



# The Punch Bowl

Barrows Green

## Starters

<b>Homemade Soup</b> served with crusty bread and butter	<b>£6.50</b>
<b>Farmhouse Pâté</b> served with salad garnish, chutney, toasted brown bread and butter	<b>£7.50</b>
<b>Classic Prawn Cocktail</b> served on a bed of salad, Marie Rose sauce, brown bread and butter	<b>£8.50</b>
<b>Combo for One</b> chicken wings, breaded mushrooms, potato wedges, onion rings served with salad garnish and BBQ dipping sauce	<b>£8.95</b>
<b>Chicken Goujons</b> served with salad garnish and a choice of sweet chili or BBQ dipping sauce	<b>£6.95</b>
<b>Garlic Ciabatta Bread</b> <b>add Cheese</b>	<b>£5.50</b> <b>£1.00</b>
<b>Homemade Pea and Mint Fritters</b> served with a salad garnish and homemade cranberry chutney	<b>£6.95</b>



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## Main Courses

**Homemade Pie of the Day** **£16.95**

served with seasonal vegetables and a choice of homemade chips, mash, or buttered new potatoes

**Fresh Beer Battered Fish and Homemade Chips** **£16.95**

served with mushy peas

**add Bread and Butter** **£1.00**

**Burrow's Gammon Steak, Egg and Pineapple** **£17.95**

served with seasonal vegetables and a choice of homemade chips or buttered new potatoes

**Liver and Onions** **£14.95**

served with seasonal vegetables, creamy mashed potatoes and onion gravy

**add Bacon** **£1.50**

**Whitby Scampi** **£14.95**

served with homemade chips, peas and tartar sauce

**Burrow's Cumberland Sausage** **£15.00**

served on creamy mashed potatoes with seasonal vegetables and onion gravy



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<b>Lasagne</b>	<b>£14.50</b>
served with side salad and garlic ciabatta bread	
<b>Curry of The Day (see specials board)</b>	<b>£15.95</b>
Served with rice, chips or ½ & ½	
<b>Sliced Cold Ham and Eggs</b>	<b>£13.95</b>
served with seasonal vegetables and a choice of homemade chips or buttered new potatoes	
<b>Cheese and Bacon Burger</b>	<b>£14.75</b>
served on a brioche bun with side salad and homemade chips	
<b>Vegetarian Lasagne (v)</b>	<b>£13.75</b>
served with side salad and garlic ciabatta bread	
<b>Spinach and Ricotta Cannelloni (v)</b>	<b>£13.95</b>
served with side salad and garlic ciabatta bread	
<b>Penang Vegetable Curry (v)</b>	<b>£14.50</b>
served with naan bread, mango chutney and a choice of basmati rice, homemade chips or half rice-half chips	



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## Lunch Menu

served from 12.00pm-2.30pm

**Soft, Floured Baguettes** served with side salad and  
homemade coleslaw. Choice of filling: **£7.95**

Cheese and Red Onion (v)

Ham Salad

Tuna Mayo

Prawn in Marie Rose sauce

Brie, Bacon and Cranberry

**add a small portion of homemade chips**

**£2.00**

**add a cup of homemade soup**

**£2.50**

**Jacket Potatoes** served with side salad. Choice of filling:

Cheese

**£8.50**

Beans

**£7.95**

Cheese and Beans

**£8.75**

Tuna Mayonnaise

**£8.50**

Cheese and Homemade Coleslaw

**£8.95**



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Prawns in Marie Rose sauce

**£8.95**

## Children's Menu

### **Homemade Fish Bites and Chips**

**£7.95**

exactly the same as our main fish and chips just more manageable for little mouths

### **Breaded Chicken Nuggets**

**£7.95**

served with a choice of homemade chips, creamy mash and seasonal vegetables or beans

### **Fish Fingers**

**£7.95**

in golden breadcrumbs served with homemade chips and a choice of seasonal vegetables or beans

### **Tomato and Mascarpone Pasta**

**£7.95**

served with garlic ciabatta bread  
option: topped with cheese

### **Mini Kids Pizza served with Homemade Chips**

**£7.95**

The Punch Bowl, Barrows Green, Kendal, Cumbria LA8 0AA  
Telephone: 015395 60267 E-mail: [punch.bowl.fm.com](mailto:punch.bowl.fm.com)



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Cheese and Tomato  
Pepperoni  
Ham and Pineapple

## Dessert Menu

<b>Cartmel Sticky Toffee Pudding</b> served with ice cream, cream or custard	<b>£6.95</b>
<b>Homemade Apple Pie</b> served with ice cream, cream or custard	<b>£6.95</b>
<b>Traybake of the Day (see specials board)</b> served with ice cream, cream or custard	<b>£6.95</b>
<b>Cheesecake of the Day (see specials board)</b> served with ice cream, cream or custard	<b>£6.95</b>
<b>Ice-cream Sundae</b> Toffee Strawberry Chocolate	<b>£6.95</b>



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