

Sandwiches

Served either on thickly sliced wholemeal or white bread with a fresh salad garnish.

B.L.T	€4-95
Hand Carved Honey and Mustard Glazed Ham	€4-50
Hand Carved Honey and Mustard glazed Ham and Lancashire Cheese	€4-95
Tuna and Sweetcorn Mayonnaise	€4-50
Dewlay Lancashire Cheese & Pickle	€4-50

Char-grilled Ciabattas

Cumberland Sausage & sautéed Onions	€5-95
Fresh Fish Goujons & Tartare Sauce	€5-95
Char-grilled Chicken in blackened Cajun spices with Mayonnaise	€5-95
B.L.T	€4-95
Steak and sautéed onions	€7-95

Served from 12pm-4pm Monday to Saturday

add a bowl of homemade chips or tasty soup for just £2

Salad Bowls

Dressed mixed leaves, sun blushed tomatoes, onion, cucumber, red peppers and olives.

Warm Frank Bird's Butterfly Chicken Breast in blackened Cajun spices	€10-95
Warm char-grilled Cumbrian Chicken and Bacon	€10-95
Hand Carved Honey and Mustard glazed Ham	€9-95
Hand Carved Honey and Mustard glazed Ham and Dewlay Lancashire Cheese	€9-95



Platters

Sharing Platter for 2.	€14-95
Cumberland Sausage, Home Roast, Honey & Mustard Glazed Ham, Lancashire Cheese, Blue Cheese, Sunblushed Tomatoes, Olives and Bread.	
Ploughmans Platter	€9-95
Choose two of the following; Lancashire, Blue or Goats Cheese accompanied by Sunblushed Tomatoes, Olives and Bread.	

Young Diners

Fresh Haddock Fillet in Beer Batter	€5-95
Cooked traditionally with chips in dripping. Served with mushy peas.	
Cumberland Sausage	€5-95
Served with a free range egg and homemade chips.	
Beef Burger	€5-95
beef burger topped with cheese and served on a sesame bun with chips.	
Simply Chicken	€5-95
Frank Bird's Cumbrian chicken breast in a bun with lettuce and mayonnaise. Served with homemade chips.	
Home Roast Honey and Mustard glazed Ham	€5-95
Hand-carved served with a free-range egg and chips.	

Kiddies Favourites

Chicken Nuggets	€4-95
Pork Sausages	€4-95
Both served with homemade chips and Heinz baked beans.	



The Pheasant Inn

ALLITHWAITE

The Pheasant Inn

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The Pheasant is a family run free- house owned by the Jones's since November 2005. Wherever possible we use local produce and suppliers to provide our customers with good quality and value for money food. Our main suppliers include Michael at Procters of Grange, Brian at Templand Farm, Allithwaite, Stuart at Higginsons of Grange, John at Cartmel Valley Game, Brian at Hargan's, Flookburgh and The Cheese Larder, Kendal. Whilst we aim to prepare for busy times please be aware that because we use fresh produce and freshly prepare all our food there may be times when our supplies run out. If you have any special dietary requirements please do not hesitate to ask a member of staff and we will endeavour to cater for your needs.

We hope you enjoy your time here and your custom is much appreciated.

Food served daily
from 12pm - 9pm.

Please pay at the bar.

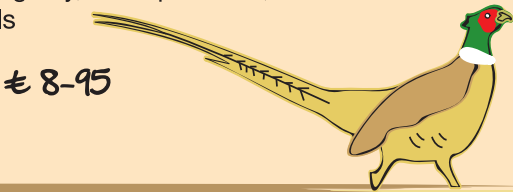
Starters

Lancashire Black Pudding Lancashire black pudding topped with a wholegrain mustard and cream sauce.	€ 4-95	Crushed Filo Coated King Prawns Juicy king prawns coated in crushed filo pastry with a sweet chilli dipping sauce.	€ 4-95
Jack Daniels™ BBQ Ribs Pork ribs marinated in Gav's own recipe Jack Daniels™ BBQ style sauce.	€ 4-95	Warm Goats Cheese and Sun Blushed Tomato Salad With a balsamic dressing.	€ 4-95 V
Morecambe Bay Potted Shrimps Locally caught shrimps potted with spiced butter.	€ 5-95	Mushroom Peppercorn Mushrooms in a fiery peppercorn sauce upon a char-grilled garlic ciabatta.	€ 4-95 V
Soup of the Day Served piping hot with bread and butter.	€ 3-95		

The Great British Sunday Roast

Traditional Sunday roasts served with all the trimmings including real gravy, roast potatoes, Yorkshire Puddings and fresh vegetables. Check our Sunday specials board for the selection of meats available. We use local meats to provide our customers with high quality and great tasting produce.

