



Please Notify Your Server of any Allergies or Dietary Requirements

Homemade Desserts

Sticky Toffee Pudding 7

With Butterscotch Sauce & English Lakes Vanilla Ice Cream
Can be GF on Request

Strawberry Eton Mess

Strawberry & Prosecco Mousse, Minted Strawberries & Chantilly Cream, Topped
with Burnt Meringue

GF

Bramley Apple Crumble 7

With Cinnamon Ice Cream & Salted Caramel Sauce

Rhubarb & Vanilla Rice Pudding 7

With a Rhubarb Compote & Poached Rhubarbs

GF

Chocolate Fudge Brownie 7

With Salted Caramel Sauce, Popcorn Pieces, Fresh Strawberries &
Thunder & Lightning Ice Cream

Can be DF/ GF on Request

English Lakes Ice Cream 4

Choice of:

Vanilla

DAIRY FREE Vanilla

Strawberry

Thunder & Lightning

Chocolate

Biscoff

Raspberry Sorbet



Please Notify Your Server of any Allergies or Dietary Requirements