

EMBLETON SPA HOTEL

Lunch menu

LIGHT BIGHTS	SALT & PEPPER SQUID chilli mayo 8	GOURMET BURGERS	Served in a brioche bun with house slaw, dill pickle and hand cut chunky chips or skinny fries
	GYOZAS crispy vegetable gyozas, soy dip (ve) 8		CLASSIC BURGER Handmade beef or chicken fillet burger, tomato, lettuce, onion 16
	ASIAN BROTH chilli + garlic oil (ve) 8		CHICKPEA, SWEETCORN & PEA BURGER tomato, lettuce, onion, paprika mayo (v, ve*) 16
	BREAD + OLIVES marinated olives, balsamic (v, ve*) 4		EMBLETON SPECIAL BURGER Homemade beef burger topped with bacon, cheese and chorizo 18
	LOADED CHIPS / FRIES bacon + melted cheese (v*) 7		
SANDWICHES	Sliced farmhouse white or granary or gluten free bread. With crisps, slaw and house salad	FAVOURITES	MISO CHICKEN RAMEN Miso broth, glazed chicken breast, ramen noodles, soy stained egg, watercress, Japanese pepper (gf*) 18
	BLT a classic: bacon, lettuce + tomato 9		CHICKEN + MUSHROOM PIE Slow cooked in a creamy sauce, topped with puff pastry. With chips or mashed potatoes and seasonal vegetables 17
	TUNA MELT Tuna, mayo & melted cheese 9		LAKELAND TROUT Grilled local trout fillet, with coconut, chilli & lime. Roasted pak choi, sticky rice (gf) 18
	FIRE ROASTED PEPPER Humous & fire roasted peppers (v, ve*) 8		BATTERED HADDOCK Crisp beer batter, sustainably caught haddock fillet, hand cut chips, mushy peas, rustic tartar sauce 17
	SMOKED SALMON Lemon mayo 9		
BURRITOS	Warm tortilla wrap, served with house salad and fries	SALAD BOWLS	
	ASIAN BURRITO Sticky rice, Korean kimchi, shredded slaw, cucumber, sesame & soy (v, ve*) 14		
	CHICKEN FAJITA BURRITO Spicy & smokey chicken, peppers and onions. Sour cream and jalapenos 14		
	CUMBRIAN BRUNCH BURRITO Cumberland sausage, bacon, hash browns, black pudding, cheese and beans, Cumberland ketchup 14		
ASIAN POKE BOWL Sticky rice (served cold), Korean kimchi, coriander + tomato salad, ponzu dressing With smoked salmon, grilled halloumi or charred vegetables (v*, ve*) 14		ANTIPASTI Smoked sausage, parma ham, chorizo, Marinated olives, dressed salad Balsamic, olive oil & fresh bread 14	

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SOFT DRINKS		Pint - Half	
	PEPSI	3.50	1.90
	PEPSI MAX	3.50	1.90
	LEMONADE	3.50	1.90
	SODA	3.00	1.80
	COKE BOTTLE 330ML	2.90	
	DIET COKE / ZERO 330ML	2.80	
	APPLETISE	2.90	
	CAWSTON PRESS	3.00	
	APPLE JUICE	3.30	1.90
ORANGE JUICE	3.30	1.90	
BEERS + CIDERS			
	LOWESWATER GOLD	4.10	2.50
	GUEST ALE	4.10	2.50
	WAINWRIGHT	4.50	2.70
	CARLSBERG PILSNER	4.10	2.50
	LAKES LAGER	4.80	2.80
	CIDER	4.10	2.50
	PERONI	3.90	
	CORONA	3.90	
	SWAN FREE 0.5%	4.50	
CORONA 0%	3.50		
HEINEKEN 0%	3.50		
HOT DRINKS			
	AMERICANO	3.00	
	CAPPUCCINO	3.20	
	LATTE	3.20	
	ESPRESSO	2.80	
	ENGLISH BREAKFAST TEA	2.80	
	SPECIALITY TEAS		
	Earl grey, fruit teas	3.00	
	HOT CHOCOLATE	3.20	
	HOT CHOCOLATE DELUX		
with cream, marshmallows and a flake	3.70		
KIDS MENU	PICNIC PLATTER		
	cheese sandwich, carrot, cucumber, apple, humous (gf*, v, ve*)		7.50
	CHICKEN NUGGETS		
	Fresh chicken fillet in crisp batter. With chips or fries, peas or beas (gf*)		7.50
	FISH FINGERS		
	With chips or fries, peas or beas (gf*)		7.50
	MINI BURGER		
	Beef or chicken fillet. With chips or fries, peas or beas (gf*)		7.50
	MEATBALLS		
	Tomato & basil sauce, tagliatelle pasta (ve*)		7.50
DESSERTS + CAKES	SAUSAGE + MASH		
	CUMBERLAND SAUSAGE OR VEGETARIAN SAUSAGE, MASHED POTATO AND GRAVY		7.50
	With peas or beans (gf*, v*)		
	STICKY TOFFEE PUDDING		
	Homemade sticky toffee pudding, toffee sauce, English Lakes vanilla icecream		8
	CHOCOLATE BROWNIE		
	served warm with raspberry sorbet (gf*)		8
	CAKES + TRAYBAKES		
	Please ask for todays selection		3.50
			3.00
ENGLISH LAKES ICECREAMS			
Please ask for todays selection		2.30 / scoop	
CHEESEBOARD			
Selection of local cheeses, crackers and chutney (gf*)		9	

HAVE YOU TRIED OUR LEGENDARY SUNDAY LUNCH
SHARING PLATTERS?