

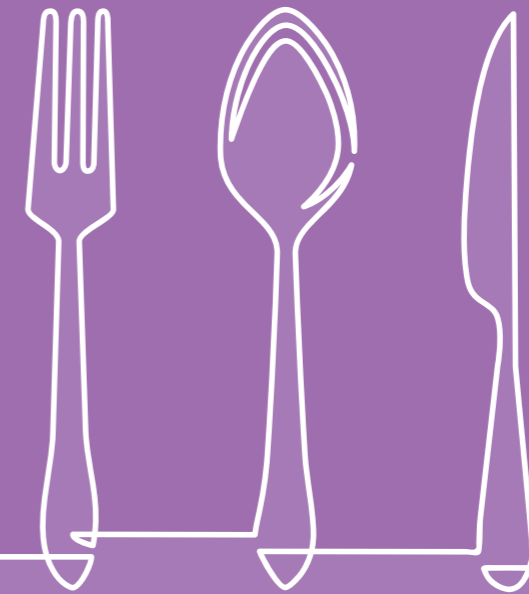
The very best locally sourced food.

1. Watsons Dairys, **LAMPLUGH** - fresh milk and cream
2. Thornby Moor Dairy, **THURSBY** - cheese
3. Gilcrux Springs, **GILCRUX** - trout
4. Hawkshead Relish Company, **HAWKSHEAD** - Westmorland chutney
5. Wilsons, **ASPATRIA** - free-range eggs
6. Carr's Flour Mills, **SILLOTH** - flour
7. Varnycrooks Organic Farm, **THREAPLAND** - salad leaves
8. Caterite, **EMBLETON** - wholesaler
9. Olleco Oils, **KIRKBY STEPHEN** - cooking oil
10. Cartmel Game, **CARTMEL** - sausage
11. Jennings Brewery, **COCKERMOUTH** - real ale
12. Silver & Green Olives, **PENRITH** - olives
13. The Lakes Distillery, **SETMURTHY** - whisky, gin, vodka
14. Hodgson Fish, **HARTLEPOOL** - fish supplies



Trout Hotel

Cockermouth



TERRACE BISTRO
& BAR MENU



“Life without tapas is like a heart without love”

We recommend 2-3 dishes per person as a main meal or order any individual dish as your starter.



Aged under 10 - Your server will bring you a fruit shoot and crayons plus a big activity sheet with your own menu, puzzles and pictures to colour.

Dining Outside - We kindly request that you place your order at the bar and pre-pay. We regret that we cannot raise an account for customers dining outside.

