

COLD DRINKS

Coke **£1.95**
Diet Coke **£1.95**
San Pellegrino lemon **£2.50**
San Pellegrino blood orange **£2.50**
Mineral water (still or sparkling) **£2.25**
Cordial **£1.00**
Belvoir sparkling elderflower presse **£2.95**
Orange juice **£2.25**
Apple juice **£2.25**
Cranberry juice **£2.25**
Milk **£1.25**

MILKSHAKES £3.95

Vanilla, chocolate, banana or strawberry. Made using fresh fruit and English Lakes ice cream.
Chocolate and banana £4.25

COKE FLOAT £3.50

Coke & English Lakes ice cream.

MIXED BERRY SMOOTHIE £3.75

MANGO & BANANA SMOOTHIE £3.75

ICED COFFEE £3.25

ICED TEA £3.25

Peach, lemon or raspberry

HOT DRINKS

We serve Lavazza coffee – “the best in town”.
Decaffeinated tea and coffee, skimmed and soya milk also available. Add a flavoured syrup for 50p extra.

AMERICANO

Regular **£1.80**
Large **£2.20**

ESPRESSO

Regular **£1.80**
Large **£2.20**

CAPPUCCINO / FLAT WHITE

Regular **£2.00**
Large **£2.40**

LATTE £2.40

CHAI LATTE £3.25

BAILEYS LATTE £5.50

WINTER WARMER £5.50

Americano coffee with a shot of whisky, rum, brandy or Tia Maria

IRISH COFFEE £5.50

MOCHA £3.25

A delicious combination of chocolate and coffee.

HOT CHOCOLATE £2.95

with marshmallows and/or cream **£3.50**

TEA

per person **£1.75**
Earl Grey **£1.95**
Herbal Tea **£1.95**

ALCOHOLIC DRINKS

HOUSE WINES

Please ask the staff for details of our current selection

125 ml glass **£3.95**

175 ml glass **£4.95**

250 ml glass **£6.50**

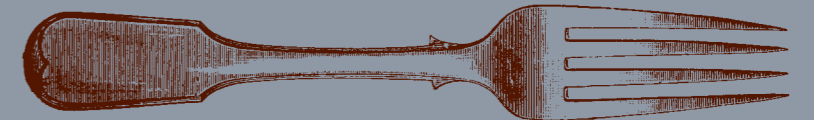
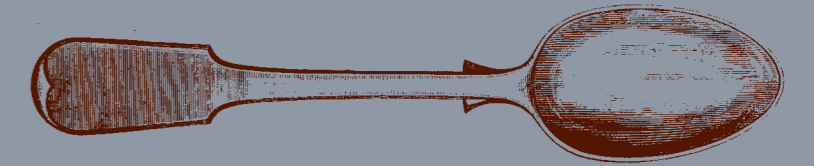
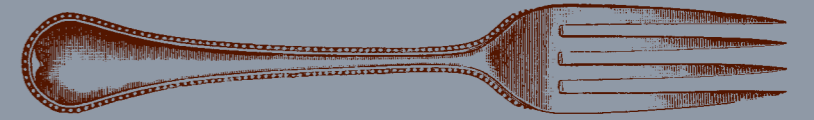
75cl bottle **£16.75**

CHILLED LAGER

Nastro Azzurro Peroni 330ml **£3.75**

REAL ALES

Jennings Cumberland Ale or one of our guest ales
500ml **£4.50**



The Narrowbar Café

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FOOD

BREAKFAST MENU

FULL ENGLISH £6.95

2 rashers of bacon, 2 thin Cumberland sausages, fried egg, baked beans and grilled fresh tomato served with toast.

VEGETARIAN BREAKFAST £6.50

Hash browns, mushroom, fried egg, baked beans and grilled fresh tomato served with toast.

EXTRAS: hash browns, mushroom, black pudding, haggis (or an extra portion of anything else): £1 veg items £1.50 meat items.

MONSTER BREAKFAST £9.75

2 rashers of bacon, 2 thin Cumberland sausages, fried egg, hash browns, mushroom, black pudding (or haggis), baked beans and grilled fresh tomato served with toast.

BACON BUTTIE OR ROLL £3.95

BACON & EGG ROLL £4.50

BACON & SAUSAGE ROLL £4.95

SAUSAGE ROLL £3.95

DOUBLE FRIED EGG ROLL £3.75

BLT £4.95

EGGS BENEDICT £7.50

Toasted English muffin topped with 2 poached eggs, 2 rashers of bacon and creamy hollandaise sauce.

FRENCH TOAST £7.25

Eggy bread served with golden syrup and 2 rashers of bacon.

