



## BURGERS

All our burgers are served on a brioche bun with a mixed leaf garnish, coleslaw, a frickle and your choice of chunky chips, regular fries, Paprika fries or spicy chilli fries,. Upgrade your fries to Halloumi fries for £3 (why not add onion rings for £1)

### Bank £11.95

Seasoned cumbrian beef burger patty, tomato, lettuce, pickles and relish.

### Bank Cheese n Bacon £12.95

Seasoned Cumbrian beef burger patty, a thick slab of melted cheddar, crispy bacon, tomato, lettuce, pickles and relish.

### Italian Chicken £11.95

Seasoned breaded chicken breast topped with a rich,tangy tomato sauce and grated cheese

### Moving Mountains Burger £10.95

Packed with plant protein, an irresistible juicy and succulent plant-based burger.

*(Be sure to check with your Teller about any special burgers we may have)*



## THE GRILL MAINS

10 oz Sirloin	£19.95
10oz Rump	£17.95
10oz Fillet	£26.95
8oz Gammon (served with Egg & Pineapple)	£14.95
Chicken Breast	£14.95
Bank Mixed Grill	£24.95

For the really hungry. Gammon, sausage, rump steak, lamb chop, chicken breast, black pudding, mushrooms and grilled tomato.

### Chicken Shish £16.95

Chunks of chargrilled chicken breast, lightly seasoned and served on a bed of shredded lettuce and mixed leaves

### Salmon Fillet £18.95

A lightly seasoned grilled salmon fillet served in a light lemon & lime drizzle, served with a mixed leaf garnish

#### Potato Choices

Chunky Chips  
Regular Fries  
Spicy Fries  
Paprika Fries  
Sweet Potato Fries (Add £1)  
Halloumi Fries (Add £3)  
Oven Roasted  
Jacket  
Garlic Herb & Butter Mashed (Add £1)

#### Vegetable Choices

Oven Roasted  
Mixed Leaf Salad

#### Add a sauce

Peppercorn £2.50  
Stilton £2.50  
Garlic, Honey, chilly £2.50  
Spicy, tangy tomato £2.50  
Sweet n Sticky BBQ £2.50  
Garlic Butter £1.50



## SALADS

### From the Green House.

### Garden Salad £9.95

Light and simple. Mixed lettuce, seasonal leaves, fresh sliced cucumber, fresh sliced tomatoes, diced peppers, onions & grated carrot, (optional croutons 50p)  
(Add chargrilled chicken £1.50)

### Nicoise Salad £11.95

Mixed lettuce, seasonal leaves, Tuna, Anchovies, capers and olives, free range eggs, seasonal mixed leaves, cucumber, tomato and dressing.

### Chicken Caesar £11.95

A Classic Salad containing mixed lettuce, seasonal leaves grilled chicken breast, anchovies, croutons, free range eggs, Parmesan cheese shavings, Rocket, mixed seasonal leaves and a classic Caesar dressing.

### Chicken, Bacon & Avocado Salad £10.95

(when available)  
Grilled chicken breast, crisped bacon and sliced avocado top a seasonal mixed leaves salad with fresh tomato and a honey mustard dressing.

### Chilli Tuna Salad £10.95

Light, filling and a little spicy, this salad contains mixed lettuce, seasonal leaves, sliced red peppers, diced red onions, diced chillies, Rocket leaves all drizzled with a chilli infused olive oil dressing.



## MAINS

### Hunters Chicken £16.95

A grilled chicken breast cooked in our own homemade Sweet n Sticky BBQ sauce topped with bacon and melted cheddar cheese.

### Rack of Ribs £16.95

A rack of slow cooked ribs slow roasted in the oven, served in our own home made glaze.

### Lamb Shank £19.95

A succulent and juicy lamb shank, slow roasted & cooked in the oven, served in a red wine and lightly minted sauce.

### Mushroom Stroganoff £12.95

Diced & whole mushrooms cooked with onions, Paprika and a dash of French mustard served in a rich, creamy, red wine sauce.

### Chicken Stroganoff £17.95

Chunks of chargrilled chicken breast cooked with diced mushrooms, onions, Paprika and a dash of French mustard served in a rich, creamy, red wine sauce.

### Beef Stroganoff £22.95

Chunks of 100% chargrilled fillet steak cooked with diced mushrooms, onions, Paprika and a dash of French mustard served in a rich, creamy, red wine sauce.

### Beer Battered Fish & Chips £12.95

A traditional classic. A Cod fish fillet lightly floured and dipped in our on homemade beer batter served with thick cut chips and peas.

### Sea Bass £18.95

Two fresh Sea Bass fillets lightly floured, cooked in the oven & served with fresh pesto drizzle, fresh chillies & cherry tomato. Served with a mixed leaf garnish.