TAPAS & STARTERS

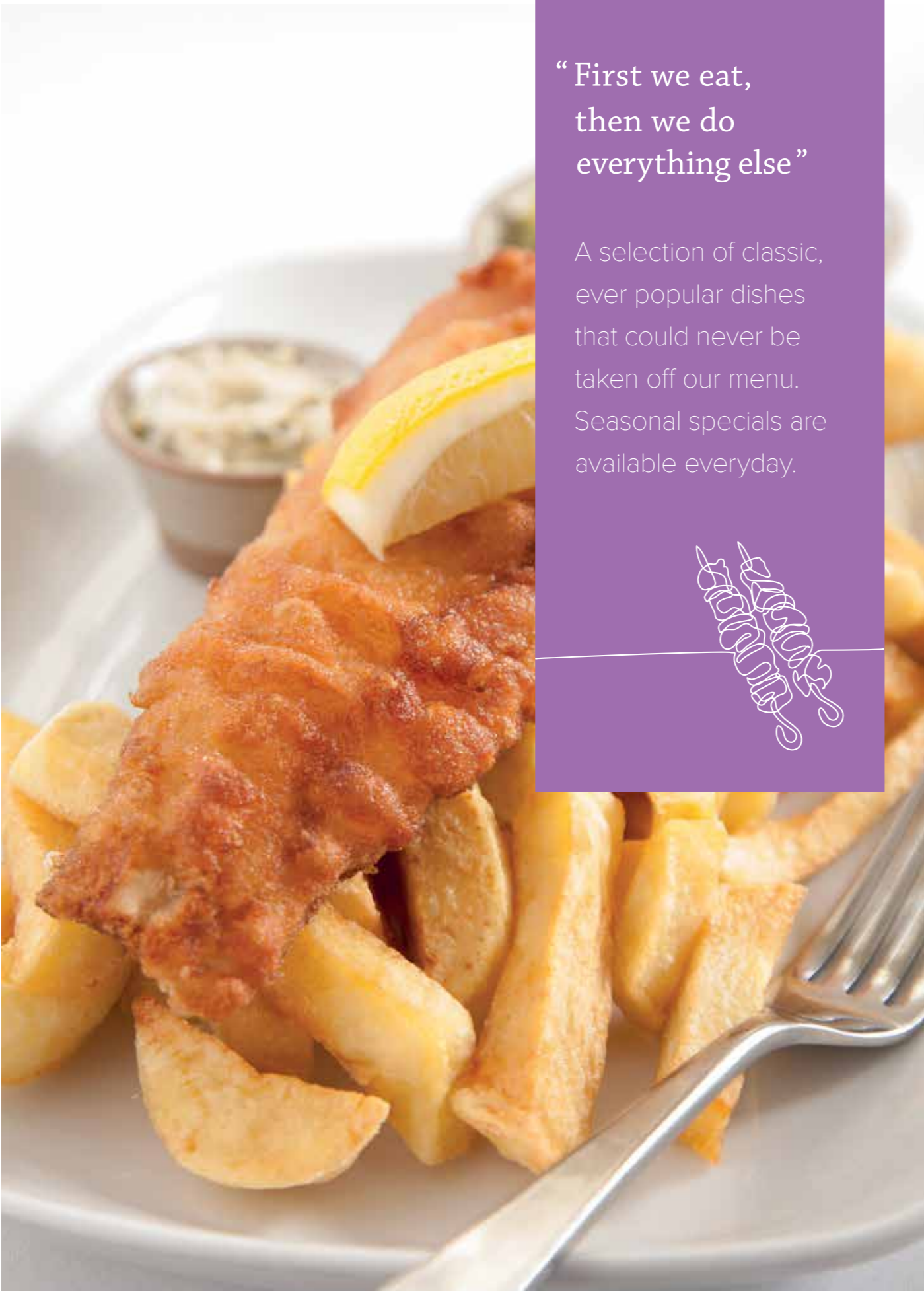
On a Monday & Tuesday from 5pm. Enjoy 3 tapas for £16.95

Tapas

Mixed olives	£4.50
Pan fried prawns - <i>cooked in fresh lime, chilli and olive oil</i>	£7.50
Hot & spicy breaded chicken fillets - <i>garlic aioli</i>	£5.50
Meatballs in tomato sauce	£6.50
Sautéed chorizo with red wine	£6.95
Pigs in blankets - <i>honey & mustard dressing</i>	£6.95
Breaded brie - <i>cranberry dip</i>	£5.50
Haddock fritters - <i>crab mayonnaise</i>	£6.95
Serrano ham & melon	£5.95
Orange, avocado, red onion & black olive salad - <i>dressed with oil and vinegar</i>	£4.95
Bravas potatoes - <i>paprika mayonnaise</i>	£4.95
Butterbean stew - <i>Mediterranean vegetables, rosemary & garlic</i>	£4.95

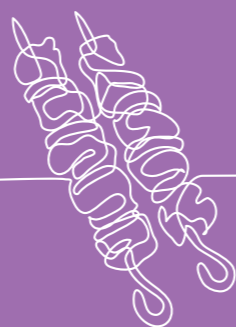
Starters

Haggis scotch egg - <i>neep purée, whisky sauce</i>	£7.25
Curried scallops - <i>coconut & coriander dhal and apple salad</i>	£12.00
Mussels - <i>sausage, tomato & thyme sauce</i>	£8.95
Garlic buttered roasted mushrooms - <i>creamy polenta, garlic sautéed spinach</i>	£6.50
Roast beef carpaccio - <i>beetroot, truffle dressing</i>	£7.95
Mezze board for two, chefs selection	£12.00
Soup of the day - <i>buttered croutons, malty seeded bread</i>	£5.00



“First we eat,
then we do
everything else”

A selection of classic,
ever popular dishes
that could never be
taken off our menu.
Seasonal specials are
available everyday.



