

**Areet. ‘Ows Fettle? An’ Welcome ter the Estuary Bar an’ Grill, We are proud ter showcase quality local ingredients and food within some traditional Cumbrian Dishes. So grab a chair and enjoy the crack!! If you want to swap stuff about e.g. “I want nee chips but a’l hev mash” of course that’s Areet by us.**

### **La’al Nibbles**

La’al Cumberland Pigs in Blankets

Farmhouse Breads & Local Butter

Belly Pork in Cider Glaze

Tattie Wedges & Hawkshead Relish dip

Silver & Green Rosemary & Garlic Olives

Pork Crackling

BBQ Chicken Wings

Salted Mixed Nuts

(Yan for £2.95 or tethra for £7.50)

### **T’start**

Cumbrian salt beef salad, new potatoes & salad cream £5.95

Garlic wild mushrooms ont toast, topped with black dub blue cheese £5.95

Potted shrimps, salad & bread £6.50

Hot smoked salmon, celeriac remoulade & dill pesto £6.95

Shredded confit duck leg salad, Hawkshead chilli jam, sesame & honey roasted cashew nuts £7.95

### **Bits of this, that and t’other - Plenty as a main for Yan or starter for Tan.**

Farmhouse Board - Cumbrian Meats, Pork Pie, Cumbrian Cheddar, Farmhouse Bread & Pickles £15.95

Vegetable Platter - quiche, cheese & la’al bits fra t’fridge £12.95

Garlic & rosemary baked brie, bread, chutneys & salad £ 11.95

### **Cumbrian Grill, Burgers & bits**

- 10oz Gammon Steak £14.50

- 8oz Sirloin £16.95

### **‘Good big Lumps o’local meat’ served with Roast Tomato, Mushroom & Hand Cut Chips**

8oz Beef Burger & Hawkshead Relish £11.95

3 La’al Burgers- Beef, Pork & Black Pudding, Lamb & Rosemary £10.95

Burger of the Day – see on’t board

Cumberland hot dog served with tomato sauce and English mustard £11.95

**All served with fries, salad & coleslaw**

**Add cheese, onions or bacon for a quid each**

**Add BBQ pulled pork or Cumberland chilli for two quid each**

### **Bits on’t Side**

Chips or Fries £2.50

Onion Rings £2.50

Mixed Salad £2.50

Seasonal Vegetables £2.50

Chilli Beef Fries with Cheese £3.95

Cheesy Chips £3.00

### **Sauces £2.50**

Gravy, Dianne, Peppercorn or Black dub blue (local blue cheese)

## Mains

Local Fish in Cumbrian Beer Batter  
Chips, mushy peas & tartare sauce £11.95

Pie of the Day  
Look on't board

Chargrilled Chicken £12.95  
Caesar risotto

Lakeland Lamb Stew £12.95  
Farmhouse bread

Cauliflower & Cumbrian Farmhouse Cheddar  
Risotto £ 10.95  
Chickpea salsa

'Posh scampi' £15.95  
Cajun battered king prawns, salad, chips

Sweet Potato, White Bean & Spinach  
Cassoulet £11.95  
Gremolata & farmhouse bread

## Puddings

Cheesecake of the day – see specials

Yam Med Sticky Toffee Pudding Toffee sauce  
& Hartley's Vanilla Ice Cream £5.50

Bakewell Tart Hartley's amaretto ice cream  
£5.95

Selection of Ice Cream £4.95

Lemon Parfait, lemon cheese, gingernut  
crumb £5.95

Vanilla Crème Brûlée and yam med jammy  
dodgers £5.95

**Allergens- our team are fully aware of the contents of dishes. If you have any allergens or intolerances please speak to us before ordering**

**Weight- all weights are approximate uncooked measurement.**

**All dishes include VAT@ 20%**

## Cumbrian to English Translator

La'al - Small	Tattie - Potato
Yan - one	Areet - Alright
Tan – two	Hev - Have
Tehtra-Three	Fra - From
Ter – to	Nee – no
Yam Med- Home-Made	
Fra Awwer Yonder- from over there	
Lemon Cheese – lemon curd	

## Most of our local “stuff” comes fra the following suppliers-

### **-Steve at Ravenglass Fish and Game**

Ravenglass ~ seafood

### **-Highgate Turkeys – Cocklakes Farm**

Penrith ~ free range Chicken & Meats

### **-Hawkshead Relish Company**

Hawkshead ~ Chutney and Relish

### **-Silver & Green**

Penrith – Olives & Balsamic Onions

### **-Willow Water**

Flookburgh ~still and sparkling water

### **-Caterite**

Embleton~ Wholesaler

### **-More Bakery**

Kendal~ Artisan Breads

### **-Hartley's Ice Cream**

Egremont~ Ice Cream & Sorbet

### **-Olleco Oil**

Kirby Stephen ~ Cooking Oils

### **-Thornby Moor Dairy**

Thursby ~ Cheese

### **-Lakes Distillery**

Bassenthwaite ~ Gin & Whiskey

### **-Shaw Meats Ltd**

Aspatria ~Cumbrian Chorizo

### **-Appleby Creamery**

Appleby – Cheeses