

SOUR NOOK INN & RESTAURANT

The following menu is available during Food Service
times Monday, Tuesday, Thursday, Friday and
Saturday

Sunday we only do a Roast Dinner option

Starters - £3.00

Small Dinner - £6.95

Full Size Dinner - £9.95

Sweets from £2.00

SOUR NOOK INN & RESTAURANT

MAIN MENU

STARTERS

Homemade Soup of the Day served with a Soft White Bread Roll and Butter **£3.50**

Garlic Breaded Mushrooms served with Fresh Homemade Garlic Mayonnaise and a Dressed Salad Garnish **£3.95**

Classic Prawn Cocktail with Freshly Made Sour Nook Cocktail Sauce served with Brown Bread and Butter **£4.95**

MAIN COURSES

Popular Choices:

Cumbrian Roast Ham Served With 2 Fried Eggs **£8.50**

Whitby Battered Cod and Mushy Peas **£8.50**

Wholetail Breaded Scampi Served With Peas, and a Dressed Salad Garnish **£9.00**

Above served with Homemade Chips

Homemade Beef Chilli **£8.00**

Homemade Chicken Curry **£8.50**

Above served with Boiled Rice, Homemade Chips or Half & Half Meat supplied by Carrock Meats, Dalston Veg, salad and potatoes supplied by James Fresh Fruit and Veg, Penrith

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MAIN MENU Continued

Old Simple Favorites:

2 Fried Eggs £5.00

2 Cumberland Sausages £6.00

2 Cumberland Sausages and 2 Fried Eggs £7.00

Above served with Homemade Chips. Add Beans or Peas for 50p

From the Griddle:

Cumbrian Beefburger, with or without Cheese, served with
a Dressed Salad Garnish £6.50

Cumbrian Gammon Steak Served with Peas, 2 Fried Eggs or
2 Pineapple Rings or 1 of each £9.50

Rib Eye Steak, cooked to your liking, served with Peas, Onion
Rings, Grilled Tomato and Mushroom £14.00
Add a sauce (Pepper, Stilton or Diane) £1.95

Above served with Homemade Chips

3 Cumberland Sausages Served With Creamy Mashed Potato,
Peas and Onion Gravy £8.50

Meat supplied by Carrock Meats, Dalston

Veg, salad and potatoes supplied by James Fresh Fruit and Veg, Penrith

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MAIN MENU Continued

Vegetarian Options:

Homemade Multi-Bean Chilli £8.00

Homemade Aromatic Moroccan Casserole £8.50

Above served with Boiled Rice, Homemade Chips or Half & Half

*Mildly Spiced Vegetable Nut Roast with Apricot and Goats
Cheese, served with Homemade Chips and a Dressed Salad
Garnish* £8.50

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SMALL APPETITE & CHILDRENS MENU

<i>Egg and Chips*</i>	£3.50
<i>Egg and Beans</i>	£3.50
<i>Beans and Chips</i>	£3.50
<i>Ham and Chips*</i>	£4.00
<i>Sausage and Chips*</i>	£4.00
<i>Sausage and Beans</i>	£4.00
<i>Sausage and Egg*</i>	£4.00
<i>Jumbo Battered Fish Finger and Chips*</i>	£4.00
<i>Sausage, Egg and Chips*</i>	£4.50
<i>Ham, Egg and Chips*</i>	£4.50
<i>Scampi and Chips*</i>	£4.50
<i>Chicken Nuggets and Chips*</i>	£4.50

****Add Peas or Beans For 50p***

*Small Cumbrian Gammon Steak Served with Peas, Fried Egg or
Pineapple Ring (for both add 40p) & Homemade Chips* **£6.50**

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DESSERT MENU

*Luxury Chocolate Fudge Cake Served Warm with either
Vanilla Ice Cream, Cream or Custard*

*Cartmel Sticky Toffee Pudding, Served Warm with either
Vanilla Ice Cream, Cream or Custard*

*Rich Ginger Cake Served Warm with either Vanilla Ice Cream,
Cream or Custard*

*Bramley Apple Crumble, Served Warm with either Vanilla Ice
Cream, Cream or Custard*

Crunchy Lemon Ice Cream Cake Served with Cream

*Gluten Free Chocolate Cake, Served Warm with either Vanilla
Ice Cream, Cream or Custard*

All above £3.50 each

Cheese & Biscuits **£4.95**

English Lakes Luxury Dairy Ice Cream (Individual 125ml Tubs)

Strawberry

Death by Chocolate

Thunder & Lightning (Cinder Toffee)

Vanilla Lite (Also suitable for Diabetics) **£1.50 each**

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COFFEE & HOT DRINKS

LAVAZZA ITALIAN COFFEE:

<i>Espresso</i>	£1.50
<i>Americano</i>	£2.20
<i>Cappuccino</i>	£2.30
<i>Latte</i>	£2.30

TETLEY TEA **£1.00**

FLAVOURED TEA **£1.50**

(Aromatic Green Tea; Fennel & Nettle; Purple Berries; Red Berries; Citrus Ginseng)

GALAXY HOT CHOCOLATE **£2.30**

Served with squirty cream and marshmallows

LIQUEUR COFFEE or HOT CHOCOLATE **£4.50 each**

Rich Italian Coffee or Smooth Hot Chocolate with the spirit of your choice topped with squirty cream.

IRISH (Jameson Whiskey)

HIGHLAND (Bells Whisky)

RUSSIAN (Smirnoff Vodka)

JAMAICAN (Lambs Navy Rum)

CUBAN (Bacardi White Rum)

FRENCH (Martell Cognac)

IRISH CREAM (Baileys)

TENNESSEE (Jack Daniels)

NEW ORLEANS (Southern Comfort)

CALYPSO (Kahlua or Tia Maria Coffee Liqueur)

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WINE LIST

RED

18.7cl

75cl

Invenio Merlot – France

£3.30

£13.20

Invenio Shiraz – South Eastern Australia

£3.30

£13.20

WHITE

Invenio Colombard Chardonnay

– South Eastern Australia

£3.30

£13.20

Invenio Sauvignon Blanc – France

£3.30

£13.20

Invenio Pinot Grigio – Italy

£3.30

£13.20

ROSE

Invenio Zinfandel – California

£3.30

£13.20

SEMI SPARKLING WHITE

20cl

Prosecco – Italy

£4.00

£14.50