MAIN COURSES

Turn the page for side dishes to accompany your meal.

Mains

Jennings beer battered fish of the day - <i>mushy peas, tartare sauce, chips of choice</i>	£14.95
Beef lasagne - <i>dressed house salad, garlic bread</i>	£12.95
Steak & ale pie - <i>seasonal vegetables, creamy mash, gravy</i>	£14.50
Thai green curry - <i>basmati rice, naan bread, mango chutney</i>	<i>Chicken</i> £13.95 <i>Prawn</i> £14.95 <i>Vegetable</i> £12.00
Beef Stroganoff - <i>basmati rice, sour cream</i>	£13.95
Scampi - <i>peas, tartare sauce, choice of chips</i>	£13.95
Fish pie - <i>seasonal vegetables</i>	£13.95
Spanish omelette - <i>dressed salad, choice of chips</i>	£11.50

From the Grill

150g Sirloin steak	£12.00
300g Sirloin steak	£19.00
170g Fillet steak	£23.00
227g Fillet steak	£29.00
<i>All steaks served with flat mushroom, confit tomato, watercress, choice of chips</i>	
Choice of sauce: <i>peppercorn, béarnaise, chimichurri butter</i>	£2.00
Cumberland sausage - <i>creamy mash, kale, smoked onion gravy</i>	£13.95

Salads

	Starter	Main
Fruits de Mer - <i>crisp salad, marie rose sauce, Carr's multi seeded bread</i>	£8.95	£16.95
Winter apple and squash panzanella	£6.95	£12.95
Chicken, bacon, blackpudding and potato salad - <i>poached egg</i>	£7.95	£14.95



SIDES

Something on the side.

Sides

Bread board platter - <i>chimichurri butter, pesto, olive oil & balsamic vinegar</i>	£5.95
Homemade bread	£1.75
Hand cut chips	£3.50
Skinny chips	£3.50
Sweet potato fries	£3.50
Garlic bread	£3.50
Garlic bread glazed with mozzarella cheese	£4.25
Seasonal vegetables	£4.50
Dressed house salad	£3.95

