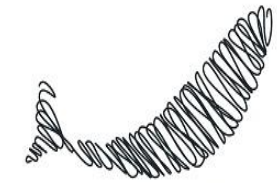


The Trout Hotel



STARTERS/ LITE BITES

Mixed olives	4.95
Soup of the day, malty seeded bread	8.75
Salt & pepper squid, sweet chilli sauce	7.75
Haggis Scotch egg, whisky, wholegrain mustard mayonnaise	8.75
Pork and chicken liver terrine, red onion marmalade, toasted brioche.	9.25
Prawn cocktail, Marie rose sauce, brown bread & butter	10.95
Smoked salmon, capers, silverskin onions, lemon, brown bread & butter	11.50
Flash fried prawns, chilli, lemon, parsley	8.75
Goats cheese & chive soufflé	10.50
Compressed melon, mulled mine jelly, dressed leaves	8.00
Garlic bread slices	5.50
Garlic bread slices with mozzarella cheese	6.50

SIDES

Dressed house salad	4.50
Seasonal vegetables	4.00
Hand cut chips	4.00
Skin on Fries	4.00
Onion rings	4.00
Malty seeded bread	2.75

SALADS

Fishermans salad: prawns, crab, crayfish, trout & smoked salmon, salad & bread	12.00/19.95
Rare Thai beef salad, Chilli, nuts, Asian dressing	10.95/19.25
Pulled chicken salad, chilli, nuts, hoisin & sesame dressing	10.95/19.95

MAIN COURSES

Chicken curry of the day, boiled rice, naan bread & mango chutney	19.75
Quiche of the day, new potatoes & dressed Salad	16.00
Chicken burger, skin on fries, mayo dip	18.00

FISH

Beer battered haddock & hand cut chips, mush peas, tartare sauce	19.75
Scampi, hand cut chips, garden peas, tartare sauce	18.25
Scottish salmon, griddled potatoes, spinach, samphire & crayfish cream sauce	20.95
Seabass fillet, boiled potatoes, samphire with lemon caper butter sauce	21.95
Cod loin, spinach risotto, roasted cherry tomatoes, chorizo crisps, glazed baby onions	22.00

MEAT

Duo of pork, slow cooked pork belly, pan fried loin, butternut squash puree, seasonal vegetables, crushed new potatoes and tarragon jus	21.95
Lasagne, garlic bread, dressed salad	18.75
Chicken schnitzel, fried egg, truffle mayonnaise, skin on fries and dressed salad	19.75

FROM THE GRILL

Cumberland sausage, smoked mashed potatoes, seasonal vegetables, onion gravy	18.75
Sirloin steak, confit tomato, mushroom, watercress, hand cut chips, peppercorn sauce	150g/300g 22.00/30.00
Fillet steak, confit tomato, mushroom, watercress, hand cut chips, peppercorn sauce	150g/300g 29.95/37.75
Lindsays of Cockermonth Ribeye steak, mushroom, confit tomato, watercress, handcut chips, peppercorn sauce	8oz 35.00

Dietary requirement menu available, please ask your server.

For guests with dietary requirements please ask your server for our

Sundays- 12 Noon until late.

Roast sirloin of beef	14.95/18.95
Half Roast Chicken	14.95/18.95
Nut roast	15.95

All served with roast potatoes, mashed potatoes, seasonal vegetables, gravy & Yorkshire pudding