



THE MORTAL MAN

EVERYTHING YOU IMAGINED AN ENGLISH INN COULD BE

FOOD SERVED ALL DAY. PLEASE ORDER YOUR DRINKS FROM THE BAR

NIBBLES 3.95

SWEET & SPICY NUTS

CHIPOLATAS WITH MUSTARD MAYO

WHITEBAIT WITH
PAPRIKA MAYONNAISE

PORK CRACKLING WITH APPLE SAUCE

BREAD & OILS
FOR TWO 3.95 FOR FOUR 4.95

STARTERS

SOUP OF THE DAY 5.95
served with freshly baked bread.

SALMON FISHCAKE 7.50
with a rocket and caper salad, shaved fennel and a lime dressing.

CHICKEN LIVER PATE 5.95
served with toasted homemade bread,
damson chutney & rocket salad

MUSSELS IN CIDER 7.95
mussels steamed with a cider and bacon cream sauce, served
with a wedge of homemade bread.

BABY SPINACH &
GOATS CHEESE SALAD 7.95
with fresh berries, pecan nuts & tossed in a raspberry vinaigrette.

GRILLED SARDINES 6.95
with garlic roasted jersey royals and fresh salsa verde.

SALADS

CHICKEN & CHORIZO SALAD 11.95
Spinach, sundried tomatoes and mixed leaf salad
tossed with new potatoes.

BABY SPINACH & GOATS
CHEESE SALAD 12.95
with fresh berries, pecan nuts & tossed in a raspberry vinaigrette.

SHARING PLATTERS

PLOUGHMANS FOR 1 10.95 FOR 2 17.95
wedges of local cheeses, Kendal Creamy and black dub blue,
apple, homemade pork pie and piccalilli. Served with homemade
bread and a dressed salad.

FISHMONGERS FOR 1 12.95 FOR 2 18.95
Miniature fish and chips, prawn marie rose, roll mop herrings,
whitebait and salmon fishcake. Served with homemade bread
and a dressed salad.

FROM THE GRILL

MORTAL MAN BEEF BURGER 13.95
100% steak mince lightly spiced, served on a toasted bun,
topped with melting cheddar cheese with hand cut chips and
tomato relish.

8oz RIBEYE STEAK 21.95
hand cut chips, roasted vine cherry tomatoes, confit field
mushroom and salad garnish.

10oz GAMMON STEAK 12.95
served with hand cut chips, roasted vine cherry tomatoes, fried
duck egg and a wedge of pineapple.

MAIN COURSES

PAN FRIED SEA BREAM £13.95
served on a bed of gnocchi, mediterranean vegetables fresh
oregano and cream sauce

GARLIC AND HERB
CRUSTED LAMB RUMP 18.95
new potatoes, butter wilted spinach and red wine jus.

CUMBERLAND SAUSAGE 12.95
with apple and mustard mash, fine beans and red wine jus.

CURRIED BUBBLE & SQUEAK 11.95
pan fried new potatoes, spring cabbage and onion, and topped
with a fried duck egg.

CHICKEN KIEV 16.95
with garlic butter and bacon on broccoli mash with spinach and a
wedge of lemon.

MUSSELS IN CIDER 12.50
mussels steamed with a cider and bacon cream sauce, served
with a wedge of homemade bread.

GRILLED SUMMER
VEGETABLE TAGLIATELLE 12.50
tossed with green pesto, and topped with parmesan shavings.

PIE OF THE DAY 13.50
homemade pie of the day using local and seasonal produce,
served with seasonal vegetables.

CHICKPEA &
CORIANDER BURGER 12.95
sweet potato fries, side salad and mango chutney.

FISH & CHIPS 12.95
beer battered fish, homemade chips, minted mushy peas and
homemade tartare sauce.

MORTAL MAN MENU

ALL OUR MEALS ARE COOKED TO ORDER AND DURING BUSY TIMES THIS MAY LEAD TO A WAIT.
OUR FISH IS FROM SUSTAINABLE SOURCES, ALL OUR GAME MEATS ARE WILD, SOURCED LOCALLY AND MAY CONTAIN SHOT.

LOOK OUT FOR OUR EVENTS DURING THE WEEK

TUESDAY MUSICIAN'S NIGHT · WEDNESDAY QUIZ NIGHT · THURSDAY SPOKEN WORD NIGHT · SUNDAY FOLK NIGHT

SANDWICHES

Only served until 5pm

All sandwiches served on white or brown baguette with side salad and coleslaw

HAM AND MUSTARD 5.95

MORTAL MAN CLUB SANDWICH £8.95

Triple decker with chicken, bacon, tomato and salad on thick cut wholegrain bread.

CHEESE & APPLE
CIDER BRANDY CHUTNEY 5.95

ROASTED PEPPER,
BRIE AND HOUMOUS 6.50

PENRITH SMOKED PASTRAMI 8.75

Dijon mustard, Dill Pickle on wholemeal bread

PRAWN MARIE ROSE 7.95

ADD CHIPS 2.50
ADD A MUG OF SOUP 2.95

SIDE ORDERS 3.50

HAND CUT CHIPS

SEASONAL VEGETABLES

BUTTERED NEW POTATOES

CREAMY MASH

HOUSE SALAD

BEER BATTERED ONION RINGS

GARLIC BREAD

KID'S MENU

MAINS 5.95

Chicken Breast with new potatoes and salad.

Fish Goujons and Chips with mushy peas.

Sausage and Mash with garden peas.

Tomato Pasta

Jacket Potato with cheese and beans.

DESSERTS 3.50

Sticky Toffee Pudding served with ice cream.

Chocolate Fudge Cake served with ice cream.

Ice Cream Selection

Choose From; Vanilla, Raspberry Ripple, Chocolate, Strawberry and Mint Choc Chip.

DESSERTS

STICKY TOFFEE PUDDING 5.95
served with ice cream.

FRESH BERRIES CREME BRULEE 6.50
with ginger shortbread

LEMON MERINGUE PIE 5.95
served with lemon sorbet.

TIRAMISU 5.95
Espresso, Genoese sponge, amaretti cream,
chocolate shavings.

ENGLISH LAKES ICE CREAM
(3 SCOOPS) 5.95

Vanilla,
Thunder and Lightning,
Blackberry,
Banana Toffee and Walnut,
Raspberry Ripple,
Mint Chocolate Chip,
Chocolate,
Strawberry,
Rum & Raisin

WARM APPLE & BLACKBERRY
CRUMBLE 6.95
with vanilla ice cream or custard.

PEAR & GINGER OR
CHOCOLATE SPONGE (GF) 5.95
with clotted cream.

LAKELAND CHEESEBOARD 9.95

A SELECTION OF
LOCAL CUMBRIAN CHEESES

Choose any 3 from a selection of 6. Served with apple brandy chutney, grapes, celery, artisan biscuits and speciality bread.

WHY NOT TRY ONE OF OUR
SPECIALITY OR LIQUEUR COFFEES?

THE MORTAL MAN SUNDAY ROASTS 11.95

Served from 12 noon

Come Join us for Sunday Lunch -
We use only the freshest local meats and ingredients to
serve up our fantastic Sunday lunch.

ROAST BEEF,
ROAST LAMB,
ROAST CHICKEN
VEGETARIAN NUT ROAST.

*All served with roast potatoes, fresh seasonal vegetables
and large yorkshire pudding.*