



THREE SHIRES INN

Lunch

(Served 12pm until 3pm daily)

Light bites and Starters

Homemade soup of the day, served with locally made bread	gf df v ve ¹	£5.60
Garlic Mushrooms, served on a crusty warm sourdough	v	£7.50
Malibu Prawns on toasted sourdough croutes with a salad garnish		£8.25
Twice baked, two cheese Souffle served with warm crusty sourdough	v	£7.95
Teriyaki Beef on crispy kale with sesame seeds	gf	£8.50
Local bread board with chef's butter of the day, basil pesto, humous and olives	v ve ¹	£6.50

Larger Plates

Beef Burger, streaky bacon, cheese, and burger relish served with onion ring and chips		£14.50
Vege Burger with mushroom, beetroot & horseradish relish, radicchio, onion ring and chips	v ve ¹	£14.50
Chicken Breast (skin on) with a chicken and sage sausage served with roasted pumpkin, butternut squash puree, bubble and squeak croquette and a tarragon jus		£14.50
Fish Pie with tenderstem broccoli and red cabbage		£14.50
Pie of the week		£15.25
A mild Spinach and Cauliflower curry with rice and naan bread	ve	£12.50

Options: Extra Spice (£1.00), Chicken (£2.00), Prawns (£2.50)

Sunday Roast (Served on a Sunday only)

Roast <i>Striploin of Beef</i> or <i>Chicken</i> served with roast potato, Yorkshire pudding, parsnip, cauliflower cheese, chantenay carrot, tenderstem broccoli, celeriac puree and gravy		£14.50
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Hot Sandwiches

Sausage Butty served with Hawkshead red onion jam, fries, and salad		£8.75
Cajun Chicken Baguette served with fries and a salad garnish		£8.25
Striploin of Beef Butty with caramelized onion and horseradish, fries, and a salad garnish		£9.50

Cold Sandwiches (Served with salad and crisps)

Cumbrian Ham and Chutney	gf ¹ df	£7.95
Cheese and Pickle	v gf ¹	£7.95
Smoked Salmon and Prawn baguette	gf ¹	£9.25
Avocado, hummus, sun dried tomato and baby gem lettuce	ve ¹ gf ¹ df	£7.95
Ham, Cheese or Avocado sandwich Special (Served with the soup of the day)		£9.95
Smoked Salmon and Prawn sandwich Special (Served with the soup of the day)		£11.25

Children's Meals

Beef Lasagna, garlic bread and salad	£7.25	Fish, chips & peas	£7.25
Sausage and Mash	£7.25	Macaroni cheese	£7.25

Sides: Chips (£4.50), Onion Rings (£4.50), Seasonal Vegetables (£4.50), House salad (£3.20)

gf – Gluten Free, df - Dairy Free, v – Vegetarian, ve - Vegan

1 – Please ask for gluten free or vegan options

Allergen information is available, please ask when ordering your meal.

Unfortunately, we cannot guarantee against cross contamination for people with severe allergies.



THREE SHIRES — INN —

Drinks & Snacks

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

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