LOCAL FREE RANGE EGGS OF YOUR CHOICE £3.95

Scrambled, poached or fried eggs on toast.

PORRIDGE £3.50

Served with golden syrup and hot milk on the side.

TOAST £1.95

Toasted white or granary bread served with butter and jam.

LIGHT SNACKS

HOME MADE TOASTED TEA CAKE £2.95

Served with butter and jam.

CRUMPETS £2.75

Served with butter and jam or with melted cheese (for an extra 75p).

CURLY FRIES £3.25

With a garlic dip.

SWEET POTATO FRIES £3.95

CHILLI NACHOS £6.95

Tortilla chips with melted cheese and homemade chilli (beef or veg), topped with sour cream and jalapeno chilli peppers.

HOME BAKED ROLL £1.50

A freshly baked bread roll, served with butter.

LUNCH MENU

HOMEMADE DAILY SPECIALS

Please check the blackboards for details.

HOMEMADE SOUP OF THE DAY £4.95

Served with a freshly baked bread roll.

SANDWICH £5.50

On white or granary bread. Served with a side salad and homemade coleslaw.

Choose from the following fillings:

- Tuna mayonnaise
- Ham and red onion marmalade
- Cheese savoury
- Homemade houmous & salad

SOUP AND SANDWICH DEAL £7.95

HOMEMADE QUICHE OF THE DAY £7.25

Served with a side salad and homemade coleslaw.

CLUB SANDWICH £7.95

Grilled chicken breast served on a lightly toasted crusty bloomer, layered with bacon, lettuce, tomato and Cajun mayo.

TORTILLA WRAPS £7.50

Served with a side salad and homemade coleslaw.

Filled with your choice of the following:

- Fresh breadcrumb chicken with lettuce and caesar dressing
- Fresh breadcrumb chicken with lettuce and barbeque sauce
- Tuna mayonnaise, peppers and red onion
- Spicy roasted vegetables, houmous and lettuce
- Falafel, houmous, tzatziki and salad

PANINI £6.75

Served with a side salad and homemade coleslaw.

- Ham, mature cheddar and red onion marmalade
- Bacon and brie
- Roasted vegetable and mozzarella
- Tuna melt
- Goat's cheese, roasted vegetables and olives
- Mozzarella, tomato and pesto

PLOUGHMAN'S LUNCH £7.50

A hunk of brie or mature cheddar, served with roast ham, homemade chutney, coleslaw and mixed salad served with our homemade bread.

HEALTHY ALTERNATIVE £6.25

Toasted wholemeal pitta bread with olives, homemade houmous and tzatziki. Served with homemade coleslaw and mixed salad.

FALAFELS £7.50

Served in a wholemeal pitta with a dressed salad, houmous and tzatziki.

OVEN BAKED JACKET POTATO £6.75

with a side salad and homemade coleslaw. Add your choice of filling:

- Tuna mayonnaise
- Bacon and brie
- Cheese and coleslaw
- Homemade vegetable or beef chilli with cheese
- Cheese and beans

SALADS

WARM GOAT'S CHEESE BRUSCHETTA £7.50

served on a bed of dressed leaves with olives, sun-blushed tomatoes and pesto.

CHICKEN CAESAR SALAD £7.50

Fresh breadcrumb chicken on a bed of lettuce and topped with Caesar salad dressing, parmesan cheese and croutons.

FRESH MOZZARELLA, TOMATO AND PESTO SALAD £7.50

on a bed of mixed leaves, with olives and sun-blushed tomatoes.

CHILDREN'S MENU (FOR UNDER 10S)

CHICKEN & CURLY FRIES £4.95

Home crumbed chicken goujons.

SAUSAGE, CURLY FRIES & BEANS £4.95

KIDS SANDWICH £4.50

Ham, cheese or tuna mayo on white or granary.

HALF A JACKET POTATO £4.75

With any (or all) of these toppings: cheese, beans, tuna mayo.

DESSERTS

We use English Lakes ice cream

FRUIT CRUMBLE £4.95

With seasonal filling, served with cream or ice cream.

STICKY TOFFEE PUDDING £4.95

Served with cream or ice cream.

CHOC BROWNIE ICE CREAM SUNDAE £5.25

Made with the Narrowbar's chocolate brownie.

BANOFFEE ICE CREAM SUNDAE £5.25

With banana, crumble pieces and toffee sauce.

2 SCOOPS OF ICE CREAM £3.50

Vanilla, strawberry or chocolate.

Food served until 4pm. Everything is freshly prepared to order. Please allow extra time for service at busy periods. Gluten-free bread & rolls available on request.



DRINK

The Narrowbar Café