



BRUNCH & LUNCH MENU:

10:30AM - 3PM

BACON BARM

3 rashers of back bacon on a Lovingly Artisan sourdough roll 7.95

SAUSAGE BARM (VEO)

traditional Cumbrian sausage on a Lovingly Artisan sourdough roll 7.95
(vegan sausage available)

BREAKFAST BARM

sausage, bacon, fried egg, black pudding & mushroom on a Lovingly Artisan sourdough roll
(GFO) 11.95

MORTAL MAN BREAKFAST

Cumberland sausage, black pudding, back bacon, choice of fried, scrambled or poached
egg, beans, grilled tomato, mushroom & Lovingly Artisan toast (GFO) 15.95

VEGETARIAN BREAKFAST

vegan sausage, grilled halloumi, choice of fried, scrambled or poached egg, beans, tomato,
mushroom & Lovingly Artisan toast (GFO,V, VEO) 15.95

(add egg 1.50 / add bacon 2.00 / grilled halloumi 2.00)

SOUP OF THE DAY

with a smoked cheese scone (VEO, GFO) 8.95

FISH & CHIPS

today's selection of freshly caught fish, served in a light & crispy batter with triple cooked
chips, a side of minted mushy peas & tartare sauce (GF) 20.95

STEAK FRITES 6OZ FLAT IRON STEAK

fries & rocket & tomato salad (cooked medium) 21.95

CREAMY MUSHROOMS

in a smoked bacon, garlic & brandy cream baked with smoked applewood cheese & a slice
of Lovingly Artisan bread (VO & VEO) 10.95



BRUNCH & LUNCH MENU CONT:

HOT SANDWICHES (GFO).

(served on Lovingly Artisan bread with fries, coleslaw & a salad garnish)

BANG BANG HOT CHICKEN

spicy chicken goujons in satay sauce with lettuce, tomato, melted cheese drizzled with sriracha mayo 16.50

LIGHTLY BATTERED FISH

served with homemade tartar sauce 15.50

HOT HALLOUMI

spicy halloumi with caramelised onion, fresh greens, tomato & sweet chilli mayo (V) 14.50

COLD SANDWICHES (GFO).

(served on Lovingly Artisan bread with coleslaw, crisps & a salad garnish)

PASTRAMI, EMMENTAL & PICKLE 13.50

KENDAL CREAMY CHEESE & PICKLED CHUTNEY (V) 12.50

PRAWN MARIE ROSE

succulent prawns in a zesty Marie Rose sauce, layered with crisp lettuce 13.50

HUMMUS, ROASTED PEPPERS & CARMELISED ONION

with wild rocket & a drizzle of balsamic glaze (VE) 12.50

Add a cup of our
soup of the day
(VEO, GFO) 3.00

SIDES

(GFO,V, VEO)

CHIPS OF THE NORTH

chips, grated melted cheese & gravy (VO) 5.50

GARLIC CIABATTA

5.50

(add cheese for 1.50)

LOVINGLY ARTISAN BREAD & BUTTER 2.50

TRIPLE COOKED CHIPS 4.95

(add cheese for 1.50)

SKINNY FRIES 4.95

HOUSE SALAD 4.85

SEASONAL BUTTERED VEGETABLES (VE) 4.95

HALLOUMI FRIES WITH SWEET CHILLI DIP 6.50

HOMEMADE GRAVY (VEO) 2.50

Please inform a member of staff of any allergy or dietary requirements



EVENING MENU

MONDAY - THURSDAY: 5PM - 8PM

FRIDAY – SATURDAY: 5PM - 8:30PM

STARTERS

SOUP OF THE DAY

with a smoked cheese scone (VEO, GFO) 8.95

BANG BANG CAULIFLOWER

on a satay bed, with a pickled cucumber salad & sweet chilli sauce
(VE, GF) 10.95

SMOKED HADDOCK CHOWDER

chorizo, new potatoes, spring onion, peas & sweetcorn (GF, DFO) 14.95

LIME & CHILLI CRABCAKES

with tartare sauce 13.95

PORK BELLY RIBS

in a sticky BBQ sauce & celeriac slaw (GF) 12.95

CREAMY MUSHROOMS

in a smoked bacon, garlic & brandy cream baked with smoked applewood cheese & a slice of Lovingly Artisan bread (VO & VEO) 10.95

MAINS

VENISON COTTAGE PIE

slow braised venison topped with creamy mash, braised red cabbage & warmed bread (GF) 21.95

FISH & CHIPS

today's selection of freshly caught fish, served in a light & crispy batter with triple cooked chips, a side of minted mushy peas & tartare sauce
(GF) 20.95

TRADITIONAL CUMBERLAND SWIRL

champ mash, beer onion gravy & garden peas 20.95

MORTAL MAN SIZZLER (VO, VEO, GFO)

served with chips or rice

-CHOOSE YOUR FILLING: Chicken 19.50 | Beef 21.95 | King prawn 19.50 | Halloumi 19.25 | Tofu 19.25

-CHOOSE YOUR SAUCE: Hoisin | Sticky sesame | Sweet chilli | Teriyaki | Cajun | Peppercorn
(add king prawn for 4.50)

MORTAL MAN BURGER

locally sourced beef, house pickles, burger sauce with celeriac slaw & skin on fries 18.50

-add cheese 1.50

-add bacon 1.50

MAPLE CURED BACON CHOP

triple cooked chips, pineapple & chilli salsa with a fried duck egg (GFO) 20.95

PROPER PIE OF THE DAY

homemade puff pastry pie served with either triple cooked chips or mash & seasonal vegetables 21.95

CAJUN SPICED CHICKEN & BBQ RIBS

fresh corn salsa, fries & celeriac slaw (GF) 23.95

Please inform your server of any allergy or dietary requirements

GFO = Gluten free option available

GF = Gluten free

V = Vegetarian

VEO = Vegan option available

VE = Vegan

DFO = Dairy free option

Please turnover for sides & desserts...



