



THE GALLOPING HORSE®

ALWAYS AMONG FRIENDS

Lunch Menu

Served Wed-Sat from 12 noon

Starters

all starters can be adapted for gf

Homemade Soup of the Day £5.25
bloomer bread and butter

Black Pudding Stack £6.25
bacon, free range poached egg,
peppercorn sauce

Avocado and Prawn Cocktail £6.95
lettuce, Marie-Rose sauce

Creamed Garlic Mushrooms £5.95

If you would prefer to swap chips for side salad, potatoes or extra vegetables, please feel free - just ask.

Main Courses

Homemade Slab Pies of the Day £11.95
chips, cabbage, honey-glazed carrots, gravy

Chicken Schnitzel £11.95
breadcrumbs, breast of chicken with chips, salad and a choice of peppercorn or garlic mushroom sauce (gf available)

Ale Battered Haddock £12.50
chips, mushy peas, tartare sauce

8oz 100% Steak Burger or Chicken Breast Burger £11.50
brioche bun, beer-battered onion rings, dressed leaves, chips (gf available)

12oz Gammon Steak £12.95
free range fried egg, pineapple, chips, garden peas (gf available)

W Lindsay and Sons, Cockermouth Cumberland Sausage £11.95
chips, free range egg, onion rings, peas (gf)

Homemade Vegetable Chilli £10.95
rice, sour cream, tortilla chips (gf available)

Extra Large Wholetail Whitby Scampi £12.50
chips, peas, tartare sauce

Classic Beef Lasagne £11.25
dressed salad, garlic ciabatta

Thai Green Curry with rice, prawn crackers (gf available)
Vegetable £10.95 **Chicken** £13.95

We are happy to discuss individual dietary requirements, intolerances, allergies (gf, dairy-free etc).

Most dishes can be adapted, though this may alter them from the menu description.

Please speak to a member of staff who will be pleased to advise you.

Please ask for today's fillings for sandwiches and jacket potatoes

Lighter Lunch

Open Prawn Sandwich £8.50

Club Sandwich £7.95

Homemade Quiche and Salad £9.00

Chicken Caesar Salad £9.00

Roast Meat Salad £9.50

Prawn Salad £9.50

Superfood Salad £10.95
mixed leaves, avocado, spinach, cucumber, beans, seeds and roasted tomatoes, low calorie dressing (add chicken breast or seabass fillet for £2.00) (gf)

Twice-cooked chips £2.95

Sweet potato fries £2.95

Buttered greens £2.95

Glazed carrots and cabbage £2.95

Side salad £2.95

Superfood side salad £3.95

Bar Snacks & Sides

Beer-battered onion rings £2.95

Halloumi fries and dip £5.95

Nachos £4.95

topped with cheese, guacamole, sour cream and salsa

Dirty Fries £5.95

Sweet potato fries topped with a choice of: chilli and cheese OR bacon, BBQ and cheese OR guacamole, sour cream and salsa

Hand-battered Chicken Goujons £5.95

