

the
CONSERVATORY
&
LOUNGE
MENU

If you are sitting outside please make a note of your table number and order and pay at the bar.

LODORE FALLS

— HOTEL & SPA —



Allergies and Intolerances: before you order please speak to a member of staff if you would like to know about our ingredients.

Zzz... ← Look for
this symbol

We all know that a balanced diet is an important part of a healthy lifestyle, but did you know that the food you eat can also impact on your sleep quality?

As part of Sealy UK's Recipe for Sleep campaign this winter, Lodore Falls Hotel & Spa has teamed up with Sealy to launch a sleep menu on our lounge and room service menus, designed to provide its guests with an even better quality of sleep at night. The menu, carefully designed by Lodore Falls and Sealy UK, provides you with the vitamins, minerals, and nutrients you need for a good night's sleep.



Sealy UK are the world's biggest bed brand and their main UK factory is based just 20 miles from the Lodore Falls Hotel & Spa. It is that reason, as well as the superb quality of the product, that each of the beds in our hotel rooms are made by Sealy UK.

SOUP & SANDWICHES

Served from 12noon to 5pm

All sandwiches are served with coleslaw and crisps

Add
fries or fat
chips
£4

SOUP OF THE DAY // £5.60

ATLANTIC PRAWN // £9.15

prawns bound in spicy bloody Marie Rose sauce, rocket, on open rye bread

SMOKED SALMON // £9.15

Peppered cream cheese, pickled cucumber on grilled flat bread

CORONATION CHICKEN // £8.15

Light curry spiced mayonnaise, golden raisins, baby gem, in a sourdough bun

HONEY ROASTED CUMBRIAN HAM & WHOLEGRAIN MUSTARD // £8.15

In farmhouse white or brown bread

ROASTED RED ONION & OLIVE HUMMUS // £8.15

Topped with sun blushed tomatoes, on toasted rye bread

EGG MAYONNAISE & WATERCRESS // £8.15

In farmhouse white or brown bread

SOUP & SANDWICH COMBO // Add £2.50

Chef's seasonal soup of the day, served with a choice from the above sandwich selection

DELI SANDWICHES

Served from 12noon to 5pm

All deli sandwiches are served with coleslaw and skinny fries

CHIP SHOP STYLE FISH BUTTY // £10.50

fresh haddock in light, crispy batter on thick sliced sourdough, tartar sauce, crushed minted peas, skinny fries

LODORE DELI SUB SANDWICH // £11.00

peppered pastrami beef, Swiss cheese, beef tomato, fried egg, Hawkshead fruity brown sauce on ciabatta sub, skinny fries

SNACKS & NIBBLES

Served from 12pm to 5pm

SALT & PEPPER SQUID

STICKY HONEY & WHOLEGRAIN MUSTARD CHIPOLATAS

Zzz... 'SLEEP LIKE A LOG'

For people who have no problem dropping off, but tend to wake up multiple times in the night

Roasted red onion & olive hummus, sun blushed tomatoes, grilled flat bread

LODORE FAT CHIPS

SWEET POTATO FRIES

SKINNY FRIES

MARINATED GREEN & BLACK OLIVES

MIXED NUTS



£4 each or
3 for £10

SALADS

Served from 12noon to 5pm (5pm - 9pm in the Side Lounge or Conservatory)

CAESAR SALAD // £12.95 Vegetarian **£7.50**

Romaine lettuce, croutons, Caesar dressing, anchovies with char-grilled chicken or Scottish salmon

WINTER SALAD BOWL (VEGAN) // £10.30

Marinated roasted artichokes, vegan cream cheese, garden leaf, chickpeas, crispy kale, lime and honey dressing

SOURDOUGH PIZZA

Served from 12pm to 5pm (5pm - 9pm in the Side Lounge or Conservatory)

Thin crust 12-inch sourdough base topped with a homemade, aromatic tomato and oregano sauce and fresh mozzarella before being baked in our pizza oven...

Zzz... **'RISE & SHINE' (VEGAN) // £12.95**

Designed for night owls who struggle to wake up in the morning

Spicy vegetarian, black olives, jalapenos loaded with extra vegan cheese

MARGHERITA // £12.95

Italian mozzarella, rich tomato sauce, oregano

PEPPERONI // £13.50

Pepperoni, cheddar, mozzarella, fresh chillies

HAWAIIAN // £13.50

Grilled Cumbrian honey roast ham, sweet pineapple, creamy mozzarella cheese

MAINS

Served from 12noon to 2:30pm (5pm - 9pm in the Side Lounge or Conservatory)

CHEESE & BACON BEEF BURGER // £14.25

8oz beef burger, crispy smoked bacon, dill pickle, homemade Lodore relish, mature cheddar, coleslaw, toasted brioche bun, skinny fries

BEEF & ALE SUET PUDDING // £14.50

Slow cooked in Cumbrian dark ale, Lodore fat chips, mushroom gravy

BEER BATTERED FISH & CHIPS // £14.25

Fresh haddock in light crispy batter, Lodore fat chips, mushy peas, our own tartar sauce