DESSERTS

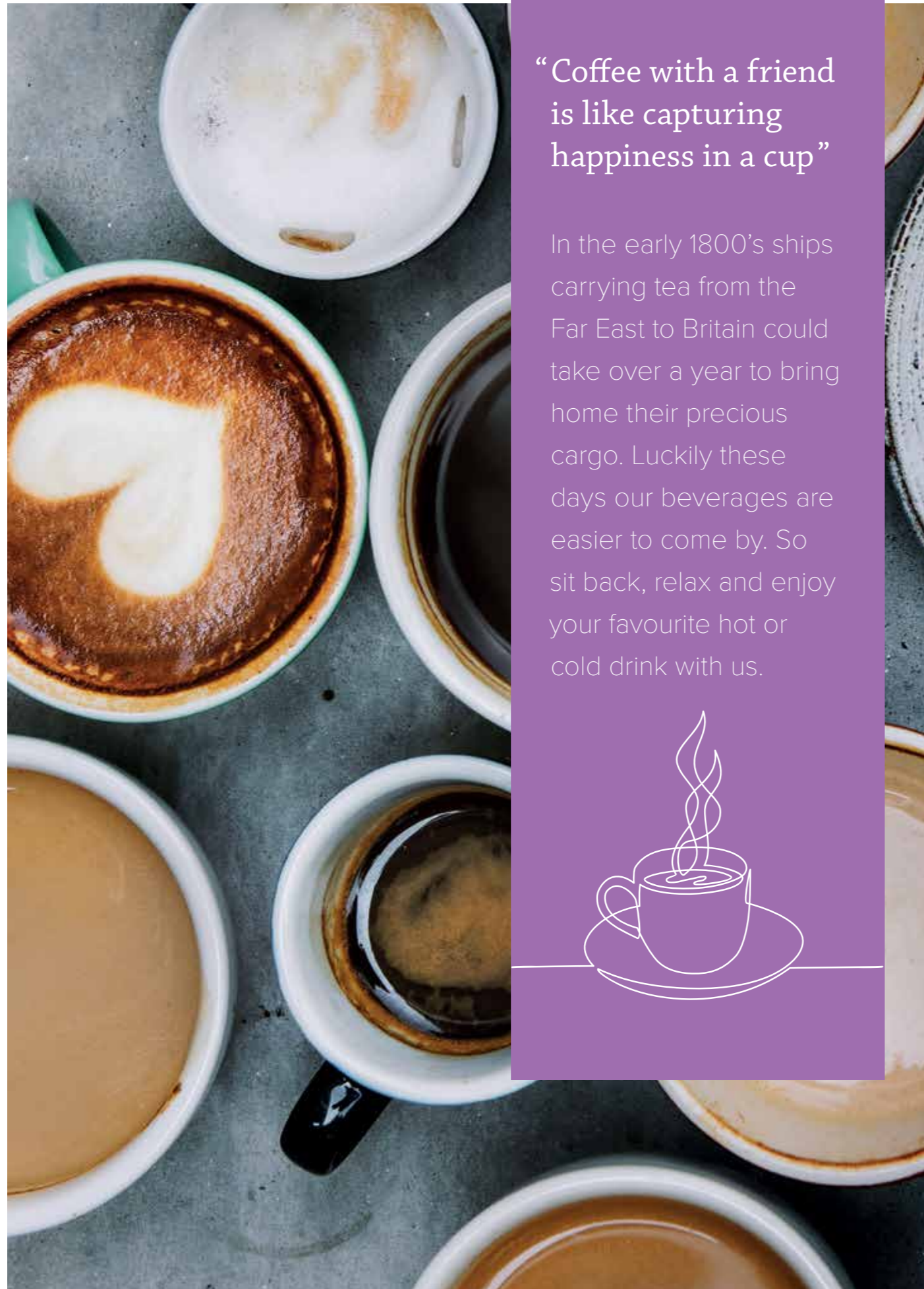
"Stressed is only desserts spelled backwards"

Desserts

Aperol spritz coppa - <i>Aperol ice cream, prosecco gel, lemon meringue, orange cream</i>	£7.50
Soffiato coppa - <i>honeycomb ice cream, butterscotch sauce, chocolate brownie, toffee popcorn, chantilly cream</i>	£7.50
Coffee crème brûlée, shortbread biscuit	£6.00
Spiced pineapple steamed sponge, stem ginger anglaise	£6.00
Apple tarte fine, vanilla ice cream	£6.00
Poached pear mousse, chocolate sauce, vanilla mascarpone, toasted almonds	£6.00
Assiette of Dessert - <i>salted caramel brownie, panna cotta with fruit compote, macaron, carrot cake</i>	£9.95
Cheeseboard - <i>chutney, apple, grapes, celery, Carr's water biscuits</i>	£9.95
Mini dessert & coffee - <i>choose either salted caramel brownie, panna cotta with fruit compote, macaron, carrot cake</i>	£5.00
Mini dessert & The Lakes Distillery Salted Caramel Vodka Liqueur <i>- choose either salted caramel brownie, panna cotta with fruit compote, macaron, carrot cake</i>	£6.00
Mini dessert & The Lakes Distillery Espresso Vodka Liqueur <i>- choose either salted caramel brownie, panna cotta with fruit compote, macaron, carrot cake</i>	£6.00

TO COMPLIMENT YOUR DESSERT WHY NOT TRY A DESSERT WINE FROM PAGE 12, OR LIQUEUR FROM THE LAKES DISTILLERY.





“Coffee with a friend
is like capturing
happiness in a cup”

In the early 1800’s ships carrying tea from the Far East to Britain could take over a year to bring home their precious cargo. Luckily these days our beverages are easier to come by. So sit back, relax and enjoy your favourite hot or cold drink with us.



TEAS & COFFEES

All tea and coffee are served with a shortbread biscuit.

