

# Starters

Enjoy as a starter or as a light snack

**Platter of Prawns.....£6.95**

The classic prawn starter. Prawns, marie-rose sauce with brown bread and butter

**Seafood Pancake.....£6.25**

Seafood including prawns, salmon & haddock wrapped in a pancake and finished under the grill with grated cheddar.

**Stan's Mushroom Pot.....£6.25**

¼ mushrooms simmered in a creamy stilton sauce. Served with a chunk of bread

**Cheesy Chilli Nachos.....£5.95**

Nachos, fresh chilli, cheese & salsa. Baked in the oven. Enough to share if you wish

**Spicy Chicken Strips.....£5.75**

Chicken strips rolled in Cajun spices, deep fried and drizzled with sweet chilli sauce

**Thai Fishcakes.....£5.95**

Made with spring onion and fresh chilli. Presented on salad with sweet chilli sauce.

**½ Rack of Ribs.....£6.25**

Marinated in BBQ sauce. Messy but nice

**Greek Salad.....£5.95**

Feta cheese, olives & salad, tossed in olive oil and served with a warm pitta bread

**Battered Brie Wedges.....£6.25**

A duo of wedges in beer batter, fried until golden and crispy and served with a red onion marmalade.

**Homemade Soup (see board).....£4.75**

Always homemade with a wedge of bread

**Eastern Stowaway..(to share).....£11.95**

Bhajis, samosas & spring rolls all hiding under poppadums. Mint mayo & mango on the side

**Battered Black Pudding.....£6.50**

Served with a bacon, mushrooms and wholegrain mustard sauce

**Garlic Bread.....£4.95**

**Garlic Bread with Cheese.....£5.25**

## Sandwiches & Baguettes

Choose between freshly cut white or brown bread or a warm white baguette. All served with a salad garni and coleslaw. Add a scoop of chips for a £1

**Warm Chicken.....£6.50**

**Hot Sausage.....£6.50**

**Roast Topside of Beef.....£6.50**

**Prawns Marie-Rose.....£7.25**

**Roasted Ham.....£6.50**

**Tuna & Mayonnaise.....£6.50**

**Fish Finger.....£6.25**

**Bacon & Cheese.....£6.75**

## Vegetarian Choice

**Veggie Chilli.....£9.75**

Mixed vegetables in a spicy sauce with rice or chips or ½ & ½ and tortilla chips

**Veggie Chilli Stack.....£10.25**

Veggie chilli layered with tortillas and gratinated. Served with chips & salad

**Cheese & Broccoli Pasta Bake.....£9.75**

In a stilton sauce, topped with sliced new potatoes and melted cheese.

**Veggie of the Week.....£ see the board**

We will do our best to provide you with something different each week. No promises though!!

**Green Vegetable Korma.....£10.25**

If it's green it's in!! Sugar snaps, mange tout, broccoli, beans and more all bound in korma sauce. Rice or chips or ½ and ½.

Served with poppadum & mango chutney

## The Salad Selection

Mixed leaves, fresh salad, coleslaw and more with a wedge of white cob.

Hand Carved Roast Ham.....£9.75

Roast Topside of Beef..... £9.75

Prawn Marie-Rose.....£11.50

Stan's Platter..... £12.95

A large platter of mixed meats, cheese, prawns, salad and anything else we fancy.

Tuna & Mayonnaise.....£9.95

Cumbrian Ploughman's.....£10.25

Cheddar, Stilton, Brie, apple & pickles

Greek Salad.....£9.95

Feta cheese and olives served on a bed of mixed salad, drizzled in olive oil. Served with warm pitta bread.

## From the Sea

Our Famous Fish & Chips.....£9.95

Freshly beer battered fish with chunky chips and mushy peas. A true classic

Teriyaki Salmon.....£12.95

Salmon supreme, pan fried in our teriyaki sauce, served on stir fried noodles and vegetables

Golden Fried Scampi.....£9.95

Whole tail scampi in natural crumb with tartare sauce

Fisherman's Pie.....£10.25

Flaked salmon, haddock, pollock, prawns and much more in a creamy sauce, topped with mash. Served with a choice of vegetables or salad on the side

Fish of the Week.....£ see the board

Every week we will endeavour to source something different for you. Please see the special board for today's selection

## Traditional Sunday Lunch

Traditional Sunday Roast from £9.50.

Ask our staff or see the specials board for today's offer

## Bits on the side

Chunky chips, New Potatoes, House Salad or Onion Rings, .....all at £2.95

Baked Beans or Coleslaw.....at £1.95

Gravy or Bread & Butter.....95p

Fried Egg.....50p

All main courses are served with a choice of homemade chunky chips, new potatoes or mash potato and vegetables or side salad unless otherwise stated on the menu.

We use locally sourced products from Irvings, Brocklebanks, Thomas's Bakery & Park Knott Dairies to ensure freshness and support local businesses.

