



NIBBLES WHILE YOU WAIT

French Rosemary Almonds
Green Olives with Lemon & Oregano
Indonesian Peppered Cashews
£2-25 each or all three for £5-95

STARTERS

- Morecambe Bay Potted Shrimps GF** £9-95
A local speciality served warm in spiced butter.
- King Prawns GF** £8-95
Sauté with garlic and chilli served with ciabatta
- Spiced Cauliflower Fritters GF V** £7-95
With spicy mango Mayo.
- Fried Halloumi GF V** £8-45
Loaded with sweet chilli sauce, mayonnaise and fresh herbs.
- Pork Ribs GF DF** £8-45
Marinated in a rich Jack Daniel's™ BBQ glaze with ciabatta bread.

DAILY SPECIALS

Our daily specials take pride of place on our chalkboard, featuring the best of fresh, local and seasonal produce. Here you'll find more of our fresh fish dishes, homemade pies and speciality game. Favourites include fresh seafood, shellfish, Cartmel Valley Game casseroles, Venison and Pheasant.

Welcome to The Pheasant Inn, a family run free house owned by the Jones family since 2005. We take pride in delivering fresh local produce. Our aim is to provide an excellent service and a great atmosphere. We are a small independent company employing local people. We don't add a service charge to bills and tipping is at your discretion but be assured that if you do leave a gratuity our team receive it!

MAIN DISHES

- Minted Lamb Shoulder GF** £23-95
Slow roasted and tender lamb shoulder with mashed potatoes, green beans and a rich minted gravy.
- King Prawn and Chorizo Linguine DF** £17-45
Bound in a tomato, garlic & chilli sauce with Parmesan shavings.
- Seabass Fillet GF** £19-95
Pan fried in lemon and coriander butter upon chorizo fried potatoes and green beans.
- Beef Rendang GF DF** £17-45
A spicy Indonesian style coconut stew made with Cumbrian beef served with steamed rice and green beans.
- Vegetable Balti GF DF Ve** £15-95
An Indian inspired curry with a rich tomato, onion and tangy tamarind sauce with spinach, cherry tomato, potato and pulses. Served with rice, bread and mango chutney.
- Beef Lasagne** £17-45
Lasagne layered with minced beef in a rich tomato sauce finished with melted cheese. Served with garlic bread and a mini superfood salad.
- Chicken Tikka Masala GF** £16-95
A medium/hot Indian style masala curry with Cumbrian chicken breast & thigh meat, peppers and onions. Served with rice, bread and mango chutney.

ON THE GRILL

- Fillet Steak Medallions GF** £33-95
Two 4oz Higginson's prime beef fillet medallions (8oz) cooked medium served upon garlic sauté potatoes with mushrooms and cherry tomatoes. Finished with crispy fried onions, a drizzle of fiery peppercorn sauce and green beans.
- Black Garlic Brisket Beef Burger** £15-95
Higginson's award winning butchers' 6oz black garlic brisket beef burger topped with cheese, salad, and burger sauce in a bun with skin on fries.
- Falafel Burger V Ve** £15-45
With sweet chilli mayo, salad and smashed avocado in ciabatta bread with skin on fries.
- Chicken Skewers GF DF** £16-45
Roasted garlic and sea salt marinated chicken breast. Served with twice cooked chips, mini superfood salad and garlic aioli.

PUB CLASSICS

- Fish and Chips GF DF** £16-95
Fresh fish fillet in crisp beer batter cooked traditionally in beef dripping with twice cooked chips and mushy peas. (Haddock or cod dependent on daily fish market availability.)
- Fishermans Platter** £18-45
Fresh fish goujons, whole tail breaded scampi and mini prawn cocktail with twice cooked chips & sweet chilli dipping sauce.
- Cumberland Sausages** £16-45
Cartmel Valley Game Supplies Cumberland sausages upon mashed potatoes with a rich Cumberland jus and crispy fried onions.
- Ham, Egg and Chips GF DF** £16-45
Home roast honey and grain mustard glazed ham with fried eggs, twice cooked chips and garden peas.