Coffees	Regular	Large
Cappuccino		£3.00
Espresso		£2.60
Americano		£2.85
Flat White		£2.95
Café latte	£3.50	£4.25
Macchiato		£2.75
Mocha	£3.50	£4.25
Teas		
English tea		£2.85
Twining’s teas - <i>Darjeeling, Assam, Earl Grey, Green, Chamomile, Peppermint, Cranberry and Raspberry</i>		£2.95
Hot Chocolate, Smoothies & Milkshakes	Regular	Large
Hot chocolate - <i>served with whipped cream, marshmallows and chocolate sprinkles</i>	£3.60	£4.25
Smoothies - <i>strawberry and banana, raspberry and apple or forest fruits</i>		£4.00
Milkshakes - <i>vanilla, strawberry, chocolate or banana</i>		£4.00



“In victory you
deserve Champagne,
in defeat you need it”

A selection of the
finest wines which we
have carefully picked
to accompany our
seasonal menu.



DRINKS

“Too much of anything is bad, but too much Champagne is just right” - *Mark Twain.*

Sparkling Wines

125ml Bottle

1. Prosecco Galeotti | NV | Italy

£6.50

£25.00

This is a sophisticated wine with expressive aromas of apple and pear mingling with luscious peach, acacia flower and hints of lemon on the palate.

2. Chapel Hill Sparkling Chardonnay | NV | Hungary

£5.00

£19.95

From Hungary's leading sparkling wine producer. Refreshing, clean and crisp, with surprising balance.

Champagne

125ml Bottle

3. Philippe Fourrier Carte d'Or | NV | France

£10.00

£45.00

Beautifully crafted Pinot Noir and Chardonnay blend from a highly respected 8th generation family.

4. Philippe Fourrier Rosé Brut | NV | France

£10.50

£50.00

100% Pinot Noir, delicious strawberry and fresh raspberry inflected full bodied pink Champagne.

5. Laurent Perrier Brut | NV | France

£11.00

£55.00

Dry with citrus and peach notes.

6. Laurent Perrier Rosé Brut | NV | France

£15.00

£70.00

Fresh and crisp with soft red fruit. One of Champagne's superstar rosés, delivering rich complexity!

7. Louis Roederer Cristal 2009 | Vintage | France

£250.00

Champagne royalty for the discerning connoisseur.

SEE PAGE 18 FOR DETAILS ON OUR FIZZ FRIDAY OFFER

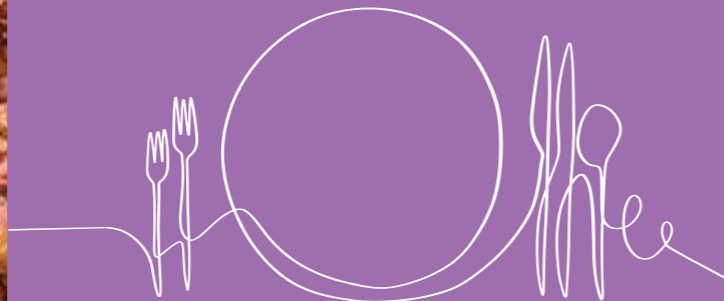
White Wine	Bottle	500ml	250ml	175ml
8. Aves Del Sur Sauvignon Blanc 2016 Chile <i>A superior Chilean Sauvignon with all the refreshing crispness this easy drinking varietal delivers when carefully vinified.</i>	£22.00	£14.80	£7.60	£5.60
11. Earth Series Malborough Sauvignon Blanc 2016 NZ <i>Surprising complexity and vibrant layered fruit drive through to the lengthy finish on this excellent Malborough example.</i>	£30.00	£20.25	£10.25	£7.70
12. Galeotti Pinot Grigio 2018 Chile <i>Evolved from the Pinot Nero, it has a coppery colour, and for the most part, vinified in white. Dry, sapid and persistent.</i>	£22.00	£14.80	£7.60	£5.60
16. Talisman Grüner Veltliner 2016 Hungary <i>A beautiful dry wine made from the late ripening Gruner Veltliner grape. Aromas of citrus fruit and green herbs with nuances of white peppered warm spice.</i>	£25.00	£16.80	£8.55	£6.80
17. Sea Mountain Chardonnay 2017 South Africa <i>On the nose this wine has refreshing flavours of citrus peel and pineapple. The palate is delicately creamy with hints of peach and lemon blossom.</i>	£24.00	£16.25	£8.20	£6.45
18. Footprint Chenin Blanc Semillon 2017 South Africa <i>Juicy, tropical fruit flavours of Chenin Blanc complements the pear and citrus flavours of Semillon.</i>	£26.00	£17.40	£8.90	£7.20
Rose Wine	Bottle	500ml	250ml	175ml
23. Le Grand Noir Rosé Grenache Syrah 2017 France <i>Fresh, seductive and vibrant, packed with layers of fruit flavours.</i>	£26.00	£17.40	£8.90	£7.20
24. Sierra Creek Zinfandel Rosé NV California <i>Full throttle off-dry Californian white Zinfandel, easy drinking and bursting with sunshine!</i>	£19.50	£13.35	£6.80	£5.10

