

FYR

SMALL PLATES

- Baked 'More?' bread** 228kcal
smoked butter, olive oil, balsamic
add houmous 55kcal
- Marinated olives** 50kcal
from Penrith's silver and green
- Honey mustard chipolatas** 310kcal
FYR grill sauce
- FYR roasted padron peppers** 159kcal
smoked paprika mayonnaise

- £3.25pp **Squash and sage arancini** 547kcal
smoked Eden valley brie
- £2 **Glazed goats cheese crostini** 396kcal
red onion confit
- £5.95 **3x Tempura prawns** 444kcal
Mr Vikki's chilli jam
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- £5.95 **Beets, blood orange and fennel salad** 114kcal
toasted walnuts and Carlisle gin dressing
- £5.95 **Our signature Atlantic prawn and poached lobster cocktail** 391kcal
smashed avocado, FYR roasted vegetables, creamy marie rose sauce, treacle and walnut loaf
- £10.75 **Hot smoked salmon** 234kcal
fennel slaw, almond and dill granola
- Pressed terrine of Cumbrian game** 705kcal
piccalilli puree, treacle loaf
- Twice baked smoked Eden cheiftain and chive soufflé** 915kcal starter £10.95
1830kcal main £18.50
white wine, parmesan (v)

STARTERS FROM THE LARDER

STARTERS FROM THE FYR GRILL

- Scallops** 193kcal £14
squash purée, nduja and sage
- FYR grilled king prawns** 421kcal £14
garlic butter, sourdough and lemon

CLASSICS

- Our seafood grill** 875kcal £28.25
seabass, grilled salmon and smoked haddock fish cake, anchovy hollandaise and fries
- Thwaites beer battered fish and chips** 1132kcal £19.20
mushy peas, homemade tartare sauce, lemon
- Duck breast** 1028kcal £24.95
smoked potato terrine, roscoff onion, red wine jus

PASTA AT FYR

- Woodland mushroom tagliatelle** 932kcal £16.95
truffle oil and parmesan
- FYR grilled vegetable penne** 493kcal £16.95
vine tomato sauce
- Spicy nduja sausage and charred pepper linguini** 630kcal £18.75
parmesan and garlic
- Add FYR grilled chicken breast** 360kcal £5
- Add 2x FYR grilled prawns** 326kcal £6

FYR - GRILLED

All cooked on the open fire, our steaks are aged for a minimum of 28 days and served with the best beef dripping chips and confit smoked garlic and rosemary plum tomato

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|--|--------|---|-------|
| Sirloin – 10oz 1331kcal | £33.75 | FYR sharing platter 2304kcal | £75 |
| Fillet – 8oz 692kcal | £41 | signature steak, piri piri chicken, FYR grilled prawns, honey mustard chipolatas, baked macaroni cheese, roti bread, peppercorn and béarnaise sauce | |
| FYR signature steak 476kcal | £25.95 | | |
| Pounded rump steak, marinated in garlic and herbs, served medium rare | | | |
| Butterflied breast of chicken 662kcal | £18.50 | Add a FYR grilled king prawn 180kcal | £4.25 |
| glazed in our FYR grill sauce | | | |
| Chateaubriand for 2 1928kcal | £80 | | |
| 500-600g cooked to your liking and hand carved, peppercorn and béarnaise sauce | | | |

- FYR beef burger** 225g 1406kcal £18.75
sourdough bun, beef tomato, pickle, crisp gem lettuce, burger sauce, smoked Applewood cheese with bacon 1464kcal £19.25

FYR KEBABS

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

- Piri piri spiced chicken** 902kcal £23
Mr Vikki's sweet chilli jam and roti bread
- Lemon and herb chicken kebab** 664kcal £23
tzatziki and roti bread
- Piri piri halloumi and vegetable kebab** 1211kcal £16.95
Mr Vikki's sweet chilli jam and sourdough flatbread

ADD A LITTLE EXTRA

- Peppercorn** 335kcal £4.25
- Béarnaise** 380kcal £4.25
- Smokey grill** 120kcal £4.25
- Red wine** 120kcal £4.25
- Anchovy hollandaise** 401kcal £4.25
- FYR grilled tomatoes** 196kcal £4.50

SIDES

- Beer battered onion rings** 206kcal £5.40
- Sweet potato fries** 214kcal £5.40
- Hand cut chips** 242kcal £5.40
- Beef dripping chips** 421kcal £5.90
- load your chips with truffle and parmesan £2
- Heritage tomato salad** 49kcal £5.40
rocket, parmesan, aged balsamic
- Macaroni cheese** 546kcal £6
smoked bacon crumb
- Charred corn** 299kcal £5.40
payoyo cheese, chilli and paprika

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.