

Troutbeck Breakfast

Non residents

Served Daily 8am to 9.30am

Sunday 8.30am to 10.0am

Full English

Scrambled, Fried or Poached Egg

Grilled Back Bacon

Cumberland Sausage

Grilled Tomato

Flat Mushroom

Baked Beans

Wholemeal or white toast

£7.95

Vegetarian Breakfast

Scrambled, Fried or Poached Egg

Quorn sausages

hash browns

Grilled Tomato

Baked Beans

Flat Mushroom

Wholemeal or white toast

£6.95

Eggs on Toast

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

£3.95

Grilled kipper

Served with wholemeal
or white bloomer
& lemon

£6.00

Breakfast Sandwich

Bacon & Egg or

Sausage & Egg

£4.95

Toast & Preserves

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**

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 £2.00

Cold Sandwiches **Served on white or malted wheat bloomer**

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**

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

Soup Of The Day **£4.25**
Served with bloomer

HOT DRINKS

BREAKFAST TEA	£1.95
COFFEE	£2.20

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

MENU

STARTERS

Soup of the day

with Served bloomer
£4.95

Chicken liver & mushroom pate

onion chutney & toasted bloomer
£4.95

Breaded mushrooms

garlic mayonnaise
£4.95

Prawn salad

Bread & butter
£ 5.50

Trio of Yorkshire puddings

red onion gravy
£4.95

SALADS

Our salads are served on a bed of crisp dressed leaves, tomato, cucumber, peppers, red onion & homemade coleslaw

Chicken & bacon

Grilled chicken & crispy bacon
£11.50

Grilled salmon

fresh fillet of salmon & lemon
£11.50

Honey roast ham

home cooked hand carved ham
£11.95

BURGERS

All our burgers are served on a toasted bun with leaves & tomato, homemade coleslaw, onion rings & fries.

The Classic

Char grilled burger with
tomato relish
£11.50

Cheese & bacon

Char grilled burger topped
with bacon & melting cheese
£13.00

BBQ chicken

Mini chicken fillets topped with
melting cheddar & BBQ sauce
£12.50

Vegetarian

mozzarella & sweet potato burger
topped with a fried egg
£11.50

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

MENU

FROM THE GRILL

All our steaks are seasoned, chargrilled and served with tomato, flat mushroom and fries

8oz Sirloin

Full of flavour with a light fat marbling
£16.95

10oz rib-eye

Heavily marbled and the tastiest of cut
£17.50

8oz Fillet

The most tender of cuts
£19.95

10oz rump

A cut from the hind quarter & very flavoursome
£14.95

Add a sauce for a little something extra

Pepper sauce Diane sauce BBQ sauce
£2.00

PUB CLASSICS

Fish & Chips

Hand battered, with mushy peas
£11.50

Cottage Pie

Topped with herby mash
£10.95

Ham & Eggs

with hand cut chips
£9.95

Chicken tikka masala

Fluffy rice, naan bread
Poppadum & chutney
£11.95

Homemade lasagne

garlic bread & salad
£10.50

Cumberland sausage

mashed potato rich
red onion gravy
£9.95

Breaded scampi

Fries, garden peas,
tartare sauce.
£11.95

Steak & ale pie

puff pastry lid,
mashed potato & peas
£11.50

Hunters chicken

bacon, melting cheese
& BBQ sauce
£11.50

Roast vegetable risotto

garlic bread
£10.50

vegetable curry

Fluffy rice, naan bread
Poppadum & chutney
£10.50

SIDE ORDERS

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

SUNDAY LUNCH

PLEASE ASK FOR DETAILS OF THIS WEEKS ROAST

Children's Menu

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

Sausage

Chicken Nuggets

Fish Fingers

Beef Burger

£6.95



Desserts

Sticky toffee pudding

Toffee sauce &
vanilla ice-cream
£5.50

Strawberry cheesecake

luxury creamy cheesecake
with strawberry compote
£5.50

Lemon tart

Refreshing creamy filling
Served with cream
£5.50

Chocolate brownie sundae

chocolate & vanilla ice-cream,
brownie pieces whipped cream
£5.50

Chocolate melt in the middle pudding

Warm melting centre with vanilla ice-cream
£5.50

Ice-cream

3 scoops, ask for today's selection
£4.50

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 at

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.