Please inform staff of any dietary requirements before ordering and we will be happy to advise you. Please be aware that whilst we take care to cater for your dietary requirements, we cannot completely eliminate the risk of cross contamination due to the extensive amount of ingredients used within our menu. Highlighted dishes can be adapted to suit the following allergens but staff must be made aware; **GF-gluten free, DF-dairy free, V-vegetarian and Ve-vegan.** Furthermore, please be aware that whilst some dishes are made with vegetarian/vegan ingredients, preparation and cooking methods may not be strictly vegetarian or vegan. Fried foods are at increased risk.



SUPERFOOD SALADS

Giant cous cous, shredded lettuce, grated carrot, grated beetroot, cherry tomatoes, roasted pumpkin seeds, chopped dates and fresh herbs tossed with a ponzu dressing.

Choose from;

Roasted garlic and sea salt marinated chicken breast skewers GF DF £16-45

Cartmel Valley Game Supplies flaked hot smoked salmon and prawns GF DF £17-45

Fried halloumi GF V £15-95

LUNCH TIMERS SERVED MONDAY - SATURDAY 12-3PM

Open Sandwiches £11-45

Served with twice cooked chips.

Choose from;

Prawn Marie Rose,

Tasty Lancashire Cheese and Tomato, Home roast honey and grain mustard ham.

Hot Ciabattas £11-45

Served with twice cooked chips.

Choose from;

Cartmel Valley Game Supplies

Cumberland sausage and onion,

Bacon, Lettuce and Tomato with mayonnaise,

Crispy beer battered fish, lettuce and tartare sauce.

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YOUNG DINERS AND OLD TIMERS A LIGHTER PORTION OF MENU FAVOURITES FOR THE SMALLER APPETITE

Fish and Chips GF DF £11-45

Fresh fish fillet in crisp beer batter cooked traditionally in beef dripping with twice cooked chips and mushy peas. (Haddock or cod dependent on daily fish market.)

Scampi and Chips £10-45

Whole tail breaded scampi, real chips twice cooked in beef dripping and garden peas.

Cumberland Sausage £9-95

Cartmel Valley Game Supplies Cumberland sausage with fried egg, twice cooked chips, garden peas and onion ring.

Ham, Egg and Chips GF DF £9-95

Home roast honey and grain mustard glazed ham with fried egg, twice cooked chips and garden peas.

Mac 'n' Cheese £8-95

Creamy cheesy pasta served with garlic ciabatta bread.

Fillet Steak GF £20-45

Higginson's prime beef fillet medallion (4oz) cooked medium upon garlic sauté potatoes with mushrooms and cherry tomatoes. Finished with crispy fried onions, a drizzle of fiery peppercorn sauce and green beans.

Kiddies Favourites

**Includes a simply fruity,
squash or juice
£9-95**

**Ideal for younger children with
smaller appetites.**

Fish Goujon GF DF
Higginson's pork sausages
Chicken Nuggets
Served with chips and
Heinz baked beans.



SUNDAY ROAST

The great British Sunday
roast served every
Sunday from 12pm

DESSERTS

Cartmel sticky toffee pudding served warm with ice-cream, English double cream or vanilla custard. V **£7-50**

Cartmel sticky ginger pudding served warm with ice-cream, English double cream or vanilla custard. V **£7-50**

Rich Belgian chocolate brownie served warm with vanilla ice cream. V **£7-50**

Homemade fruit crumble served with vanilla custard. V **£7-50**

Ice-cream sundaes **£7-50**
with Brucciani ice-cream and finished with English whipped cream;
Rich chocolate brownie,
Knickerbockerglory or banoffee

Gluten free sticky toffee pudding **£7-95**

Dairy free chocolate chip and orange pudding **£7-95**

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