

Troutbeck Breakfast

Non residents

Served Daily 8am to 9.30am
Sunday 8.30am to 10.00am

Full English (gfa)

Scrambled, Fried or Poached Egg
Grilled Back Bacon
Cumberland Sausage
Grilled Tomato
Flat Mushroom
Baked Beans
Hash Brown
Wholemeal or white toast
£7.95

Vegetarian Breakfast (gfa)

Scrambled, Fried or Poached Egg
Quorn sausages
Hash brown
Grilled Tomato
Baked Beans
Flat Mushroom
Wholemeal or white toast
£6.95

Eggs on Toast (gfa)

Your choice of
scrambled, fried or poached Egg
on toasted wholemeal
or white bloomer
£3.95

Grilled kipper (gfa)

Served with wholemeal
or white bloomer
& lemon
£6.00

Breakfast Sandwich (gfa)

Bacon & Egg or
Sausage & Egg
£4.95

Toast & Preserves (gfa)

with butter
£1.95

If you require any allergy information we will happy to provide ingredients for all our dishes

Lunch Menu

Available 12pm – 2.30pm
Monday to Saturday

Warm Sandwiches

Served on white or malted wheat bloomer (gfa)

BLT	£6.50
Classic Club (Chicken, Bacon, Lettuce, Tomato)	£6.50
BBQ Chicken Melt	£6.50
Char grilled steak & Onion	£6.95

Add hand cut chips for £2.50

Cold Sandwiches

Served on white or malted wheat bloomer (gfa)

Cheese & Pickle	£5.50
Ham & Tomato	£5.95
Tuna Mayo	£5.50
Prawn Marie Rose	£6.50

Add hand cut chips for £2.00

Jacket Potato

With salad & coleslaw (gf)

Beef Chilli	£5.95
Beans	£5.50
Tuna	£5.50
Coleslaw	£5.50

Soup Of The Day (gfa)	£5.00
Served with bloomer	

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MENU

STARTERS

Soup Of The Day (gfa) £5.00
Served with warm sour dough

Chicken And Apricot Brandy Parfet (gfa) £5.50
With Onion Marmalade and Warm Toast

Creamy Garlic Mushrooms (gfa) £5.50
Served with chargrilled sour dough and chilli oil

Hamhock Terrine (gf) £6.00
With peppered pineapple and herb salad

Beetroot and Whisky Cured Salmon (gf) £6.50
With horseradish cream



FROM THE GRILL

Troutbeck Beef Brisket Burger (gfa)

Topped with cheese and bacon on a brioche bun

Served with chunky chips and onion rings with a side of bloody Mary ketchup

£12.00

Mozzarella And Sweet Potato Burger

On a brioche bun served with chunky chips and onion rings with a side of bloody Mary ketchup

£11.00

8oz Fillet Steak (gf)

Served with grilled tomato, flat mushroom, and chunky chips

With peppercorn sauce

£26.00

10oz Rump (gf)

Served with grilled tomato, flat mushroom, and chunky chips

£18.00

Add king prawns and garlic butter **£3.00**

10oz Rib Eye (gf)

Served with grilled tomato, flat mushroom, and chunky chips

Add king prawns and garlic butter **£3.00**

£23.00

14oz Horse Shoe Gammon (gf)

With fresh grilled pineapple, grilled tomato, flat mushroom and chunky chips

£16.00



PUB CLASSICS

Beer Batter Haddock And Chunky Chips (gfa)

Served with home made mushy peas, chunky tartar source and a wedge of lemon

£12.50

Steak And Ale Pie In A Rich Cumberland Gravy

Chunky chips and seasonal veg

£13.00

Chef's Curry Of The Day (gfa)

Served with rice poppadum and naan bread with mango chutney

£12.00

Cumberland Sausage

With creamy mash potato, seasonal veg and rich gravy

£12.00

Chef's Mains

24 Hour Slow Cooked Feather Blade Of Beef (gf)

Served with creamy mash seasonal veg red wine juz

£16.00

Lakeland Lamb Henry (gf)

With creamy mash seasonal veg redcurrant gravy

£17.00

Roasted Squash risotto (gf)

With fresh parmesan cheese with herb oil

£11.00

Sweet Potato And Halloumi Lasagne

Served with water cress and herb salad and garlic bread

£11.00

Roasted Trout Fillet (gf)

With winter greens fondant potato and lemon and king prawn butter sauce

£16.00

SIDE ORDERS

Garlic bread	£2.50
Chips (gfa)	£2.50
House salad	£2.50
Flat mushrooms	£2.50
Coleslaw	£2.50
Onion rings (gfa)	£2.50

SUNDAY LUNCH

PLEASE ASK FOR DETAILS OF THIS WEEKS ROAST (GFA)



Children's Menu

**All the below meals are served with your choice of chips or mash
and peas or beans**

Sausage
Chicken Nuggets (gfa)
Fish Fingers
Beef Burger (gfa)

£6.95

Desserts

Sticky Toffee Pudding £5.50
Toffee sauce and your choice of ice cream, cream, or custard

Cheesecake Of The Day £5.50
Luxury creamy cheesecake with ice cream or cream

Lemon Tart £5.50
Refreshing creamy filling with ice cream or cream

Chocolate Brownie Sunday (gfa) £5.50
Chocolate and vanilla ice cream, brownie pieces topped with whipped cream

Chocolate Fudge Cake £5.50
Warm melting chocolate fudge with ice cream or cream

Three Scoop Ice Cream (gfa) £4.50
Three scoops of ice cream chosen by you, strawberry, vanilla and chocolate



If you require information on the ingredients of any of our dishes please ask

Hot drinks

BREAKFAST TEA	£1.95
AMERICANO	£2.50
CAPPUCCINO	£2.75
LATTE	£2.75
EXPRESSO	£2.50
HOT CHOCOLATE	£2.50

Liqueur coffee

Please ask for our selections from £5.25

We also have a large range of after dinner drinks for you to choose from please ask one of the team for availability.

Keep in touch

You can keep up to date with all that's going on here at the Troutbeck Inn

☎ 01768 483635

www.thetroutbeckinn.co.uk

info@troutbeckinn.co.uk

Find us on Facebook!

Allergens

There are 14 main food allergens listed by the EU in the new regulations 2014

- **Gluten - Containing cereals (example : wheat, barley, oats, etc,,)**
- **Crustaceans (example : prawn, crab, lobster, crayfish)**
- **Molluscs (example: muscles, oysters, squid)**
- **Fish**
- **Peanuts**
- **Lupin**
- **Tree Nuts (example: walnut, hazelnut, almonds)**
- **Soya**
- **Egg**
- **Milk**
- **Cereal**
- **Mustard**
- **Sesame**
- **Sulphur dioxide (found in dried fruits)**

If you have any known allergens and wish to discuss the ingredient content of our menu please ask for assistance.

