

Starters

Smoked Salmon and Prawn Salad (GF)

Served with capers and a lemon and black pepper mayonnaise £8.50

Main course option £16.95

Cauliflower Fritters

Cauliflower deep fried in a tempura batter served with side salad and a sweet chilli dipping sauce £7.50

Chicken Goujons

Served with salad garnish and a choice of BBQ or sweet chilli dipping sauce
£8.50

Creamy Garlic Mushrooms

Served on toasted sourdough with a side salad £8.50

Goats Cheese and Beetroot Salad (GF)

Warm goats cheese served on a bed of salad with a balsamic glaze £7.50

Main course option £14.95

Main Menu

Homemade Pie of the Day

Individual golden short crust pastry pie (see specials for today's fillings) served with seasonal veg and a choice of potatoes £17.95

Fish and Chips

Fresh haddock cooked in a crispy beer batter served with mushy peas, home cooked chips and tartar sauce £18.95

Scampi & Chips (GF option available)

Golden Whitby Scampi served with home cooked chips, mushy peas and tartar sauce £16.95

Hand Carved Ham and Eggs(GF) (Salad option available)

Served with chips and seasonal vegetables £16.95

Lasagne

Fresh egg pasta layered with rich bolognese sauce topped with creamy bechamel sauce and mozzarella with side salad and garlic bread £16.95

Lambs Liver

Cooked in a rich onion gravy served on a bed of creamy mash with seasonal vegetables £15.95 Add bacon £1.50

Pan Fried Seabass (GF) (Salad option available)

Served with garlic butter, new potatoes and seasonal vegetables £17.95

Chicken Breast

Served with champ mash, seasonal vegetables and a wholegrain mustard sauce
£17.95

Sides

Chips £3.50

Onion Rings £3.00

White or Brown Bread £2.50

Garlic Ciabatta £5.50

Garlic Ciabatta with Cheese £6.50

Parmesan and Truffle chips £4.50

Burgers

Cheese and Bacon Burger

Tender locally sourced beef burger topped with mature cheddar cheese, bacon, little gem lettuce and beef tomato served in a toasted brioche bun with chips and salad £16.96

Hungry?.....why not add another burger £2.50

Halloumi Burger (v)

Grilled halloumi burger topped with chilli jam in a toasted brioche bun with homecooked chips and salad £15.95

Panko Chicken Burger

Fresh chicken breast cooked in panko crumb in a toasted brioche bun with mayonnaise homecooked chips and side salad £15. 95

Vegetarian

Vegetarian Wellington

Butternut squash and lentils in golden puff pastry served with side salad and a choice of potatoes £16.95

Vegan Penang Curry (V) (GF)

Served with naan bread, mango chutney served with rice, chips or ½ & ½ £16.95

Mediterranean Vegetable Pasta

The Punch Bowl

Barrows Green

Mediterranean vegetables and tagliatelle pasta cooked in a rich tomato and basil sauce served with garlic bread £15.95

Lunch Menu

Served 12:00-2:30pm

Sandwiches

Served on White or Brown bloomer bread with side salad and homecooked chips £11.95

Choice of fillings:

Cheese and Red Onion (v)

Ham Salad

Tuna Mayo

Posh Beer Battered Fish Fingers with tartar sauce

Smoked Salmon and Avocado

BLT

Smoked Salmon and Cream Cheese

Warm Paninis served with side salad and homecooked chips £12.95

Halloumi, avocado and hot honey

Brie bacon and cranberry

Southern fried chicken, mozzarella & BBQ sauce

Tuna melt

Children's Menu

All £9.95

Homemade Fish Fingers and Chips

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

Breaded Chicken Nuggets

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

Lasagne

Same as the main menu just a smaller portion served with salad and garlic ciabatta

Cheese Burger

Served in a toasted brioche bun with homemade chips and side salad

Pizza

Cheese and tomato

Pepperoni

Ham and pineapple

Served with homemade chips

Add 2 scoops of ice cream for £1.50

Chocolate, vanilla or strawberry

Dessert Menu

Cartmel Sticky Toffee Pudding

Served with ice cream, cream or custard £7.95

Homemade Apple and Cinnamon Crumble

Served with ice cream, cream or custard £7.95

Raspberry Fool

Raspberry puree mixed with fresh whipped cream and topped with whole raspberries £6.95

Chocolate Brownie

Served with cream or ice cream £6.95

Ice-cream Sundae

Toffee

Strawberry

Chocolate

£6.95

The Punch Bowl Barrows Green