Served from 12pm onwards.



Signature Dishes

Cartmel Valley Game Confit of Duck Leg Crispy confit of duck leg served on a bed of sautéed cabbage and bacon, with spring onion mashed potatoes and fresh vegetables finished with a sweet plum demi-glace.	€ 10-95	Haddock Mornay A darn of fresh haddock in a Dewlay creamy Lancashire cheese sauce. Served upon mashed potatoes with vegetables.	€ 11-95
Ribs and Chips Pork ribs marinated in Gav's own recipe Jack Daniels™ BBQ style sauce, served with hand-cut chips and fresh salad leaves.	€ 9-95	Brisket of Beef Slowly braised brisket of beef in a rich meat and root vegetable sauce. Served with horseradish mashed potatoes.	€ 12-95

Pub Classics

Fresh Haddock Fillet in Beer Batter Cooked traditionally with chips in dripping. Served with mushy peas, a wedge of lemon and tartare sauce. Add bread and butter 50p	€ 10-95
Seafood Platter Breaded wholetail scampi, fresh haddock goujons and crushed filo coated king prawns. Served with your choice of potato, garden peas and a sweet chilli dipping sauce.	€ 11-95
Minted Lamb Henry English lamb shoulder marinated in mint and slowly roasted until tender served on a bed of mashed potato with vegetables and minted gravy.	€ 12-95
Whitby Scampi Whitby wholetail scampi served with homemade chips, garden peas and tartare sauce.	€ 10-95
Home Roast Honey and Mustard Glazed Ham Hand carved- served with free-range eggs & chips.	€ 8-95
Cumberland Sausage Served simply with free-range fried eggs, freshly battered onion rings and our homemade chips.	€ 9-95

Side Orders

Bread and Butter	50p
Hand-cut Chips	€ 2-50
Freshly Battered Onion Rings	€ 2-50
Side Salad	€ 2-50
Sauces - Creamy Peppercorn or Curry of the Day	€ 2-00
Garlic Ciabatta Bread	€ 2-95
Garlic Ciabatta Bread with Lancashire Cheese	€ 3-50

2 for £10
Lunchtime Special

Available Monday to Saturday 12 - 4pm

Please see the small Specials Board for today's choices

*Excludes Bank Holiday weekends.

Butterfly Cambrian Chicken Breast Curry Frank Bird's char-grilled Cumbrian chicken breast. Served with an authentic Indian style curry sauce, mango chutney, rice and naan bread.	€ 10-95
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From the Char-grill

Sirloin Steak Higginson's half-pound sirloin char-grilled to your liking, served with sautéed mushrooms, tomato, garden peas, homemade chips and finished with battered onion rings. Add a fiery peppercorn sauce £2.00	€ 14-95
Frank Bird's Cumbrian Chicken A butterfly chicken breast served with your choice of potato and vegetables or salad and either; Char-grilled plain and simple, Blackened Cajun spices, or with fiery peppercorn sauce.	€ 10-95
Belly Buster Burger and Chips Higginsons beef burgers topped with Dewlay creamy Lancashire cheese. Served on a ciabatta roll with lettuce, sliced tomato and raw onion with chips. Customise your burger by adding extra toppings- bacon, onion rings, Blengdale Blue cheese all £1 each	€ 8-95

Vegetarian Options

Fresh Vegetable & Chickpea Curry Served with rice, naan bread & mango chutney.	€ 9-95
Roasted Vegetable Lasagne Layers of pasta with roasted vegetables in a tomato sauce finished with sliced tomato, cheese sauce and melted Lancashire cheese. Served with dressed salad leaves and garlic ciabatta bread or chips.	€ 9-95
Falafel Burgers Served upon char-grilled ciabatta bread with salad leaves, sliced tomato, onions and sweet chilli mayonnaise and homemade chips.	€ 9-95
Warm goats cheese and Sunblushed Tomato Salad With a balsamic dressing. Served with either homemade chips or char-grilled ciabatta bread.	€ 9-95

Please see the chalkboard for daily specials and desserts.