## SIDES

Chunky Chips	£2.80	Oven roast veggies	£2.50
Regular Fries	£2.80	Homemade coleslaw	£2.00
Spicy Fries	£2.80	Grilled mini cob	£3.00
Paprika Fries	£2.80	Onion Rings	£2.50
Sweet Potato fries	£3.30	Mixed Leaf Salad	£2.50
Halloumi Fries	£4.50	Boiled Rice	£2.00
Jacket	£2.50		
Garlic, herb, butter mashed potatoes	£3.00		



## PIZZA

Made with our own homemade dough. Why not change your tomato base to a Sweet n Sticky BBQ base for 75p

*(Gluten free options available please ask your Teller.)*

### Margherita £10.95

Tomato base, Oregano, Mozzarella cheese & topped with fresh Basil

### Pollo £11.95

Tomato base, Oregano, Mozzarella cheese, chargrilled chicken strips, peppers and sweetcorn

### Pepperoni £11.95

Tomato base, Oregano, Mozzarella cheese & spicy Salami

### Vegetariana £11.50

Tomato base, Oregano, Mozzarella cheese, mushrooms, spinach, mixed peppers, red onions and fresh tomato.

### Porcellino £11.95

Tomato base, Oregano, Mozzarella cheese, sliced ham, crispy bacon & sliced pork sausage

### Hawaii £11.95

Tomato base, Oregano, Mozzarella cheese, sliced ham, crispy bacon & pineapple chunks

### Meat Feast £12.95

Tomato base, Oregano, Mozzarella cheese, sliced ham, sliced sausage, crispy bacon, spicy Salami, chargrilled chicken & beef



## PASTA

*(Gluten free options are available, please ask your Teller for details).*

### Pasta Bake £11.50

Penne pasta cooked in our own homemade rich & creamy bolognese sauce, topped with Mozzarella cheese and finished in the oven.

### Penne 'Mac' & Cheese £11.95

Penne pasta cooked in our own homemade rich & creamy cheese sauce, topped with Mozzarella cheese and finished in the oven.

### Pasta Terra £10.50

Your choice of either penne or spaghetti with mixed peppers, cherry tomatoes, fresh spinach, red onions and courgette all cooked in a rich tomato sauce.

### Spaghetti Bolognese £10.95

Spaghetti pasta cooked in our own homemade rich & meaty bolognese sauce

### Lasagne £11.50

Homemade beef lasagne served with a slice of garlic toasted baguette and your choice of chunky chips, regular fries, Paprika fries or spicy chilli fries. Upgrade your fries to Halloumi fries for £3),

All of our produce is locally sourced and all main courses are served with your choice of either our potato or rice dishes alongside our vegetable options.

# MAIN MENU



## BREADS

- Bread Board** £6.95  
 A selection of our breads, butter, Olive oil & Balsamic vinegar
- Garlic Breads & Focaccias** made with our own homemade dough. Gluten free options available, please ask your Teller.
- Focaccia** £5.95  
 Pizza base, lightly salted, drizzled in Olive oil and sprinkled with Rosemary
- Garlic Bread Plain** £5.95  
 Pizza base, sprinkled with crushed garlic and herbs
- Garlic Bread Tomato** £6.50  
 Pizza base, sprinkled with crushed garlic, herbs and a lightly seasoned tomato sauce
- Garlic Bread Cheese** £6.50  
 Pizza base, sprinkled with crushed garlic and herbs, covered in Mozzarella
- Garlic Bread Spicy** £6.50  
 Pizza base, sprinkled with crushed garlic, herbs and a lightly seasoned tomato sauce, fresh chilli, red onion & fresh basil.



## STARTERS

- Homemade Soup** £4.95  
 Fresh homemade soups all served with a bread roll and butter.  
*(please ask your Teller for daily options)*
- Bruschetta** £5.95  
 Two pieces of toasted garlic baguette topped with diced vine tomato, red onion, seasoned Olive oil, topped with fresh Basil and Parmesan flakes.
- Breaded Mushrooms** £6.95  
 Fresh mushrooms, twice coated in our own seasoned breadcrumbs, deep fried & served with a mixed leaf garnish and garlic mayonnaise.
- Chicken Wings** £6.95  
 Oven roasted chicken wings served in our own home made sauce. Choose from Sweet n Sticky BBQ, Spicy Chilly Tomato or Chilly-Honey-Garlic Glaze.
- Prawn Cocktail** £7.50  
 Shredded Iceberg lettuce, grated carrots, fine sliced avocado, topped with prawns and homemade Marie Rose sauce.  
*(Add smoked salmon optional £1.50)*
- Paté** £7.50  
 Our own homemade chicken liver pate lightly seasoned and slow cooked with cream, onions and a splash of brandy served with sliced garlic toasted baguette and butter.
- Calamari** £8.95  
 Lightly floured and deep fried squid served with Tartar sauce.
- Filo Prawns** £6.95  
 King prawns wrapped in filo pastry and fried, lightly seasoned with pink Himalayan salt and cracked black pepper.
- Half Rack of Ribs** £8.95  
 Half rack of pork ribs slow roasted in the oven, served in our own home made glaze.  
*Choose from: Sweet n Sticky BBQ, Spicy Chilly Tomato or Chilly-Honey-Garlic*

