

## EAT WELL - LOVE LIFE

### Quorn Five Spice Stir Fry 9.50

Fragrant and full of healthy nutritious vegetables and quorn pieces, stir fried with Chinese five spice and soy sauce

### Vegetarian Free Range Egg or Egg White Omelette 9.75

Filled with red onion, peppers, spinach, mushrooms and new potatoes, served with sweet potato fries and dressed salad garnish

### Tempura Vegetables and Dips 8.75

Selection of vegetables in a light tempura batter with sweet chilli dipping sauce, garlic mayo dip and salad garnish

### Cauliflower, Chickpea and Spinach Curry 11.95

Homemade curry made with the tastiest Indian herbs and spices, filled with cauliflower, chickpea and spinach, served coriander rice, lat bread and mango chutney

### Vegetable Risotto 11.95

Sweet potato, butternut squash, spinach and sugar snap peas, with Arborio rice, vegetable stock and white wine reduction. Served with garlic bread

## SIDES

Hand cut Chips with ketchup, mayonnaise 4.95

Sweet potato fries with garlic mayonnaise 3.95

Tempura veg fries with garlic mayonnaise 4.95

Halloumi fries with cajun mayonnaise dip 4.25

## Barbon Inn & Restaurant

Barbon Inn, Barbon, Nr Kirkby Lonsdale LA6 2LJ

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## Barbon Inn & Restaurant

Breakfast,  
Brunch &  
Lunch Menu

## BREAKFAST

Available 8.30 - 9.30am

### **The Hearty English Breakfast 8.95 (GF)**

Cured bacon, Cumberland sausage, black pudding, grilled tomato, baked beans, fried hens egg, sautéed mushrooms, toast, butter served with tea or coffee

### **Vegetarian Breakfast 8.25 (GF)**

Grilled tomato, sautéed mushrooms, baked beans, hash brown, fried hens egg, toast, butter served with tea or coffee

### **BEST Breakfast 5.95 (GF)**

Bacon, fried egg, Cumberland sausage, half grilled tomato, toast and butter served with tea or coffee

### **Eggs Your Way 4.95 (GF)**

2 eggs fried, scrambled or poached on hot buttered toast with tea or coffee

### **Herby Mushrooms and Poached Eggs 5.25 (GF)**

Buttered toast topped with mushrooms sautéed in herb butter, poached eggs and grilled tomato

### **Berry Pot 3.65 (GF)**

Natural yoghurt with blueberries sprinkled with seeds

### **Ultimate Breakfast Sandwich 6.95**

Cumberland pork sausage, streaky bacon, sautéed mushrooms and fried hens egg on toasted ciabatta

### **Avocado, Eggs and Bacon 6.95**

Whipped avocado set on ciabatta topped with poached eggs and crisp streaky bacon

### **Continental Breakfast 6.95**

Cereal or hot porridge and honey, piece of fresh fruit (apple or banana) orange juice, toast, croissant, butter, strawberry jam, marmalade, with tea or coffee

## LUNCH / BRUNCH MENU

Served between 12.pm - 2pm

### DELI CHOICE

#### **Hot Roast Beef Ciabatta 9.50**

Toasted ciabatta topped with hot roast beef and gravy, fries, horseradish/English mustard

#### **Chicken and Bacon Ciabatta 8.50**

Chicken breast and mayonnaise topped with crisp streaky bacon and melted cheddar cheese, fries and salad garnish

#### **Bacon and Brie Ciabatta 8.50**

Crisp streaky bacon with melted brie, cranberry sauce, fries and salad garnish

### BETWEEN THE BREADS 6.50

#### **Tuna and Cucumber**

Flaked tuna, cucumber and free range mayonnaise

#### **Mature cheddar and Chutney**

Grated mature cheddar cheese with caramelised onion chutney

#### **Ham and Tomato, Gammon ham**

With sliced tomato and mustard mayonnaise

#### **Egg Mayonnaise and Rocket**

Free range egg mayonnaise topped with peppery rocket

*All served on brown or white bread or tortilla wrap with salad garnish*

### WRAPS 8.95

#### **Roasted Red Pepper Hummus**

Oven roasted red pepper, hummus, carrot ribbons and salad greens, topped with pomegranate and mint

#### **Chicken and Avocado**

Green pesto topped with sliced chicken breast, whipped avocado, cherry tomatoes, rocket and cheese dust

#### **Goats Cheese, Spinach and Mushroom**

Bed of wilted spinach, sautéed mushrooms and grilled goats cheese, with sliced beetroot, candied walnuts and balsamic glaze