Red Wine	Bottle	500ml	250ml	175ml
26. La Vedette Merlot 2016 France <i>Well rounded and nicely textured fruit driven Merlot with a touch of spicebox and white pepper!</i>	£22.00	£14.80	£7.60	£5.60
27. Château Les Fougères Saint Emilion 2015 France <i>Red fruit and blackberry aromatics lead seamlessly to a plum and cherry laden palate with a slightly smoky finish. Excellent with lamb dishes.</i>	£39.00			
28. Alto De Mayo Malbec 2017 Argentina <i>Alto de Mayo takes its name from an Argentine mountain and also signifies the end of the grape harvest. Like the mountain the wine is to be explored, enjoyed and offers a true expression of the Malbec grape variety.</i>	£26.00	£17.40	£8.90	£7.20
31. Sea Mountain Limestone Shiraz 2017 South Africa <i>Authentic exuberant Shiraz aromatics of fruitcake, espresso and sweet oak spice.</i>	£26.00	£17.40	£8.90	£7.20
33. La Umbra Pinot Noir 2016 Romania <i>A medium dry harmonious red wine that displays classic varietal characteristics. This Pinot Noir is a fresh, elegant wine, full of cherry and raspberry flavours and hints of ripe strawberry.</i>	£25.00	£16.90	£8.55	£6.70
35. Santa Digna Cabernet Sauvignon 2016 Chile <i>Top quality Cabernet made by the iconic Miguel Torres Family. Exquisite varietal aroma over rich hints of leather and liquorice. Silky tannins on the palate and an elegant finish.</i>	£28.00	£18.80	£9.50	£7.40
36. Rioja Joven Navardia Tempranillo (O) 2017 Spain <i>Joven is an unoaked fresh style of Rioja. In the mouth, it combines intensity with smoothness, well rounded tannins, abundant fruit, black licorice, length and pleasant after taste.</i>	£28.00	£18.80	£9.50	£7.40
Dessert Wines	Bottle	100ml	50ml	
38. Bon Courage Muscadelle 2015 South Africa (750ml) <i>This delicious classic 'sticky' is all about aromatics from the Muscadelle grape, sometimes blended into Sauternes.</i>	£30.00	£8.00	£4.00	
39. Stanton & Killeen Dark Muscat Australia (250ml) <i>This late-harvested lightly fortified Muscat comes from Rutherglen in Victoria. Floral Muscat aromas pave the way for fruitcake and Demerara sugar flavours all balanced out by refreshing acidity and mouth-coating softness. This is a world-class pudding wine.</i>	£35.00	£10.00	£5.50	



Its prominence in British culture is such that in a UK poll it ranked second in a list of things people love about Britain.

Quintessentially British, the Sunday Roast is a family affair, a time for generations to come together and enjoy good food and good company.



SUNDAY ROASTS

The Terrace Bistro and Bar is our chic and contemporary dining venue.

