

## SAMPLE SUNDAY LUNCH MENU

Scottish Smoked Salmon and Prawns served with Tartar Sauce, Lemon Dressed Leaves and Brown Bread and Butter.

Pan Fried Breast of Cartmel Valley Wood Pigeon served with Red Wine Jus crowned with Sweet Potato Crisp.

Grilled French Goats Cheese topped with Rocket Pesto Crust served on Sunblushed Tomato Dressed Leaves.

Chilled Duo of Galia and Honeydew Melon served with Cassis Coulis and Passion Fruit and Pineapple Sorbet.

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Cream of Carrot and Orange Soup with Crispy Croutons.

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Grilled Fillet of Fleetwood Cod served on saute baby Spinach with Garden Chive, Saffron and Chardonnay Wine Veloute.

Pan Fried Breast of Guinea Fowl served with Red Onion Marmalade edged with Port Wine and Thyme Jus.

Roast Topside of Cumbrian Beef served with Yorkshire Pudding, Horseradish Sauce and Rich Roasting Jus.

Creamy Risotto of Mushrooms, Spinach, Cashew Nuts and Fresh Herbs Glazed with Parmesan Cheese.

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Puree of Carrot and Swede.

Buttered Fine Green Beans.

Chateau Potatoes.

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A Choice from the Desserts Menu.

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£18.95

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Coffee with Petit Fours served in the Lounge for an additional £2.50

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Aynsome Manor Hotel Reservations. Tel. 015395 36653

**If you suffer from any Food Allergies please do not hesitate to ask our advice.**