

# FOOD MENU

(V) Vegetarian/Option Available (GF) Gluten Free/Option Available (VG) Vegan/Option Available

## Mains

<b>Soup</b>	<b>5.00</b>
<i>(see board—served with bread or a cheese scone)</i>	
<b>Smashed Avocado</b> (V) (GF) (VG)	<b>5.50</b>
<i>on our own sourdough with chilli flakes</i>	
<i>Add a poached egg</i>	<b>6.50</b>
<i>Add smoked salmon / streaky bacon</i>	<b>7.50</b>
<b>Cumbrian Eggs Benedict</b> (V) (GF)	<b>6.50</b>
<i>(not after 3pm)</i>	
<i>on our own breakfast muffins and with our own hollandaise sauce</i>	
<i>Add smoked salmon, avocado, or streaky bacon</i>	<b>7.00</b>
<b>CK Eggs Benedict 'The Big One'</b> (GF)	<b>8.50</b>
<i>(not after 3pm)</i>	
<i>Cumbrian—style Eggs Benedict on our own Breakfast muffins with our own hollandaise sauce plus salted brisket, jalapenos and Cumberland Honey Mustard</i>	
<b>Cumbrian Rarebit</b> (V) (GF) *	<b>6.50</b>
<i>Made with Loweswater Gold and served on our own Beacon Brown Bread with Hawkshead Chutney</i>	
<b>Ploughman's Lunch</b> (V) (GF)	<b>9.00</b>
<i>CK Roasted Ham, pickles, Hawkshead Westmorland Chutney, Cumberland Honey Mustard, Bread and Butter Pickle and gorgonzola and smoked cheddar. Served with a basket of bread</i>	

<b>Bacon or Cumberland Sausage Sandwich</b>	
<i>Served on a white or wholemeal roll with side salad</i>	
<i>With relish</i>	<b>4.50</b>
<i>With brie or onions</i>	<b>5.00</b>
<i>With brie and onions</i>	<b>5.50</b>
<b>Warm Cheese Scone</b> (V)	<b>6.50</b>
<i>Duo of scones served with a side salad</i>	
• <i>Brie and Hawkshead Westmorland Chutney</i>	
• <i>Gorgonzola and Hawkshead Red Onion Marmalade</i>	

## Sandwiches

<i>Served with coleslaw, crisps and a side salad.</i>	
<i>Choice of white/wholemeal roll, rye sourdough or GF</i>	
<i>Chicken with lemon mayo and rocket</i>	<b>7.50</b>
<i>CK Roasted Ham and Mustard</i>	<b>7.50</b>
<i>Smoked Salmon with capers and cream cheese</i>	<b>8.00</b>
<i>CK Brisket, B&amp;B pickle, mustard &amp; cheese</i>	<b>8.00</b>
<i>Mozzarella, pesto and sunblushed tomatoes</i> (V)	<b>7.00</b>
<i>Hummus, avocado and peashoots</i> (VG)	<b>7.00</b>
<b>Goats' Cheese Salad</b> (V)	<b>8.50</b>
<i>With sticky balsamic roasted red peppers, crisp leaves and toasted pine nuts</i>	
<b>The CK Salad</b> (V)	<b>6.50</b>
<i>Crisp leaves, rocket, peashoots, cucumber, red pepper, cherry tomatoes. Served with our own dressing. Add chicken/cheese (1.50) Add Smoked Salmon (2.00)</i>	

## Sides

<b>Marinated olives</b> (V) (GF) (VG)	<b>4.00</b>
<b>Toasted Garlic Sourdough</b> (V) (VG)	<b>4.00</b>
<b>Triple Dipper</b> (V) (GF) (VG)	<b>5.00</b>
<i>Olive oil, balsamic vinegar and hummus with bread and olives</i>	
<b>Hummus and Crispbreads</b> (V) (VG)	<b>5.50</b>
<i>Regular or roasted red pepper</i>	
<b>Tomato Bruschetta</b> (V) (VG)	<b>5.00</b>
<i>On toasted sourdough</i>	

## Waffles

 (V) (GF option) (VG)

Basic Waffle	<b>3.50</b>
Extra Waffle	<b>2.50</b>
<i>All waffles served with a maple/agave syrup</i>	
<u>Toppings (all 1.00)</u>	<u>Syrups (all 0.50)</u>
Streaky Bacon	Toffee Fudge
Fruit Compote	Chocolate Sauce
Whipped Cream	100% Maple Syrup
Nutella	
Fresh berries	
Vanilla Ice Cream	
Vegan Vanilla Ice Cream	

# BREAKFAST MENU

(V) Vegetarian/Option Available (GF) Gluten Free/Option Available (VG) Vegan/Option Available

## All Day Items

<b>Bread Basket</b> (V) (GF) (VG)	<b>3.00</b>
<i>A sample of our breads. Can be toasted. Served with jam, marmalade, lemon curd or marmite. Add bacon for 1.50</i>	
<b>Toast (per slice)</b> (V) (GF) (VG)	<b>0.75</b>
<i>with jam, marmalade, lemon curd or marmite</i>	
<b>Bacon or Cumberland Sausage Sandwich</b>	
<i>Served on a white or wholemeal roll with side salad and our own relish</i>	
<i>With brie or onions</i>	<b>4.50</b>
<i>With brie and onions</i>	<b>5.00</b>
<i>With brie and onions</i>	<b>5.50</b>
<b>Porridge</b> (V) (VG)	<b>3.50</b>
<i>Add fruit of syrup</i>	
<b>'The Lakes Mues'</b> Muesli (V) (VG)	<b>3.50</b>
<b>Smashed Avocado</b> (V) (GF) (VG)	<b>5.50</b>
<i>on our own sourdough with chilli flakes</i>	
<i>Add a poached egg</i>	<b>6.50</b>
<i>Add smoked salmon / streaky bacon</i>	<b>7.50</b>

## Available until 11am

<b>The CK Breakfast</b>	<b>8.00</b>
<i>Bacon, egg, Cumberland Sausage, black pudding, tomato, mushroom, beans and toast</i>	
<b>The CK Veggie Breakfast</b> (V) (GF) (VG)	<b>7.00</b>
<i>Vegetarian sausage, egg, tomato, mushroom, beans and toast</i>	
<b>The CK Stack</b>	<b>6.50</b>
<i>Black pudding, poached egg and bacon on a muffin</i>	
<b>Eggs On Toast</b> (V) (GF)	<b>5.00</b>
<i>Scrambled or poached</i>	

## Available until 3pm

<b>Cumbrian Eggs Benedict</b> (V) (GF)	<b>6.50</b>
<i>on our own breakfast muffins and with our own hollandaise sauce</i>	
<i>Add smoked salmon, avocado, or streaky bacon</i>	<b>7.00</b>
<b>CK Eggs Benedict 'The Big One'</b> (GF)	<b>8.50</b>
<i>Cumbrian –style Eggs Benedict on our own Breakfast muffins with our own hollandaise sauce plus salted brisket, jalapenos and Cumberland Honey Mustard</i>	

*Don't forget our  
Café-Bar every  
Friday night.  
Pizzas served  
from 4pm to 9pm*

*Have you been to  
our bakery in Market  
Place? Pop along  
and buy some real  
bread.*