

The Sally Menu



Please Notify Your Server of any Allergies or Dietary Requirements

Sandwiches

Served Mon-Sat 11:30am-4pm

Hummus & Halloumi Flatbread 10

Homemade Hummus & Grilled Halloumi With Red Onion,
Rocket, Tomato & Cucumber

Can be GF on Request

The Cuban 12

Slow Cooked Pulled Pork,
Mustard Mayo, Monterey Jack Cheese & Pickled Red Cabbage
Served in a Toasted Ciabatta Roll

Can be GF / DF on Request

Lamb Shawarma 12

Homemade Hummus, Toasted Chickpea Salad
Served With Warm Pitta

Can be GF on Request

Open Steak Sandwich 12

Rare Flat Iron Steak
With Caramelised Onion & Monterey Jack Cheese
On Toasted Sourdough

Can be GF / DF on Request

Fish Finger Sandwich 10

Fresh Haddock In A Crisp Cider Batter
Served in a Brioche Roll With Tartare Sauce

Can be GF / DF on Request

**All Served with Homemade Slaw & Crisps
Upgrade to Fries or Triple Cooked Chips +£2**

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Appetisers

To Snack on While you Wait..

Homemade Focaccia Bread 4
With Salted Butter, Balsamic Olive Oil & Pesto

Marinated Mixed Olives 3
DF & GF

Smoked Almonds 3
DF & GF

Starters

Scottish Mussels 10
Cooked With Smoked Bacon, Leek, Cider & Cream
Served with Farmhouse Bread & Salted Butter
Upgrade to a Main Course, Served with Fries £16
Can be GF on Request

Butterfly King Prawns 12
With Nduja Mayo, Panzanella Salad
& Wild Garlic Oil
DF

Feel Good Chicken Soup 9
Asian Broth, Rice Noodles, Pak Choi
Wild Mushrooms, Garlic, Chilli & Spring Onion
Can be GF on Request DF

Pork & Apple Scotch Egg 10
Minted Peas, Black Pudding & Cider Puree

Twice Baked Gruyere Cheese Soufflé 10
Tarragon Cream & Tomato Relish

Crispy Calamari 10
Lime, Ginger & Wild Garlic Crème Fraîche
Jalapeno Salsa
Can be GF on Request

Lamb Shawarma 10
Homemade Hummus, Toasted Chickpea Salad
Served With Warm Pitta
Can be GF on Request

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Pub Classics

Fish & Chips 18

Cider Battered Haddock, Triple Cooked Chips, Mushy Peas,
Tartare & Curry Sauce

DF & GF

Beef Shin & Ale Pie 18

Choice of Buttery Mash, Veg & Gravy
OR Triple Cooked Chips, Mushypeas & Gravy

Can be DF on Request

Tuscan Chicken 20

Garlic & Herb Roasted Chicken Breast
Served in a Creamy Tuscan Sauce Flavoured with Sunblush Tomatoes,
Spinach, White wine, Garlic, Parmesan, Cream & Oregano

Classic Steak Burger 18

6oz Patty Topped With Monterey Jack Cheese
American Mustard, Ketchup, Plum Tomato, Red Onion
Served In A Brioche Bun With Salted Fries
Add *Maple Bacon* or *BBQ Pulled Pork* +3

Can be GF / DF on Request

Fish Pie 18

Smoked Haddock, Cod, Scottish Salmon & King Prawns
In a Creamy Leek Sauce, Topped with Applewood Mash,
Served With Seasonal Vegetables

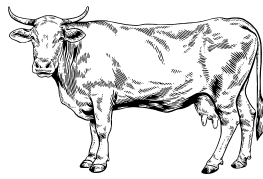
GF

Spelt & Wild Mushroom Risotto 18

Truffle Parmesan & Parsley Crumble
Crispy Enoki Mushrooms

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Cumbrian Steaks



10oz Bistro Rump 22

10oz Sirloin 26

8oz Fillet 32

Served with Portobello Mushroom & Plum Tomatoes
Add Butterfly King Prawns/Calamari Surf & Turf +£5

Choice of Potatoes

Seasoned Fries

GF & DF

Hand Cut Triple Cooked Chips

GF & DF

Truffle & Parmesan Chips

+£2 Supplement GF

Mash

GF

Choice of Sauce

Peppercorn

GF

Blue Cheese

GF

Beef Jus

GF & DF

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Sides

Seasoned Fries 4

GF & DF

Hand Cut Triple Cooked Chips 4

GF & DF

Truffle & Parmesan Chips 5

GF

Mixed Greens 4

Tenderstem Broccoli, Garden Peas & Sugar Snaps

GF

Honey Glazed Carrots 4

GF

Cider Battered Onion Rings 4

GF & DF

Side Salad 4

GF & DF



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Homemade Desserts

Sticky Toffee Pudding 7

With Butterscotch Sauce & English Lakes Vanilla Ice Cream

Can be GF on Request

Strawberry Eton Mess 7

Strawberry & Prosecco Mousse, Minted Strawberries & Chantilly Cream, Topped with Burnt Meringue

GF

Bramley Apple Crumble 7

With Cinnamon Ice Cream & Salted Caramel Sauce

Rhubarb & Vanilla Rice Pudding 7

With a Rhubarb Compote & Poached Rhubarbs

GF

Chocolate Orange Brownie 7

Orange Puree, Cinnamon Candied Orange Pieces, With Chocolate Ice Cream

Can be DF/ GF on Request

Zesty Lemon Cheesecake 7

With Raspberry Puree, Raspberry Sorbet, Topped With Lemon Zest

English Lakes Ice Cream 4

Choice of:

Vanilla

DAIRY FREE Vanilla

Strawberry

Thunder & Lightning

Chocolate

Biscoff

Raspberry Sorbet



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