

The Sally Menu



Please Notify Your Server of any Allergies or Dietary Requirements

Sandwiches

Served Mon-Sat 11:30am-4pm

Caprese Ciabatta 10

Avocado, Mozzarella, Fresh Plum Tomatoes
With Homemade Pesto & Balsamic Glaze

Can be GF on Request

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

Crispy Chicken & Bacon Caprese. 12

Buffalo Mozzarella, Avocado, Sliced Plum Tomatoes, Pesto Mayo
Sandwiched With Toasted Farmhouse Bread

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 12

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

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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

Grilled Solway Sea Bass 11
With Sauce Vierge
A fresh summery sauce with Minced Garlic, Chopped tomatoes, fresh green herbs olive oil & lemon juice
GF/DF

Black Tiger Prawns 12
Cooked with chilli garlic white wine & Tomato
With homemade Herby Gnocchi

Southern Fried Chicken 9
Crispy Potato cake, Nduja Fried Egg

Can be GF on Request

Whipped Goats cheese 10
Thinly Sliced Iberian Ham Sunblush Tomatoes
Served on a Grilled Crostini with Spiced Honey

Can be GF on Request

Twice Baked Gruyere Cheese Soufflé 10
Tarragon Cream & Tomato Relish

Buffalo Corn Ribs 9
Fried Corn Ribs Coated in our Homemade Buffalo Sauce
Served with Blue cheese Dipping Sauce

GF

Moroccan Spiced Lamb 10
Aubergine Puree, Tahini & Mint Yogurt
Pomegranate Molasses

GF

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Main Course

Garlic & Herb Roasted Cod Loin 24
Served on a Green Pea & Watercress Sauce
With Asparagus Crispy Iberian Ham
and a side of warm Buttered New Potatoes

GF. DF on Request

Black Tiger Prawn Fettuccine 22
Glazed with Nduja Vodka sauce
Topped with watercress & Parmesan

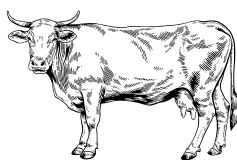
Rack of Local Lamb 25
Irish Stew, Champ Mash
Seasonal Vegetables

GF

Crispy Chicken Cutlet 18
Served on a Parmesan Sauce Wild Garlic Oil
Topped With Caesar salad

Can be GF on request

Lemon Garlic & Thyme Roasted Chicken Leg 18
Caramelised Roscoff Onion Tart
Spring Onion Mash
Madeira Sauce & Seasonal Veg



Steak Frites

Grass Fed & Dry Aged Cumbrian Beef
Served with Rosemary Salted Koffmann Fries
Choice of Peppercorn, Blue Cheese or Red Wine Sauce
10 oz Bistro Rump. 23
10oz Sirloin. 28
8oz Fillet. 34

Make it surf and turf with Black tiger prawns or Calamari +5

Can be GF / DF on Request

Classics

Fish & Chips 18
Cider Battered Haddock, Triple Cooked
Chips, Mushy Peas,
Tartare & Curry Sauce

GF. DF on Request

Classic Steak Burger 18
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

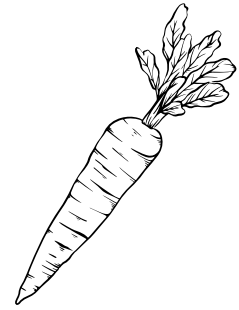
GF. DF on Request

Beef Shin & Ale Pie 18
Choice of Buttery Mash, Veg & Gravy
OR Triple Cooked Chips, Mushypeas & Gravy

Cumberland Sausage & Mash 16
With Seasonal Veg & Gravy

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Veggie



Crispy Halloumi Caesar Salad 15
Fresh Salad Leaves, Homemade Dressing & Black Pepper Croutons

GF on request

“Fish” & Chips 14
Cider Battered Banana Blossom
Triple Cooked Chips, Mushy Peas,
Tartare & Curry Sauce

GF on request

Veggie Sausage & Mash 14
With Seasonal Veg & Gravy

GF on request

Lemon Garlic & Thyme Plant-Based Chicken 16
Caramelised Roscoff Onion Tart
Spring Onion Mash
Madeira Sauce & Seasonal Veg

Sides

Rosemary Salted Koffmann Fries 4

GF & DF

Hand Cut Triple Cooked Chips 4

GF & DF

Truffle & Parmesan Chips 5

GF

Buttery Champ Mash 4

GF

Caesar Salad 4

GF on request

Cider Battered Onion Rings 4

GF & DF

Seasonal Vegetables 4

Glazed in herb butter

GF/DF on request

Cheesy Garlic Bread 4

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Homemade Desserts



Sticky Toffee Pudding 7

With Butterscotch Sauce & English Lakes Vanilla Ice Cream

Can be GF on Request

Strawberry Eton Mess 7

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

GF

Malted Milk Chocolate Mousse Cake 8

Served on a Chocolate Brownie Base
With Espresso Vanilla Cream

Creme Caramel 7

With Orange Sauce

GF

Pistachio Basque Cheesecake 8

With White Chocolate Ice Cream

Neapolitan Ice Cream

Double Chocolate

Pistachio

Black Cherry

Served with Wafers & Fresh Berries

Can be GF on Request



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