Zzz... 'EARLY BIRD GOES TO BED' // £14.00

To help people who always wake up early and can't get back to sleep

Pot roasted cod, roasted thyme roots and potatoes, buttered spinach, balsamic fish jus

SPICY POTATO & CAULIFLOWER PIE (VEGAN) // £13.50

Root vegetable, fat chips, vegan gravy

INDIAN BUTTER CHICKEN // £12.50

Flavoured with garam marsala, steamed white rice, warm naan, mango chutney, lime pickle, red onion

Zzz... 'LAND OF NOD' // £14.00

For people who have restless sleep because of nightmares and bad dreams

Todd Hill Farm three hen's egg omelette, baby spinach, glazed with Appleby Creamery vintage cheese

DESSERTS

Served from 12noon to 5pm (5pm - 9pm in the Side Lounge or Conservatory)

CHOCOLATE TRUFFLE TART (VEGAN) // £6.95

Northern Bloc vegan vanilla ice cream

HOT GOLDEN SYRUP SPONGE // £6.95

Lake District cream custard

STICKY TOFFEE PUDDING (GLUTEN FREE AVAILABLE) // £6.95

Butterscotch sauce, vanilla ice cream

SELECTION OF NORTHERN BLOC ICE CREAMS // £6.95

Choose three scoops from the following: Madagascar bourbon vanilla // Milk chocolate & salted caramel // Strawberry & black pepper // Hazelnut & tonka bean // White chocolate & strawberry meringue

SELECTION OF 3 LOCAL FARMHOUSE CHEESES // £7.95

Biscuits, grapes, celery, homemade fruit chutney

AFTERNOON TEA

Served from 12noon to 5pm

LUXURY AFTERNOON TEA* // £22.95

A selection of finger sandwiches, including; Honey roast baked ham & wholegrain mustard, local cheese & Hawkshead pickle, Todd Hill Farm free range egg mayonnaise & cress, smoked Scottish salmon & English cucumber, golden puff pastry sausage roll, citrus tart, chocolate & bergamot ganache with biscuit & seasonal berries, mixed macaroon, hazelnut choux bun, stored fruit & nut bar with fruit glaze, raspberry cheesecake, apricot delicie with apricot compote, plain & fruit scone with local butter, clotted cream and strawberry jam, pot of freshly brewed tea or coffee.

BORROWDALE CREAM TEA* // £8.95

A homemade scone, butter, strawberry jam and clotted cream, toasted teacake, pot of freshly brewed tea or coffee

TOASTED TEACAKE // £3.50

With butter and jam

LODORE SCONE* // £3.95

Choice of plain or fruit scone, butter, jam and clotted cream

CAKE OF THE DAY // £3.95

Generous slice of today's delight

*Gluten free option available. Please ask for more details

HOT BEVERAGES

Served from 12noon to 5pm

POT OF FRESHLY BREWED FILTER COFFEE // £3.30

Decaffeinated option available

CAPPUCCINO // £3.65

CAFÉ LATTÉ // £3.65

MOCHA // £4.00

ESPRESSO // £3.00

POT OF ENGLISH BREAKFAST TEA // £3.20

Decaffeinated option available

TWINING'S SPECIALITY TEA // £3.30

Earl Grey, Darjeeling, Assam, Redbush (Rooibos), peppermint, chamomile, mixed berries, green tea

LUXURY HOT CHOCOLATE // £4.10

Served with marshmallows, whipped cream

DOGGY MENU

Served from 12noon to 5pm



DOGGY DINNER // £4.95

A tasty treat after a long walk. Chef's choice

DOGGY TREATS // FREE

Please help yourself to a couple of complimentary treats from the jar on the bar

DOGGY DRINKS // FREE

Fresh water is provided outside the front doors, please ask one of the team

Dogs are welcome to join you in the library lounge area where they can dine from the Doggy menu. Unfortunately dogs are not permitted in the Bar and Restaurant. Please keep your dog on a lead whilst on the premises and around the garden seating areas.

Thank you



OUR LOCAL FOOD & DRINK PROVENANCE

FISH

Salmon from Mcknight Ltd - *Maryport*

Fish from My Fish Company - *Fleetwood*

MEAT

Cumberland Sausage from Cranstons - *Carlisle*

Eden Valley Meats - *Penrith*

DAIRY

Cheese from Thornby Moor Dairy - *Carlisle*

Cheese from Appleby Creamery - *Appleby*

EGGS

Todd Hill Farm - *Keswick*

JAMS, MARMALADES & CONDIMENTS

The Hawkshead Relish Company - *Hawkshead*

BREAD

Lovingly Artisan - *Kendal*

CAKES & DESSERTS

Cakes from the Lakes - *Keswick*

We Love Cake - *Lazonby*

SPECIALITY ICE CREAM

English Lakes Ice Cream - *Kendal*

OTHER

Carr's Flour - *Carlisle*

Olives from Silver & Green - *Penrith*

BAR DRINKS

The Lakes Distillery - *Bassenthwaite*

Bedrock Gin - *Keswick*

Langtons Gin - *Keswick*

Kin Toffee Vodka - *Newby Bridge*

Jennings Real Ales - *Cockermouth*

Keswick Brewery - *Keswick*