

# SOUR NOOK INN & RESTAURANT

## MAIN MENU

### STARTERS

*Homemade Soup of the Day served with a Soft White Bread Roll and Butter* **£4.50**

*Garlic Breaded Mushrooms served with Fresh Homemade Garlic Mayonnaise and a Dressed Salad Garnish* **£5.00**

*Classic Prawn Cocktail with Freshly Made Sour Nook Cocktail Sauce served with Brown Bread and Butter* **£6.00**

### MAIN COURSES

#### Popular Choices:

*Cumbrian Roast Ham Served With 2 Fried Eggs* **£9.50**

*Whitby Battered Cod and Mushy Peas* **£10.00**

*Wholetail Breaded Scampi Served With Peas, and a Dressed Salad Garnish* **£10.00**

*Above served with Homemade Chips*

*Homemade Beef Chilli* **£9.00**

*Homemade Chicken Curry* **£9.50**

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

*Meat supplied by Carrock Meats, Dalston*

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## MAIN MENU Continued

### Old Simple Favorites:

2 Fried Eggs £6.00

2 Cumberland Sausages £7.00

2 Cumberland Sausages and 2 Fried Eggs £8.50

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

### From the Griddle:

Double Cumbrian Beefburger, with or without Cheese, served on a White Bread Bun with a Dressed Salad Garnish £9.00

Cumbrian Gammon Steak Served with Peas, 2 Fried Eggs or 2 Pineapple Rings or 1 of each £11.00

Rib Eye Steak, cooked to your liking, served with Peas, Onion Rings, Grilled Tomato and Mushroom £16.00

Add a sauce (Pepper, Stilton or Diane) £2.00

*Above served with Homemade Chips*

Cumberland Sausages Served With Creamy Mashed Potato, Peas and Onion Gravy £10.00

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## MAIN MENU Continued

### Vegetarian Options:

*Homemade Multi-Bean Chilli* £9.00

*Homemade Aromatic Moroccan Casserole* £9.50

*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* £10.00

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## SMALL APPETITE & CHILDRENS MENU

<i>Egg and Chips*</i>	
<i>Beans and Chips</i>	
<i>Egg and Beans</i>	<b>£4.50 each</b>
<i>Ham and Chips*</i>	
<i>Sausage and Chips*</i>	
<i>Sausage and Beans</i>	
<i>Sausage and Egg*</i>	<b>£5.00 each</b>
<i>Jumbo Battered Fish Finger and Chips*</i>	
<i>Sausage, Egg and Chips*</i>	
<i>Ham, Egg and Chips*</i>	
<i>Scampi and Chips*</i>	
<i>Chicken Nuggets and Chips*</i>	<b>£5.50 each</b>
<i>Cumbrian Beefburger, with or without Cheese, served on a White Bread Bun with Chips*</i>	<b>£7.00</b>
<i>Small Cumbrian Gammon Steak Served with Chips and a Fried Egg or Pineapple Ring (have both for 50p extra)*</i>	<b>£7.50</b>

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

*Meat supplied by Carrock Meats, Dalston*

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## DESSERT MENU

*Luxury Chocolate Fudge Cake Served Warm with either  
Vanilla Ice Cream, Cream or Custard (Gluten Free Available)*

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

*Gluten Free 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*

***All above £4.50 each***

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

*Strawberry*

*Death by Chocolate*

*Thunder & Lightning (Cinder Toffee)*

***£1.70 each***

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## COFFEE & HOT DRINKS

### **LAVAZZA ITALIAN COFFEE:**

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

**TETLEY TEA** **£1.50**

**FLAVOURED TEA** **£2.00**

*(Camomile & Honey; Fennel; Purple Berries;  
Red Berries; Citrus Ginseng)*

**GALAXY HOT CHOCOLATE** **£3.00**

*Served with squirty cream and marshmallows*

**LIQUEUR COFFEE or HOT CHOCOLATE** **£5.00 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 (Lams Navy Rum)*

*CUBAN (Bacardi White Rum)*

*FRENCH (Courvoisier 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*

**£3.40**

**£13.60**

*Invenio Shiraz – South Eastern Australia*

**£3.40**

**£13.60**

### WHITE

*Invenio Colombard Chardonnay*

*– South Eastern Australia*

**£3.40**

**£13.60**

*Invenio Sauvignon Blanc – France*

**£3.40**

**£13.60**

*Invenio Pinot Grigio – Italy*

**£3.40**

**£13.60**

### ROSE

*Invenio Zinfandel – California*

**£3.40**

**£13.60**

### SEMI SPARKLING WHITE

20cl

75cl

*Vino Spumante Prosecco - Italy*

**£4.25**

**£15.40**