

FYR

NIBBLES

- Baked 'More?' Bread**
Smoked butter, olive oil, balsamic - 714Kcal
- Marinated Olives**
From Penrith's Silver and Green - 59Kcal
- Honey Mustard Cumberland Chipolatas**
FYR grill sauce - 296Kcal
- FYR Roasted Padron peppers**
Chipotle mayonnaise - 159Kcal

STARTERS FROM THE LARDER

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| £5.50 | Classic Caprese Salad
Heritage tomatoes, burrata mozzarella, micro basil, pesto and aged balsamic (V) - 313Kcal | £9 | Smooth Chicken Liver Parfait
Damson chutney, treacle and walnut loaf - 437Kcal | £9.50 |
| £5.50 | Our Signature Atlantic Prawn and Poached Lobster Cocktail
Avocado, creamy Marie Rose sauce, FYR grilled vegetables - 421Kcal | £13.50 | Twice baked Cheddar and leek soufflé
white wine, parmesan (V) - 915Kcal / 1119Kcal | £9.50/£16 |
| £5.50 | "Our Honey" Roasted Cumbrian Ham and Pea Salad
Pea soup and crispy hens egg - 430Kcal | £9.50 | FYR Seafood Platter
Scottish smoked salmon, lobster & prawns Marie Rose, salt and pepper calamari, grilled king prawns Treacle & rosemary loaf, salad & lemon - 808Kcal | £19.95 |

(dual pricing indicates dishes that can be taken as a starter or main course)

STARTERS FROM THE FYR GRILL

- FYR Grilled King Prawns** £13
Garlic butter, sourdough & lemon - 289Kcal
- FYR Grilled Scallops in Shell** £13
Chorizo, "our honey" & apple Salad - 112Kcal

CLASSICS

- Grilled Half Lobster Thermidor** £25
Spinach, thermidor sauce, topped with Gruyère cheese, served with a side of your choice - 710Kcal
- Thwaites Beer Battered Fish and Chips** £17.95
Mushy peas, lemon, tartare sauce - 1132Kcal
- FYR Grilled Vegetable Tart Tatin** £16.50
Caramelised onions, goats curd - 805Kcal
- Fellside Fillet of Cumbrian Lamb** £23
garlic & rosemary fondant, seasonal vegetables & minted pan jus - 605Kcal

FYR - GRILLED

All cooked on the open fire, our steaks are aged for a minimum of 28 days and served with the best goose fat chips.

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| Sirloin - 10oz - 885Kcal £31 | Chateaubriand for 2 £70
500-600g cooked to your liking and hand carved with goose fat chips, peppercorn & bearnaise sauce - 1926Kcal |
| Fillet - 8oz - 246Kcal £39 | FYR Platter for 2 £75
FYR Signature steak, with garlic and rosemary, piri piri chicken, Half lobster thermidor, baked macaroni cheese, goosefat chips, peppercorn sauce and bearnaise sauce - 1890Kcal |
| FYR Signature Steak £24.50
Pounded rump steak, marinated in garlic and herbs, served medium rare - 476Kcal | |
| <i>*Calorie information on steaks does not include sides*</i> | |
| Butterflied Breast of Chicken £18
Glazed in our FYR grill sauce - 241Kcal | |

Classic FYR Bacon Burger, 225g

Chefs special blend of local Cumbrian mince and secret seasoning - FYR'd to perfection with Smokey cheese, sweet pickle, crisp gems, tomato, and our very own burger sauce. - 1404Kcal **£17.95**

FYR KEBABS

Served with fries, house 'slaw and roti bread, finished on the grill.

- Piri Piri Spiced Chicken and Vegetable**
Mr Vikki's sweet chilli jam - 902Kcal **£19**
- Tandoori Marinated Salmon, Monkfish and FYR Grilled Prawn**
cucumber and mint yoghurt - 697Kcal **£21**
- Piri piri Vegetable and Halloumi**
Mr Vikki's sweet chilli jam - 675Kcal **£16**

ADD A LITTLE EXTRA

- Peppercorn - 335Kcal** £3.95
- Béarnaise - 380Kcal** £3.95
- Black Dub Blue Cheese and Hollandaise - 408Kcal** £3.95
- Smokey Grill Sauce - 120Kcal** £3.95
- FYR Grilled Tomatoes - 196Kcal** £4.50
- Red Wine Sauce - 120Kcal** £3.95

SIDES

- Garlic Mushroom** £6.50
White wine, cream & Parmesan - 386Kcal
- Beer Battered Onion Rings - 206Kcal** £5
- Sweet Potato Fries - 214Kcal** £5
- Hand Cut Chips - 242Kcal** £5
- Goose Fat Chips - 421Kcal** £5.50
- Heritage Tomato Salad** £5
Fresh rocket, parmesan, aged balsamic - 49Kcal
- Macaroni & Cheese** £5
Smoked bacon crumb - 546Kcal

DESSERTS

- Jen's Famous Sticky Toffee Pudding** £8
Butterscotch sauce, vanilla ice cream - 673Kcal
- Rich Chocolate & Roasted Almond Tart** £9
Vanilla Ice Cream - 424Kcal
- Vanilla Crème Brulee** £8.50
Lemon shortbread - 386Kcal

- Selection of Artisan Ice Cream** 1 scoop **£3.50**
Vanilla Bean, Chunky Chocolate, Banana and Toffee or Fruits of the Forest Sorbet - 228Kcal per scoop 3 scoops **£8.50**
- Affogato** £6.50
One scoop of vanilla ice cream with a shot of espresso - 237Kcal
- Limoncello** £9
One scoop of vanilla ice cream with a shot of limoncello - 331Kcal

CHEESE TROLLEY

- Platter of regional cheeses**
With celery, grapes, Peters Yard crackers and cider apple chutney - 449Kcal (avg 3)
- 1 cheese** £4.50
3 cheese £10
5 cheese £14.50
- Add a glass of Taylors 2014 Vintage port or Pedro Ximenez** £6
- Add a dessert cocktail: Passionstar Martini or Espresso Martini** £10

Allergen Information - we really want you to enjoy your meal with us - if you'd like information about ingredients in any dish, please ask and we'll happily provide it. (V) is suitable for vegetarians. Prices include VAT. Calorie information, adults need around 2000Kcal per day. A discretionary 10% service charge is added to all bills. 100% of the service charge is shared amongst all of our team throughout the hotel.