

## CHILDREN'S CHOICES

We have a special children's menu available from the Bar.

*(Please note these items are not available to adults)*

## SIDE ORDERS

*Please note these items are only served with a main course item and not as an individual dish*

Vegetables of the Day	£2.95
Bowl of French Fries	£1.95
Jacket Potato and Butter	£2.25
An assorted side salad with potato salad and coleslaw	£2.95
Garlic Bread	£1.95
Garlic Bread with melted cheese	£2.25
Portion of onion rings	£1.95

## BEVERAGES

Pot of Tea (per person)	£1.95
Speciality Tea (per person)	£1.95
Coffee Cafetiere (per person)	£1.95
Cappuccino/Latte	£2.25
Espresso	£1.50

SEE OUR  
CHALKBOARD FOR  
DAILY SPECIALS

## DESSERTS

<b>Lemon Tart</b> With crème fraiche	£3.95
<b>Seasonal Fruit Salad</b> ♥	£3.95
<b>Fresh Strawberries</b> Topped with sorbet	£3.95
<b>Profiteroles</b> Filled with double cream, floated on a creme anglaise, then drizzled with chocolate sauce	£4.25
<b>A Crisp Sweet Pastry Basket</b> Filled with fresh fruits on a seasonal coulis with or without cream	£4.25
<b>Chocolate Waffle Shell</b> With toffee fudge ice cream	£4.65
<b>Exotic Ice Cream Cake</b> With a mango and passion fruit glaze	£4.25
<b>Selection of English Lakes Dairy Ice Cream</b> Vanilla*, Strawberry*, Chocolate*, Raspberry Ripple or Toffee Fudge, or a selection of Sorbets served with a crisp wafer and sugar curl.	
<b>1 Scoop</b>	£1.70
<b>2 Scoops</b>	£2.70
<b>3 Scoops</b>	£3.70
*These flavours are available in special ice cream for diabetics - please ask when you order.	
<b>HOT SWEETS SERVED WITH CUSTARD OR CREAM</b>	
<b>Treacle Sponge</b>	£4.50
<b>Apple and Blackberry Crumble</b>	£4.50
<b>Home made Sticky Toffee Pudding</b>	£4.85
<b>Cheese &amp; Biscuits</b> A selection of cheeses	£4.95

# THE AMBLESIDE SALUTATION

# MENU

OPEN:  
12 NOON TO 2.00PM  
5.30PM TO 9.00PM

015394 32244  
[www.hotelslakedistrict.com](http://www.hotelslakedistrict.com)

## STARTERS

**Home Made Soups of the Day** £3.95  
 Fresh Tomato and Basil ♥, Cream of  
 Mushroom and Rosemary or Daily Special  
 All served with a warm roll and butter

**Smoked Haddock Potato Cake** ♥ £4.50  
 With a hollandaise glaze

**Salmon Salad** ♥ £4.90  
 Flakes of cold poached salmon bound in crème  
 fraîche, then served with mixed salad leaves

**Plaice Goujons** £4.90  
 With a lemon mayonnaise dip

**Prawn Cocktail** ♥ £4.95  
 Juicy prawns on a bed of lettuce coated with  
 marie rose sauce

**Cumberland Sausage Casserole** £4.50  
 Cumberland sausage and black pudding in a  
 coarse mustard sauce with sliced baguette

**Garlic Mushrooms (V)** ♥ £4.85  
 Cooked in a cream sauce, served with sliced baguette

**Tomato Tartlet (V)** £4.85  
 Filled with roasted cherry tomatoes and red onions  
 on a bed of caramelised red cabbage, topped with  
 mozzarella

**Seasonal Melon (V)** ♥ £4.95  
 With citrus fruits and berries, topped with sorbet

**Mozzarella & Vine Tomato Salad** ♥ £4.95  
 A salad of vine tomatoes on a bed of leaves  
 with thinly sliced mozzarella cheese, finished  
 with olives, basil leaves and a pesto dressing

**Homemade Chicken Liver Paté** £4.95  
 Served with melba toast, mixed leaf garnish  
 and a fruit chutney

**Westmorland House Salad (V)** £4.95  
 Seasonal mixed leaves tossed with a  
 parmesan and garlic dressing and topped  
 with croutons

## MAINS

All our main courses are served with a choice of French  
 Fries, Jacket Potato, New Potatoes, Rice or Salad, except  
 those marked with \* which are served as described.  
 Vegetables are not included but can be ordered separately.  
 (V) Suitable for vegetarians ♥ These are healthier options  
 which can be served without sauces, cream or butter

**Various Omelettes** £8.50  
 Choose from Cheese, Ham, Mushroom, Spanish  
 or Prawn (includes up to 2 fillings)

**\*Chicken Provençale** £8.95  
 Succulent pieces of chicken cooked in a rich  
 tomato, mixed pepper, garlic and basil sauce,  
 served with turmeric rice

**\*Mexican Chilli** £8.95  
 Finest minced beef in a hot tomato sauce with  
 beans, chilli, paprika and cumin. Served with  
 turmeric rice, taco shell and natural yoghurt

**\*Fruity Indian Chicken Curry** £8.95  
 Served with mango chutney, poppadom and  
 turmeric rice

**\*Pasta Carbonara** £8.50  
 Penne pasta in a creamy garlic, white wine, onion,  
 mushroom and bacon sauce with parmesan

**\*Penne Pasta (V)** ♥ £8.50  
 Simmered in a light tomato and olive sauce  
 served with a slice of garlic bread

**Seasonal Vegetable Stir Fry (V)** £8.50  
 Cooked in sesame oil with water chestnuts and  
 bamboo shoots

**Italian Vegetable Pancake (V)** £8.50  
 A savoury herb crepe filled with ratatouille,  
 topped with tomato sauce and cheese glazed

**Spinach & Leek Lasagne (V)** £8.50  
 With mozzarella on a pool of tomato sauce

## MAINS

**\*Seasonal Salad** ♥ £8.95  
 Choose any 3 of the following which will be  
 served with a crescent of fresh salad: Beef, Ham,  
 Turkey, Cheese, Prawn, Salmon, Tuna Mayonnaise  
 or Smoked Mackerel

**Breaded Haddock** £8.45  
 Deep fried and finished with lemon

**\*Smoked Haddock & Prawn Risotto** ♥ £9.25  
 Flavoured with Dijon mustard, herbs and double  
 cream

**Deep Fried Breaded Scampi** £9.50  
 Deep fried and served with a lemon garnish

**Fillet of Salmon** ♥ £9.95  
 Served hot with a creamy chive sauce

**Poached Lakeland Trout** ♥ £9.95  
 Butterfly fillets served with a lobster and prawn  
 sauce with a hint of crème fraîche

**Kirkstone Bake** £8.95  
 Prime minced beef slowly cooked in a thick gravy  
 with leeks, carrots and onions, topped with cheese  
 glazed mashed potato

**Beef & Mushroom Casserole** £8.95  
 Cooked in Irish stout and topped with a puff pastry lid

**Grilled Gammon Steak** £8.95  
 Lightly peppered, served with 1 or 2 fried eggs

**\*Cumberland Sausage** £9.25  
 Served on a herb mash with onion gravy

**Char Grilled Sirloin Steak** £14.50  
 An 8oz steak with tomato and mushroom.

**A sauce to accompany your meal:** £1.50  
 Choose from:  
 Stroganoff  
 Red Wine and Onion  
 Coarse Mustard or  
 Creamy Pepper