



BURGERS

All our burgers are served on a brioche bun with a mixed leaf garnish, coleslaw, a frizzle and your choice of chunky chips, regular fries, Paprika fries or spicy chilli fries,. Upgrade your fries to Halloumi fries for £3 (why not add onion rings for £1)

Bank £10.95

Seasoned cumbrian beef burger patty, tomato, lettuce, pickles and relish.

Bank Cheese n Bacon £11.95

Seasoned Cumbrian beef burger patty, a thick slab of melted cheddar, crispy bacon, tomato, lettuce, pickles and relish.

Italian Chicken £11.95

Seasoned breaded chicken breast topped with a rich,tangy tomato sauce and grated cheese

Garden £10.95

Seasonal mixed veg, blended together to form a surprisingly healthier option topped with our own lightly spiced mayonnaise.

(Be sure to check with your Teller about any special burgers we may have)



SALADS

From the Green House.

Garden Salad £9.95

Light and simple. Mixed lettuce, seasonal leaves, fresh sliced cucumber, fresh sliced tomatoes, diced peppers, onions & grated carrot, (optional croutons 50p)
(Add chargrilled chicken £1.50)

Nicoise Salad £10.95

Mixed lettuce, seasonal leaves, Tuna, Anchovies, capers and olives, free range eggs, seasonal mixed leaves, cucumber, tomato and dressing.

Chicken Caesar £10.95

A Classic Salad containing mixed lettuce, seasonal leaves grilled chicken breast, anchovies, croutons, free range eggs, Parmesan cheese shavings, Rocket, mixed seasonal leaves and a classic Caesar dressing.

Chicken, Bacon & Avocado Salad £10.95

(when available)
Grilled chicken breast, crisped bacon and sliced avocado top a seasonal mixed leaves salad with fresh tomato and a honey mustard dressing.

Chilli Tuna Salad £10.95

Light, filling and a little spicy, this salad contains mixed lettuce, seasonal leaves, sliced red peppers, diced red onions, diced chillies, Rocket leaves all drizzled with a chilli infused olive oil dressing.



THE GRILL MAINS

10 oz Sirloin £18.95

10oz Rump £16.95

10oz Fillet £25.95

8oz Gammon (served with Egg & Pineapple) £13.95

Chicken Breast £13.95

Bank Mixed Grill £24.95

For the really hungry. Gammon, sausage, rump steak, lamb chop, chicken breast, black pudding, mushrooms and grilled tomato.

Chicken Shish £15.95

Chunks of chargrilled chicken breast, lightly seasoned and served on a bed of shredded lettuce and mixed leaves

Salmon Fillet £17.95

A lightly seasoned grilled salmon fillet served in a light lemon & lime drizzle, served with a mixed leaf garnish

Potato Choices

Chunky Chips
Regular Fries
Spicy Fries
Paprika Fries
Sweet Potato Fries (Add £1)
Halloumi Fries (Add £3)
Oven Roasted Jacket
Garlic Herb & Butter Mashed (Add £1)

Vegetable Choices

Oven Roasted
Chargrilled
Boiled Rice

Add a sauce

Peppercorn £2.50
Stilton £2.50
Garlic, Honey, chilly £2.50
Spicy, tangy tomato £2.50
Sweet n Sticky BBQ £2.50
Garlic Butter £1.50



MAINS

Hunters Chicken £16.95

A grilled chicken breast cooked in our own homemade Sweet n Sticky BBQ sauce topped with bacon and melted cheddar cheese.

Rack of Ribs £16.95

A rack of slow cooked ribs slow roasted in the oven, served in our own home made glaze.

Lamb Shank £17.95

A succulent and juicy lamb shank, slow roasted & cooked in the oven, served in a red wine and lightly minted sauce.

Mushroom Stroganoff £11.95

Diced & whole mushrooms cooked with onions, Paprika and a dash of French mustard served in a rich, creamy, red wine sauce.

Chicken Stroganoff £16.95

Chunks of chargrilled chicken breast cooked with diced mushrooms, onions, Paprika and a dash of French mustard served in a rich, creamy, red wine sauce.

Beef Stroganoff £21.95

Chunks of 100% chargrilled fillet steak cooked with diced mushrooms, onions, Paprika and a dash of French mustard served in a rich, creamy, red wine sauce.

Beer Battered Fish & Chips £12.95

A traditional classic. A Cod fish fillet lightly floured and dipped in our on homemade beer batter served with thick cut chips and peas.

Sea Bass £17.95

Two fresh Sea Bass fillets lightly floured, cooked in the oven & served with fresh pesto drizzle, fresh chillies & cherry tomato. Served with a mixed leaf garnish.



