

SOUR NOOK INN & RESTAURANT

LIGHT BITES MENU

AVAILABLE NOON TO 5pm

(Not available Sunday or Bank Holidays if we are busy – sorry)

Freshly Made Sandwiches On Soft White Deli Roll, Multi-Seed Bap or White Baguette Served With a Dressed Salad Garnish:

<i>Cheese</i>	£3.50
<i>Cheese & Onion</i>	£4.00
<i>Tuna Mayonnaise</i>	£4.00
<i>Cumbrian Roast Ham</i>	£4.00
<i>Cumbrian Roast Ham & Cheese</i>	£4.50
<i>Prawns in Sour Nook Cocktail Sauce</i>	£5.00

Add a bowl of homemade soup for £2.00 – please ask at the bar for soup choices.

Toasted Panini Served With a Dressed Salad Garnish:

<i>Cheese & Onion</i>	£5.50
<i>Cheese & Tomato</i>	£5.50
<i>Cheese & Ham</i>	£6.00
<i>Cheese & Tuna Mayonnaise</i>	£6.00

SOUR NOOK INN & RESTAURANT

LIGHT BITES MENU

AVAILABLE NOON TO 5pm

(Not available Sunday or Bank Holidays if we are busy – sorry)

Jacket Potato Served With a Dressed Salad Garnish:

<i>Butter</i>	£4.00
<i>Garlic Butter</i>	£4.50
<i>Cheese</i>	£5.00
<i>Beans</i>	£5.00
<i>Tuna Mayonnaise</i>	£5.00
<i>Cheese & Beans</i>	£6.00
<i>Cheese & Tuna Mayonnaise</i>	£6.00
<i>Prawns in Sour Nook Cocktail Sauce</i>	£6.50
<i>Chilli (Beef or Vegetarian)</i>	£6.50

Sides

<i>Bowl Of Homemade Chips</i>	£2.00
<i>Onion Rings</i>	£2.00
<i>Garlic Baguette</i>	£2.00 (With Cheese £2.50)

SOUR NOOK INN & RESTAURANT

MAIN MENU

AVAILABLE NOON TO 9pm

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

SOUR NOOK INN & RESTAURANT

MAIN MENU Continued

AVAILABLE NOON TO 9pm

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

SOUR NOOK INN & RESTAURANT

MAIN MENU Continued

AVAILABLE NOON TO 9pm

Vegetarian Options:

Homemade Multi-Bean Chilli £8.00

Homemade Aromatic Moroccan Casserole £8.50

Homemade Thai Green Curry £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

SOUR NOOK INN & RESTAURANT

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***

SOUR NOOK INN & RESTAURANT

DESSERT MENU

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

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

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

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

Crunchy Lemon Ice Cream Cake Served with Cream

All above £3.50 each

Regular Ice Cream

(Vanilla, Chocolate or Strawberry)

Small £2.00

Large £3.00

English Lakes Luxury Dairy Ice Cream

(Mint Choc Chip, Rum & Raisin or

Small £3.00

Thunder & Lightning)

Large £4.00

SOUR NOOK INN & RESTAURANT

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	<i>For One</i>	£1.00
	<i>For Two</i>	£1.50

FLAVOURED TEA	£1.50
<i>(Aromatic Green Tea; Fennel & Nettle; Purple Berries; Red Berries; Citrus Ginseng)</i>	

GALAXY HOT CHOCOLATE	£2.30
<i>Served with squirty cream and marshmallows</i>	

LIQUEUR COFFEE or HOT CHOCOLATE	£4.50 each
<i>Rich Italian Coffee or Smooth Hot Chocolate with the spirit of your choice topped with squirty cream.</i>	

<i>IRISH (Jameson Whiskey)</i>	<i>HIGHLAND (Bells Whisky)</i>
<i>RUSSIAN (Smirnoff Vodka)</i>	<i>JAMAICAN (Lambs Navy Rum)</i>
<i>CUBAN (Bacardi White Rum)</i>	<i>FRENCH (Martell Cognac)</i>
<i>IRISH CREAM (Baileys)</i>	<i>TENNESSEE (Jack Daniels)</i>
<i>NEW ORLEANS (Southern Comfort)</i>	
<i>CALYPSO (Kahlua or Tia Maria Coffee Liqueur)</i>	

SOUR NOOK INN & RESTAURANT

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 Sauvignon Blanc – Marlborough,

New Zealand

£13.20

Invenio Pinot Grigio – Italy

£3.30

£13.20

ROSE

Invenio Zinfandel – California

£3.30

£13.20