



THREE SHIRES INN

Lunch

Served from 12:00 until 14:30 daily

Light Bites

Homemade soup of the day , with locally made bread	<i>gf¹ df v</i>	£5.60
Gambas pil-pil . Prawns with chorizo and served with peri-peri sauce	<i>df gf</i>	£8.25
Deep fried calamari with a peppercorn aioli and rocket	<i>gf</i>	£8.25
Smoked Haddock Fishcake with wilted spinach in a curry sauce		£8.25
Twice baked three cheese soufflé , with warm crusty sourdough	<i>v</i>	£7.95

Mains

Beef Burger with cheddar cheese, streaky bacon, gem lettuce, tomato, red onion, tomato salsa, coleslaw, and fries		£14.90
Venison Burger with cheddar cheese, streaky bacon, gem lettuce, tomato, apple and damson relish, coleslaw, and fries		£14.90
Chicken Burger . Deep fried spiced buttermilk chicken burger with fries, Asian-slaw and garlic mayonnaise.	<i>gf¹</i>	£14.90
Vegan burger with portobello mushroom, beetroot relish, rocket, vegan cheese, coleslaw, and fries	<i>gf¹ v</i>	£14.90
Beer Battered Haddock with hand cut chips, tartar sauce and mushy peas	<i>gf¹</i>	£14.50
Chicken Caesar Salad , with parmesan, lettuce, croutons, and Caesar dressing	<i>gf¹</i>	£13.95

Sandwiches

Fish Butty , with gem lettuce, tartar sauce and fries	<i>gf¹</i>	£8.95
Cumberland Sausage Butty , with tomato relish, caramelized red onion, and fries	<i>gf¹</i>	£8.95
Cheese and Pickle , with crisps and salad leaf	<i>gf¹</i>	£7.95
Tuna Mayo , with spring onion, dill, lemon, crisps and salad leaf	<i>gf¹</i>	£7.95
Avocado , basil pesto, olives, sundried tomato, rocket, crisps and salad leaf	<i>gf¹ v df</i>	£8.25
Cumbrian Ham with piccalilli, crisps and salad leaf		£7.95
Smoked Salmon , cream cheese and chive open sandwich with crisps and a salad leaf	<i>gf¹</i>	£8.95
Sides: Seasonal Vegetables, House Salad, Bread & Butter		£3.50
Chips		£4.50

Children's Meals

Chicken goujons, salad & chips	£7.50	Fish goujons, chips & peas	£7.50
Sausage, mash and peas	£7.50	Burger of the day, chips & coleslaw	£7.50

gf – Gluten Free, df - Dairy Free, v – Vegetarian gf¹ – Gluten free bread is available on request

*Allergen information is available, please ask when ordering your meal.
Unfortunately, we cannot guarantee against cross contamination for people with severe allergies.*



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Drinks and Snacks

Alcoholic Drinks		
<p>Draught Beers and Ciders</p> <p>Swan Blond Lowseswater Gold Wainwright Langdale Old Man Ale Becks Vier Friels Cider</p> <p>Bottled Beers and Ciders</p> <p>Becks Blue Warsteiner Corona Erdinger Weiss Crabbies Ginger Beer</p> <p>Kopperberg Fruit Cider</p> <p>Strawberry & Lime Raspberry Mixed Fruit</p>	<p>White Wine (S, M, L, Bottle)</p> <p>Borsao Macabeo – Spain Chardonnay – France Pinot Grigio – Italy Savignon Blanc – New Zealand</p> <p>Red Wine (S, M, L, Bottle)</p> <p>Carmenere – Chile Merlot – Italy Shiraz – Australia Malbec – Argentina</p> <p>Rosé</p> <p>Zinfandel Rosé Pino Grigio Rosata</p> <p>Sparkling</p> <p>Prosecco – Italy Champagne (Please ask)</p>	<p>Spirits</p> <p>Gin (Please ask) Whisky (Famous Grouse) Jamesons Vodka (Smirnoff) Rum (Lambs Dark, Spiced) Bacardi Brandy (Please ask) Jim Bean Jack Daniels Malt Whisky (Please ask) Sherry (Please ask) Martini Port Liqueurs (Please ask)</p>
Non Alcoholic Drinks		Beverages
<p>Draught Coca Cola (S,M,L) Draught Diet Coke (S,M,L) Draught Lemonade (S,M,L) Draught Soda Water (S,M, L) Bottled Coca Cola Bottled Coca Cola Zero Bottled Fanta Appletizer Big Tom Orangina Lucozade</p>	<p>Orange Juice Apple Juice Mineral Water</p> <p>Ginger Beer Victorian Lemonade Dandelion & Burdock Sparkling Elderflower</p> <p>Apple & Raspberry Orange & Passion fruit Apple & Mango</p>	<p>Tea Specialty Tea (Please ask) Americano (S, L) Cappuccino (S,L) Flat White Latte Espresso (Single, Double) Mocha Hot Chocolate Specialty Hot Chocolate</p>
Snacks		
<p>Crisps</p> <p>Chorizo Sea Salt Cheddar and Onion Cider Vinegar and Sea Salt</p> <p>Pork Scratchings</p> <p>Cornish Sea Salt Habanero Chilli</p>	<p>Nuts</p> <p>Salted Peanuts Dry Roasted Peanuts Spicy Peanuts Salted Cashews</p> <p>Chocolate</p> <p>Kit Cat Caramel</p>	<p>Cakes</p> <p>Please ask</p> <p>Ice Cream</p> <p>Magnum Solero Cornetto Calippo Feast Twister</p>

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