

# Main Menu

## Welcome to The Royal Oak

Here at the Royal Oak we source our food as locally as possible. Our talented kitchen team ensure time and effort is put into every dish. If you have any dietary requirements, please speak to a member of the team.

### WHILE YOU WAIT

<b>Artisan Bread Selection (v)</b>	4.45
Honey, Sunflower and rosemary focaccia breads with dipping oil & balsamic and red pepper hummus	
<b>Garlic Bread (v)</b>	3.75
Freshly baked served with or without cheese	
<b>Olive Selection (ve)(df)(gf)(v)</b>	3.75
<i>Please ask for today's flavour</i>	

### STARTERS

<b>Homemade Soup (v)(ga)</b>	5.45
With rustic bread and butter topped with crunchy croutons	
<b>Thai Style King Prawns (gf)</b>	7.45
Whole king prawns marinated in coriander, garlic and chilli on cucumber ribbons	
<b>Oven Baked French Brie (v)(ga)</b>	6.25
Served with red onion marmalade, seasonal dressed leaves and artisan dipping bread	
<b>Crispy Whitebait</b>	6.25
Served on fresh leaves with a harissa mayonnaise	
<b>Royal Oak Deli Board (ga)</b>	12.25
Cartmel valley games smoked salmon, air dried ham, hot garlic prawns, roast chorizo, marinated olives, red pepper hummus and artisan bread	

### SIDES

Bowl of Chips	3.95
Side Salad	3.45
Fresh Vegetables	3.45
Steak sauce (Peppercorn, Diane, Blue Cheese)	3.50

### JOIN US FOR SUNDAY LUNCH

Selection of meats available served with new potato, roast potato, vegetables, gravy and of course Yorkshire pudding.

1 Course	12.95
2 Course	14.95
3 Course	16.95

### OUR MAINS

<b>Gourmet Steak Burger (8oz)</b>	11.95
Using locally sourced beef served in a soft flamed bap, with baby gem, tomato, cucumber, mayonnaise and our house chutney and a side of chips	
<b>Mixed Grill (df)</b>	20.95
Rump steak (5oz), gammon steak (5oz), Cumberland sausage, lamb chop, black pudding, grilled tomato, sautéed field mushrooms, beer battered onion rings and choice of potatoes	
<b>Sirloin Steak (10oz) (df)(ga)</b>	19.95
Cooked to your liking, served with grilled tomato, sautéed field mushrooms, beer battered onion rings and choice of potatoes	
<b>Rump Steak (10oz) (df)(ga)</b>	18.95
Cooked to your liking, served with grilled tomato, sautéed field mushrooms, beer battered onion rings and choice of potatoes	
<b>Gammon Steak (10oz) (df)(gf)</b>	13.95
Served with fresh pineapple, free range egg, seasonal salad leaves and choice of potatoes	
<b>Cartmel Valley Game's Cumberland Sausage</b>	13.25
Sat on wholegrain mustard mash with sticky caramelised onion gravy	
<b>Beer Battered Fish &amp; Chips</b>	13.25
Using Robinsons award winning ale and served with our traditional tartare sauce, mushy or garden peas	
<b>Cumbrian Steak &amp; Ale Pie</b>	13.95
Succulent pieces of Cumbrian beef steak in short crust pastry	
<b>Fish Pie</b>	13.95
A selection of fresh fish in a creamy fennel sauce, topped with creamed potatoes, lemon herbs and English cheese crust	
<b>Roasted Mediterranean Vegetable Lasagne (v)</b>	11.95
Topped with creamy bechamel, fresh parmesan and basil pesto drizzle served with seasonal salad leaves and freshly baked garlic bread	
<b>Falafel Burger (v)(ve)</b>	10.95
A healthy vegan option served with tomato salsa and green salad in a toasted pitta bread finished with a vegan garlic sauce	

### ALLERGEN INFO

Please make us aware of any allergens you may have  
(v) - Vegetarian (ve) - Vegan  
(gf) - Gluten Free (df) - Dairy Free  
(ga) - Gluten Free Option Available