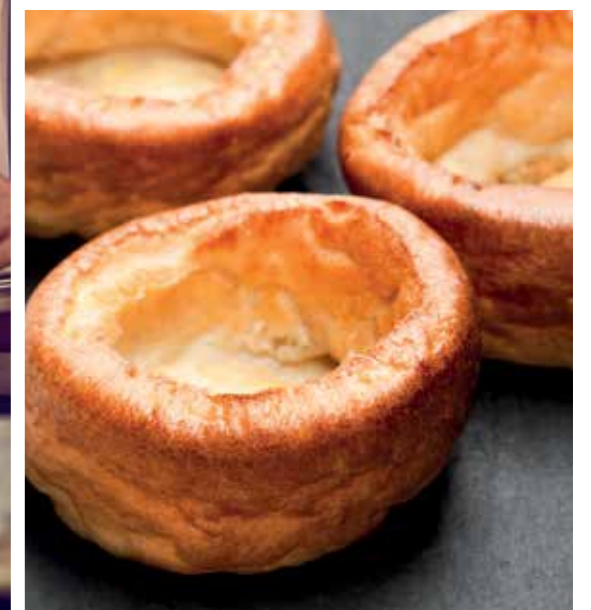
Traditional roast beef with all the trimmings

£9.95

The Derwent Restaurant is our elegant AA Rosette awarded restaurant.

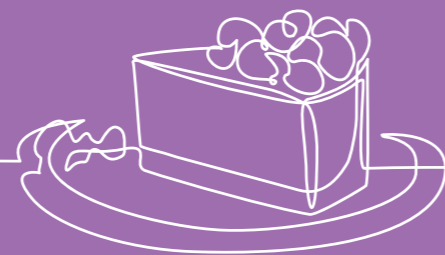
Three course sunday lunch

£22.95



Afternoon tea was introduced in England by Anna, the seventh Duchess of Bedford in the year 1840.

At the time it was usual for people to take only two meals a day, breakfast and dinner at around eight o'clock. The Duchess started having sandwiches and cake in her boudoir during the late afternoon. Later friends were invited to join her and afternoon tea was born.



AFTERNOON TEA

Served 2pm - 5pm

Afternoon Tea		£20.00pp
served with:	<i>The Lakes Gin & Tonic</i>	£28.00pp
	<i>Laurent Perrier Brut</i>	£28.00pp
	<i>Laurent Perrier Rosé</i>	£30.00pp

Reservations required

Individual cake stands with a selection of sandwiches and sweet treats.

We will be happy to box what you don't eat for you to take home.





LIVE SPORTS

Dine and drink whilst watching all the live sports action unfold on our 76" Sony High Definition TV. All Premier League, UEFA Champions League, UEFA Europa League, Internationals and FA Cup matches. Plus, all the other major sporting events.

LIVE MUSIC

7pm - 9pm - Reservations recommended

Come on down on the last Sunday of every month to the Terrace Bistro & Bar and enjoy live music while you dine or sip a cocktail.

BRING YOUR OWN BOTTLE

5pm - 9pm - Reservations recommended

Whatever your favourite, bring your own bottle to the Terrace Bistro & Bar on the first Wednesday of every month and we will provide the glasses, chillers, open and pour it for you.

FIZZ FRIDAY

From 5pm

What a better way to start the weekend than with extra special prices on bottles of Prosecco, sparkling wine and Champagne.

KIDS EAT FOR £1

During school holidays, each grown up ordering a main course from the Terrace Bistro and Bar menu can claim a child's main course, dessert and drink for £1 from the children's menu.

BISTRO WEEK

During selected weeks throughout the year join us for our Bistro Week and enjoy two courses for £12 or three for £15 from our special set menu.

PICK UP OUR EVENTS BROCHURE WITH BESPOKE OFFERS JUST FOR YOU INSIDE.

Children's Halloween party, Breakfast with Santa, Beaujolais Dinner, Burns Supper, Gin Masterclasses, Whisky Masterclasses, Fireworks Supper, Sunday Lunches, Valentines, Ginuary, Mother's Day, Father's Day.

THERE'S ALWAYS SOMETHING HAPPENING AT THE TROUT HOTEL,
COME AND JOIN US.