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## From the Grill

**10oz Sirloin Steak.....£18.25**  
Grilled to your liking with mushrooms, onion rings and grilled tomato.  
**Steak Sauce.....£2.95**  
Choose from stilton, pepper, diane or whiskey sauce to add to your steak.  
**Chicken Jim Jam.....£11.95**  
Grilled chicken supreme, wrapped in bacon and topped with pineapple, smothered in BBQ sauce  
**Chicken and Rib Combo.....£14.25**  
Chicken Jim Jam (see above) with a ½ rack of ribs, served with salad and chips  
**BBQ Baby Back Ribs.....£13.50**  
Marinated ribs with chips, salad and coleslaw. Expect sticky fingers!!!

**Steak and Stilton.....£18.95**  
As 10oz Sirloin with gratinated stilton, mushrooms, grilled tomato and onion rings  
**10oz Gammon Steak.....£11.50**  
With steak garni, egg or pineapple or both for an extra 50p  
**5oz Gammon Steak.....£8.25**  
As above but for the smaller appetite  
**Teriyaki Chicken.....£12.50**  
Marinated supreme of chicken, griddled and served with stir fry veg and noodles  
**Chicken a la Ged..... £11.95**  
Chicken supreme, grilled, wrapped in bacon and topped with creamy stilton sauce

## Still not sure? Old favourites

**Stan's renowned Lasagne.....£10.50**  
If Carlsberg did lasagne!?! A best seller  
**Chilli Tortilla Stack.....£11.95**  
Mexican style ground beef, layered with tortillas and gratinated. Served with salad and chips  
**Chicken Forestiere.....£12.25**  
Strips of chicken, bacon and mushrooms sautéed in a creamy wholegrain mustard sauce  
**Pork Forestiere.....£12.50**  
Trio of Pork Tenderloin Medallions in our famous forestiere sauce, as described above.  
**House Chicken Curry.....£10.50**  
Chunks of chicken marinated in tandoori spices. Served with rice, chips or ½ & ½ and Poppadum.  
**Steak & Ale Pie.....£10.50**  
Homemade, topped with a puff pastry lid.  
**Chicken Pepperpot.....£12.25**  
Strips of chicken, peppers and onions in a fiery creamy pepper sauce

**Stan's Special Chicken.....£12.95**  
Butterflied supreme, marinated in oregano, sautéed in a creamy wine and garlic sauce oozing with peppers, onions, olives and garlic sausage  
**Chilli Con Carne.....£10.50**  
Traditional Mexican dish of ground beef cooked with garlic, fresh chillies and peppers. Served with rice, chips or ½ & ½.  
**Cajun Chicken.....£12.50**  
Butterflied chicken supreme marinated in Cajun spices, sautéed in the pan with a rich spicy prawn sauce  
**Chicken & Leek Pie.....£10.50**  
Chunks of Chicken enveloped in a chicken veloute with fresh sliced leeks  
**Stan's Peppered Pork.....£12.50**  
Trio of Pork Tenderloin Medallions with peppers and onions in a creamy pepper sauce  
**8oz Cumberland Sausage.....£10.25**  
Grilled and served on mash with red onion gravy and a side of vegetables

# Puddings & Ice Creams

All our puddings are homemade on the premises

## Sticky Toffee Pudding

With a choice of cream, ice cream or custard

## Crumble of the Day

Served with custard, cream or ice cream

## Warm Chocolate Fudge Brownie

With chocolate ice cream and chocolate sauce

## Belgian Waffle & Ice Cream

Served warm with either chocolate sauce or toffee sauce

## Banoffee Pie

Biscuit base with toffee, bananas and whipped cream

All at £5.25

## English Lakes Ice Cream

Choose your favourite ice cream(s) from the following flavours:

Death by Chocolate

Real Strawberry

Thunder & Lightning

Double Jersey

Raspberry Pavlova

Rum & Raisin

2 Scoops.....£3.75

3 Scoops.....£4.75

## Cheese & Biscuits

A choice of 3 cheeses. Please ask for today's selection

£6.25

Add a nip of Port (25ml) for £1.25

## That's Another Fine Mess.....£9.50

A huge sweet to share, made up of chocolate brownie, marshmallows, cookies, ice-cream and chocolate sauce. It's BIG.

## Hot Drinks

Fairtrade Filter Coffee.....£2.50

With cream.....£2.75

Pot of Tea.....£2.50

Decaffeinated Coffee.....£2.50

Hot Chocolate, marshmallows & cream.....£3.25

Liqueur Hot Chocolate.....£5.50

Add a shot of Rum, Tia Maria, Baileys or Amaretto

Liqueur Coffee.....£4.95

Choose from the following liqueurs: Jameson's, Tia Maria, Cointreau, Smirnoff, Baileys, Lamb's Rum or Courvoisier