SIDES

(GFO,V, VEO)

GARLIC CIABATTA 5.50
(add cheese for 1.50)

LOVINGLY ARTISAN BREAD & BUTTER 2.50

TRIPLE COOKED CHIPS 4.95
(add cheese for 1.50)

SKINNY FRIES 4.95

HOUSE SALAD 4.85

SEASONAL BUTTERED VEGETABLES (VE) 4.95

HOMEMADE GRAVY (VEO) 2.50

SMALL PORTIONS (GFO)

CHICKEN GOUJONS
chips, peas or beans (GFO) 8.95

FISH BITES & CHIPS
peas or beans (GFO) 8.95

HOMEMADE CHEESEBURGER
with burger relish, tomato, lettuce & fries (GFO) 9.25

SAUSAGE & MASH
2 traditional sausages, creamy mash, peas & gravy 8.95

HOMEMADE DESSERTS 9.95

RASPBERRY FRANGIPANE TART (V)

LEMON MESS - CHANTILLY CREAM, LEMON CURD, CRUSHED MERINGUE & LEMON SORBET (V, GF)

CRUMBLE OF THE DAY - SERVED WITH WARM CUSTARD OR VANILLA ICE CREAM (V, GF, VEO)

CHOCOLATE BROWNIE WITH VANILLA ICE CREAM (GF)

MORTAL MAN STICKY TOFFEE PUDDING WITH VANILLA ICE CREAM (GF, DFO)

ICE CREAM SELECTION:

vanilla, chocolate, strawberry, mint choc chip or thunder & lightning (V, GF)

1 scoop 2.95 | 2 scoops 4.95 | 3 scoops 6.95

Our butchers & bakers
are locally sourced
and we always try our
best to buy local &
independent



Please inform a member of staff of any allergy or dietary requirements





SUNDAY MENU:

12PM - 8PM

STARTERS

SOUP OF THE DAY

with a smoked cheese scone (VEO, GFO) 8.95

BANG BANG CAULIFLOWER

on a satay bed, with a pickled cucumber salad & sweet chilli sauce (VE, GF) 10.95

SMOKED HADDOCK CHOWDER

chorizo, new potatoes, spring onion, peas & sweetcorn (GF, DFO) 14.95

PORK BELLY RIBS

in a sticky BBQ sauce & celeriac slaw (GF) 12.95

CREAMY MUSHROOMS

in a smoked bacon, garlic & brandy cream baked with smoked applewood cheese & a slice of Lovingly Artisan bread (VO & VEO) 10.95

MAINS

SUNDAY ROAST

(SPEAK TO YOUR SERVER FOR TODAY'S MEATS)

roast potatoes, roast carrot, steamed vegetables, carrot & swede purée, rich gravy & a Yorkshire pudding (VEO, GFO) 21.00

MORTAL MAN BURGER

locally sourced beef, house pickles, burger sauce with celeriac slaw & skin on fries 18.50

-add cheese 1.50

-add bacon 1.50

FISH & CHIPS

today's selection of freshly caught fish, served in a light & crispy batter with triple cooked chips, a side of minted mushy peas & tartare sauce (GF) 20.95

PROPER PIE OF THE DAY

homemade puff pastry pie served with roast potatoes or mash & seasonal vegetables 21.95

SPICED CAULIFLOWER, LENTIL & SPINACH PIE

roast potatoes & seasonal vegetables 21.95 (VE)

CAJUN SPICED CHICKEN & BBQ RIBS

fresh corn salsa, fries & celeriac slaw (GF) 23.95

Please inform a member of staff of any allergy or dietary requirements



SUNDAY MENU CONT:

SMALL PORTIONS

CHICKEN GOUJONS

fries, peas or beans (GFO) 8.95

FISH BITES

fries, peas or beans (GFO) 8.95

HOMEMADE CHEESEBURGER

with burger relish, tomato, lettuce & fries (GFO) 9.25

MINI ROAST DINNER

with roast potatoes, roast carrot, steamed vegetables, carrot & swede purée,
rich gravy (VEO, GFO) 12.95

SIDES

(GFO,V, VEO)

GARLIC CIABATTA

(add cheese for 1.50)

LOVINGLY ARTISAN BREAD & BUTTER 4.85

TRIPLE COOKED CHIPS 4.95

(add cheese for 1.50)

SKINNY FRIES 4.95

HOUSE SALAD 4.85

SEASONAL BUTTERED VEGETABLES (VE) 4.95

HOMEMADE GRAVY (VEO) 2.50