SIDES

Chunky Chips £2.50

Regular Fries £2.50

Spicy Fries £2.50

Paprika Fries £2.50

Sweet Potato fries £3.00

Halloumi Fries £4.00

Jacket £2.50

Garlic, herb, butter

mashed potatoes £3.00

Oven roast veggies £2.50

Chargrilled veggies £2.50

Homemade coleslaw £2.00

Grilled mini cob £2.00

Onion Rings £2.00

Mixed Leaf Salad £2.50

Boiled Rice £2.00



PIZZA

Made with our own homemade dough. Why not change your tomato base to a Sweet n Sticky BBQ base for 75p

(Gluten free options available please ask your Teller.)

Margherita £8.95

Tomato base, Oregano, Mozzarella cheese & topped with fresh Basil

Pollo £9.95

Tomato base, Oregano, Mozzarella cheese, chargrilled chicken strips, peppers and sweetcorn

Pepperoni £9.95

Tomato base, Oregano, Mozzarella cheese & spicy Salami

Vegetariana £9.95

Tomato base, Oregano, Mozzarella cheese, mushrooms, spinach, mixed peppers, red onions and fresh tomato.

Porcellino £10.95

Tomato base, Oregano, Mozzarella cheese, sliced ham, crispy bacon & sliced pork sausage

Hawaii £10.95

Tomato base, Oregano, Mozzarella cheese, sliced ham, crispy bacon & pineapple chunks

Meat Feast £11.95

Tomato base, Oregano, Mozzarella cheese, sliced ham, sliced sausage, crispy bacon, spicy Salami, chargrilled chicken & beef



PASTA

(Gluten free options are available, please ask your Teller for details).

Pasta Bake £10.95

Penne pasta cooked in our own homemade rich & creamy bolognese sauce, topped with Mozzarella cheese and finished in the oven.

Penne 'Mac' & Cheese £10.95

Penne pasta cooked in our own homemade rich & creamy cheese sauce, topped with Mozzarella cheese and finished in the oven.

Pasta Terra £9.95

Your choice of either penne or spaghetti with mixed peppers, cherry tomatoes, fresh spinach, red onions and courgette all cooked in a rich tomato sauce.

Spaghetti Bolognese £10.95

Spaghetti pasta cooked in our own homemade rich & meaty bolognese sauce

Lasagne £10.95

Homemade beef lasagne served with a slice of garlic toasted baguette and your choice of chunky chips, regular fries, Paprika fries or spicy chilli fries. Upgrade your fries to Halloumi fries for £3),

All of our produce is locally sourced and all main courses are served with your choice of either our potato or rice dishes alongside our vegetable options.

MAIN MENU



BREADS

Bread Board £5.95
 A selection of our breads, butter, Olive oil & Balsamic vinegar

Garlic Breads & Focacias made with our own homemade dough. Gluten free options available, please ask your Teller.

Focaccia £4.95
 Pizza base, lightly salted, drizzled in Olive oil and sprinkled with Rosemary

Garlic Bread Plain £4.95
 Pizza base, sprinkled with crushed garlic and herbs

Garlic Bread Tomato £5.95
 Pizza base, sprinkled with crushed garlic, herbs and a lightly seasoned tomato sauce

Garlic Bread Cheese £5.95
 Pizza base, sprinkled with crushed garlic and herbs, covered in Mozzarella

Garlic Bread Spicy £5.95
 Pizza base, sprinkled with crushed garlic, herbs and a lightly seasoned tomato sauce, fresh chilli, red onion & fresh basil.



STARTERS

Homemade Soup £4.50
 Fresh homemade soups all served with a bread roll and butter.
(please ask your Teller for daily options)

Bruschetta £4.95
 Two pieces of toasted garlic baguette topped with diced vine tomato, red onion, seasoned Olive oil, topped with fresh Basil and Parmesan flakes.

Breaded Mushrooms £5.95
 Fresh mushrooms, twice coated in our own seasoned breadcrumbs, deep fried & served with a mixed leaf garnish and garlic mayonnaise.

Chicken Wings £6.95
 Oven roasted chicken wings served in our own home made sauce. Choose from Sweet n Sticky BBQ, Spicy Chilly Tomato or Chilly-Honey-Garlic Glaze.

Prawn Cocktail £6.95
 Shredded Iceberg lettuce, grated carrots, fine sliced avocado, topped with prawns and homemade Marie Rose sauce.
(Add smoked salmon optional £1.50)

Paté £6.95
 Our own homemade chicken liver pate lightly seasoned and slow cooked with cream, onions and a splash of brandy served with sliced garlic toasted baguette and butter.

Calamari £8.95
 Lightly floured and deep fried squid served with Tartar sauce.

Filo Prawns £6.95
 King prawns wrapped in filo pastry and fried, lightly seasoned with pink Himalayan salt and cracked black pepper.

Half Rack of Ribs £8.95
 Half rack of pork ribs slow roasted in the oven, served in our own home made glaze.
Choose from: Sweet n Sticky BBQ, Spicy Chilly Tomato or Chilly-Honey-Garlic

