

# THE MORTAL MAN

## BAR MENU

### STARTERS

|                                                                                                                                                                                         |     |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-------|
| <b>Chef's Special homemade Soup of the Day</b><br>Served with a warm baguette and butter                                                                                                | ... | £4.25 |
| <b>Chef's own Fish Chowder</b><br>A popular choice consisting of: smoked salmon, haddock and king Prawns, in a cream sauce with onions, bacon and new potatoes, served with a warm roll | ... | £6.75 |
| <b>Chicken Goujons</b><br>Crispy strips of chicken in homemade beer batter served with salad and a sweet chilli dip                                                                     | ... | £5.45 |
| <b>Creamy Garlic Mushrooms</b><br>A mixture of button and Wild mushrooms sautéed in garlic finished with white wine, cream and parsley served on garlic bread                           | ... | £5.25 |
| <b>Chilli Mussels</b><br>Steamed mussels in white wine, chilli and fresh parsley served With a warm roll                                                                                | ... | £5.45 |
| <b>Pate</b><br>Homemade duck liver and smoked bacon flambéed with brandy and served with salad garnish and toast                                                                        | ... | £5.25 |

## PUB CLASSICS

### **Bangers and Mash**

Local Cumberland sausage with black pudding buttered mash potato served with onion gravy and side of vegetables ... £9.95

### **Lamb Henry**

Marinated shoulder of lamb with mint then slowly braised with a bed of Dijon mustard mash potato and red currant gravy accompanied with fresh vegetables ... £13.45

### **Pie of the day**

Please ask for today's pie, served with warm puff pastry, chips and vegetables ... £9.25

### **Sally Birkett's Hot Pot**

Slowly braised lamb and spiced kidney, with sliced potatoes Served with pickled red cabbage and a crusty roll ... £9.45

### **Shepherds Pie**

Lamb's Mince slowly cooked with tomatoes and beef stock topped with a buttered mash and baked in the oven served with garden peas ... £8.75

## FISH

### **Salmon Supreme**

Pan fried salmon supreme cooked with lemon and served on a bed of sautéed new potatoes and wilted Babygem ... £10.25

### **Fish and Chips**

Beer battered haddock served with chips, mushy peas and tartare sauce ... £9.75

### **Scampi**

Crispy fried scampi served simply with chips tartare sauce, lemon and a choice of salad, garden or mushy peas ... £8.95

## PASTA

### **Chicken and Spinach Carbonara**

Sliced chicken breast with tagliatelle and cooked in a creamy garlic, bacon and white wine sauce, finished with spinach and served with garlic bread ... £9.95

### **Homemade Beef Lasagne**

Layers of mince beef cooked with garlic, tomatoes red wine and onions with lasagne sheets and béchamel sauce finished with parmesan shavings, and served with salad and garlic bread ... £9.25

### **Spaghetti Bolognese**

Mince beef cooked in a rich tomato sauce finished with fresh basil served on a bed of spaghetti served with garlic bread ... £9.25

## GRILLS

### **Mortal Man Mixed grill**

4oz gammon, 4oz rump, lamb chop, black pudding, Cumberland sausage, grilled tomato, chips, fried egg and salad ... £17.45

### **Sirloin Steak**

Flame-grilled prime 8oz. sirloin steak cooked to your liking served with chips salad and grilled tomato ... £14.95

*Why not compliment your meal with one of our freshly*

*Prepared house sauces? Choose from Pepper or Diane* ... £2.00

### **Gammon**

Pan fried 8oz half-moon Gammon served with chips, fried egg or pineapple and salad ... £9.95

### **Chicken Skewers**

Marinated chicken in lemon and garlic accompanied with roasted mushrooms, peppers, onions and courgette served with sweet chilli sauce salad and chips ... £10.95

### **Beef Burger**

100% 8oz beef burger in a toasted bun with lettuce and tomato served with chips and homemade coleslaw (why not add bacon and cheese) ... £8.45

### **Chicken Burger**

Chicken breast burger coated in Cajun spice served in a soft bun with chips and coleslaw (why not add bacon and cheese) ... £8.45

## VEGETARIAN

### **Wild Mushroom Risotto**

A mixture of sautéed button and wild mushrooms with a splash of white wine, risotto rice and finished with parmesan cheese and fresh herbs ... £8.95

### **Onion Tart**

A combination of onion, feta cheese, pine nut, black olive and cherry tomato puff pastry tart served with new potatoes and salad ... £8.95

### **Vegetable Stroganoff**

Sautéed onion, mushrooms, peppers carrots in a brandy cream sauce finished with paprika and a mustard body served on herb risotto rice ... £9.25

## SALAD

### **Chicken and Bacon Salad**

Chicken and bacon Caesar salad served with crispy croutons and a Caesar dressing ... £8.95

### **King Prawn Salad**

King prawns quick pan fried with chill and lime juice served on a bed of mixed leaves ... £8.75

### **Smoked Salmon**

Smoked salmon accompanied with cucumber ribbons and lemon ... £8.25

## SIDE ORDERS

|                                   |       |
|-----------------------------------|-------|
| Chips                             | £2.50 |
| Panache of vegetables             | £2.25 |
| Dressed side salad                | £2.25 |
| Beer battered onion rings         | £2.50 |
| Garlic bread                      | £2.00 |
| Jug of gravy                      | £0.80 |
| Garlic bread with cheese          | £2.50 |
| Bread and butter (white or brown) | £1.00 |
| Jug custard                       | £0.95 |
| Extra cheese                      | £0.50 |
| Bacon                             | £0.50 |

## KIDS MENU

### **Beef Burger**

Beef burger chips and beans or peas ... £4.50

### **Chicken Nuggets**

Chicken nuggets chips and beans or peas ... £4.45

### **Fish Goujons**

Strips of haddock coated in batter served with chips beans or peas ... £4.45

### **Kid's Pizza**

Cheese and tomato pizza served with chips and beans ... £4.75

### **Sausage and Mash**

Two Cumberland sausages with mash potato, peas and gravy ... £4.75

### **4oz Rump Steak**

Grilled rump steak cooked 'medium' served with chips and salad ... £5.75

### **Sticky Toffee Pudding**

Warm sticky toffee pudding with treacle sauce and ice cream ... £2.50

### **Trio of Ice Cream**

Choose from Chocolate, Vanilla or Strawberry and served with chocolate sauce ... £2.50

### **Hot Chocolate Fudge Cake**

Served with Ice Cream ... £2.95

## DESSERT MENU

### **Sticky Toffee Pudding**

Our best seller, warm sticky toffee pudding with a black treacle and golden syrup sauce served with choice of cream, ice cream or custard ... £4.75

### **Apple and Pear Crumble**

Granny smith apples and pears cooked in a apple syrup finished with a crumble topping and served with choice of ice cream, cream or custard ... £4.75

### **Milk Chocolate and Tia Maria Cheesecake**

Crunchy chocolate and biscuit base, filled with mascarpone and sweet cream with Milk chocolate and Tia Maria ... £4.75

### **Strawberries and Cream**

Fresh strawberries with a sweet vanilla cream and homemade Shortbread ... £4.75

### **Ice-Cream**

Your choice of strawberry, vanilla, chocolate, pistachio, raspberry ripple, rum and raisin ... £1.25  
per scoop

### **Cheese and Biscuits**

A selection of Cumbria cheeses served with a fresh salad garnish, and assortment of biscuits ... £4.75