



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!

## Nibbles while you wait

French Rosemary Almonds  
Green Olives with Lemon & Oregano  
Indonesian Peppered Cashews.  
**£2.75 each or all three for £6.75**

## Starters

- King Prawns GF DF** **£10.10**  
Sauté with garlic and chilli served with ciabatta.
- Goats cheese, crushed pistachio, pickled onion and honey salad GF** **£9.80**
- Hot honey Halloumi GF V** **£9.60**  
Garnished with fresh chillies.
- Morecambe Bay Potted Shrimps GF** **£11.10**  
A local speciality served warm in spiced butter. Subject to availability.
- Spiced Cauliflower Fritters GF DF V** **£9.60**  
With spiced mango Mayo.
- Pork Ribs GF DF** **£9.60**  
Marinated in Gau's Jack Daniel's BBQ sauce garnished with spring onions and chillies.

## 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, homemade pies, Cartmel Valley Game casseroles, Venison and Pheasant.

## Main Dishes

- Fillet Steak Medallions GF DF** **£39.10**  
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.
- Chicken Breast GF** **£19.50**  
with Lancashire black pudding and peppercorn sauce, crispy fried baby potatoes and greens.
- Minted Lamb Henry GF DF** **£27.30**  
A Cumbrian specialty- slow roasted and tender minted lamb shoulder with a rich minted gravy upon colcannon mashed potatoes and greens.
- Shellfish linguine** **£21.60**  
King prawns and mussels in white wine and garlic linguine with chilli finished with Parmesan and garlic croutons.
- Pan-Fried Sea Bass and Miso-Maple Sauce GF DF** **£22.95**  
with tenderstem broccoli, sticky jasmine rice and pineapple salsa.
- Beef Rendang GF DF** **£20.60**  
A spiced Indonesian style coconut stew made with Cumbrian beef served with sticky jasmine rice and green beans.
- Vegetable Balti GF DF Ve** **£18.50**  
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** **£19.50**  
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** **£19.50**  
A medium/hot Indian style masala curry with Cumbrian chicken breast & thigh meat, peppers and onions. Served with rice, naan bread and mango chutney.
- Fish Taco** **£20.95**  
Fresh beer battered haddock goujons and king prawns in a large flour tortilla with pickled salsa verde, avocado and honeyracha. Served with skin on fries.

## The Great British Sunday Roast

Served every Sunday from 12pm until stocks run out. Choice of meats and a veggie option with Yorkshire pudding, gravy and fresh vegetables.

**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 sometimes through substitution 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.

We have a zero-tolerance abuse policy and ask that you treat our staff and others with respect whilst on our premises. We also operate a challenge 25 policy for the service of alcohol.

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## Burgers

- Black Garlic Brisket Beef Burger** **£18.00**  
Higginson's award winning butchers' 6oz black garlic brisket beef burger topped with cheese, crispy onions and mayo. Served with skin on fries and slaw.
- Buttermilk chicken burger** **£18.00**  
Rocket, pickles and honeyracha. Served with skin on fries and slaw.
- Beetroot burger V Ve** **£18.00**  
Veggie burger with beetroot, courgette, carrot and chickpeas with smashed avocado, halloumi, rocket leaves, honeyracha and mayonnaise.

## Pub Classics

- Fish and Chips GF DF** **£19.00**  
A firm Pheasant favourite- Fresh haddock fillet in crisp beer batter cooked traditionally in beef dripping with twice cooked chips and mushy peas.  
**Add chip shop curry sauce** **£3.95**
- Scampi and Chips DF** **£19.00**  
Wholetail breaded scampi, real chips twice cooked in beef dripping and garden peas.
- Cumberland Sausages DF** **£18.30**  
Cartmel Valley Game Supplies Cumberland sausages, colcannon mashed potatoes with a rich red wine gravy and garden peas. Finished with crispy fried onions.
- Ham, Egg and Chips GF DF** **£18.30**  
Home roast honey and grain mustard glazed ham with fried eggs, twice cooked chips and garden peas.



THE  
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## 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.

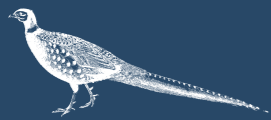
Choose from;

**Goats cheese, pickled onion, honey and pistachios GF £18.00**

**Pastrami and Blacksticks blue cheese £19.95**

**Prawns and flakes of Cartmel Valley hot smoked salmon GF DF £20.60**

**Fried hot honey halloumi GF V £17.50**



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## Young Diners & Old Timers

A LIGHTER PORTION OF MENU FAVOURITES FOR THE SMALLER APPETITE

**Fish and Chips GF DF £12.95**

A firm Pheasant favourite- Fresh haddock fillet in crisp beer batter cooked traditionally in beef dripping with twice cooked chips and mushy peas.

**Scampi and Chips DF £11.95**

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

**Cumberland Sausage DF £11.95**

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

**Ham, Egg and Chips GF DF £11.95**

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

**Tomato & goats cheese pasta V £11.95**

Tomato pasta with spinach, pickled red onions and crumbled goats cheese finished with rocket.

**Fillet Steak GF DF 23.65**

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.

## Sides

**Chips Cheese & Gravy £6.70**

**Onion Rings £5.25**

**Buttered Greens £5.25**

**Fries £4.80**

**Twice Cooked Chips in Beef Dripping £4.80**

**Mini Superfood Salad £7.75**

**Creamy Slaw £4.10**

**Colcannon Mash £5.10**

**Chip Shop Curry Sauce £3.95**

**Peppercorn Sauce GF £3.95**

## Kiddies Favourites

Includes a simply fruity, squash or juice

£10.55

Ideal for younger children with smaller appetites.

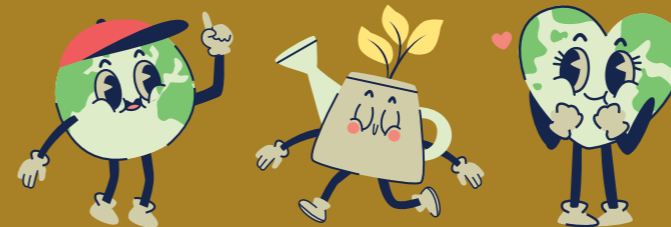
Fish Goujons GF DF

Higginson's pork sausages

Chicken Nuggets

Served with chips and Heinz baked beans

Tomato pasta V Ve DF



## Desserts

**Cartmel Sticky Toffee Pudding V £8.60**

Served warm with ice-cream, English double cream or vanilla custard.

**Cartmel Sticky Ginger Pudding V £8.60**

Served warm with ice-cream, English double cream or vanilla custard.

**Rich Belgian Chocolate Brownie V £8.60**

Served warm with vanilla ice cream.

**Homemade Fruit Crumble V £8.60**

Served with vanilla custard.

**Ice-Cream Sundaes V £8.60**

Choose from; Rich chocolate brownie, knickerbockerglory or banoffee.

**Gluten Free Sticky Toffee Pudding GF £9.00**

**Dairy Free Chocolate Chip & Orange Pudding DF £9.00**

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