

# FYR

## SMALL PLATES

<b>Baked 'More?' bread</b> 228kcal smoked butter, olive oil, balsamic <b>add houmous</b> 55kcal	<b>£3.50pp</b>	<b>Honey mustard chipolatas</b> 310kcal FYR grill sauce	<b>£5.95</b>	<b>Bruschetta</b> 176kcal mozzarella, tomato and basil	<b>£6.20</b>
<b>Marinated olives</b> 50kcal from Penrith's silver and green	<b>£2</b>	<b>FYR padron peppers</b> 159kcal smoked paprika mayonnaise	<b>£5.95</b>	<b>Tempura prawns</b> 444kcal Mr Vikki's chilli jam	<b>£11.25</b>

## STARTERS FROM THE LARDER

<b>Cumbrian smoked chicken and British garden salad</b> garlic and honey dressing	<b>starter</b> 269kcal <b>£12.95</b> <b>main</b> 421kcal <b>£17.95</b>	<b>Caprese salad</b> 234kcal Bocconcini mozzarella, basil pesto, aged balsamic	<b>£9.75</b>	<b>Freshly baked hand raised pork pie</b> 604kcal apple slaw, piccalilli puree	<b>£10.50</b>
<b>Our signature Atlantic prawn and poached lobster cocktail</b> 391kcal smashed avocado, FYR roasted vegetables, creamy marie rose sauce, treacle and walnut loaf	<b>£15.25</b>	<b>Smoked salmon</b> 215kcal dill cream, Cucumber, keta caviar	<b>£10.95</b>	<b>Twice baked Smoked Eden chieftain and chive soufflé</b> 785kcal white wine, parmesan (v)	<b>£11.25</b>

## STARTERS FROM THE FYR GRILL

<b>Scallops</b> 148kcal smoked pancetta, pea purée	<b>£14.25</b>
<b>FYR grilled king prawns</b> 421kcal garlic butter, sourdough and lemon	<b>£14.25</b>

## CLASSICS

<b>Our seafood grill</b> 875kcal seabass, grilled salmon and smoked haddock fish cake, anchovy hollandaise and fries	<b>£28.50</b>
<b>Thwaites beer battered fish and chips</b> 1132kcal mushy peas, homemade tartare sauce, lemon	<b>£19.95</b>
<b>Fellside lamb cannon</b> 646kcal potato terrine, garden greens, rosemary jus	<b>£24</b>

## PASTA AT FYR

<b>Woodland mushroom tagliatelle</b> 932kcal truffle oil and parmesan	<b>£16.95</b>
<b>FYR grilled vegetable penne</b> 493kcal vine tomato sauce, basil	<b>£16.95</b>
<b>"Penrith smokie" sausage and heritage tomato linguine</b> 475kcal parmesan and garlic	<b>£18.95</b>
<b>Add FYR grilled chicken breast</b> 360kcal	<b>£5</b>
<b>Add grilled prawn</b> 326kcal	<b>£6.50</b>

## 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 and confit smoked garlic and rosemary plum tomato*

<b>Sirloin</b> – 10oz 1331kcal	<b>£34.50</b>	<b>FYR sharing platter</b> 2304kcal	<b>£77</b>
<b>Fillet</b> – 8oz 692kcal	<b>£39.95</b>	signature Steak, Piri Piri chicken, FYR grilled prawns, honey mustard chipolatas, smoked bacon macaroni cheese, beef dripping chips, roti bread, peppercorn sauce and béarnaise sauce	
<b>FYR signature steak</b> 476kcal Pounded rump steak, marinated in garlic and herbs, served medium rare	<b>£26.50</b>		
<b>Butterflied breast of chicken</b> 662kcal glazed in our FYR grill sauce, goose fat chips	<b>£18.50</b>	<b>Add a FYR grilled king prawn</b> 180kcal	<b>£4.25</b>
<b>Chateaubriand for 2</b> 1928kcal 500-600g cooked to your liking and hand carved, peppercorn and béarnaise sauce	<b>£80</b>		

<b>FYR beef burger</b> 225g 1406kcal	<b>£19.95</b>
sourdough bun, beef tomato, pickle, crisp gem lettuce, burger sauce, smoked Applewood cheese with bacon 1464kcal	<b>£20.75</b>

## FYR KEBABS

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

<b>Piri piri spiced chicken</b> 902kcal	<b>£23.50</b>
Mr Vikki's sweet chilli jam and roti bread	
<b>Lemon and herb chicken kebab</b> 664kcal	<b>£23.50</b>
tzatziki and roti bread	
<b>Piri piri halloumi and vegetable kebab</b> 1211kcal	<b>£17.25</b>
Mr Vikki's sweet chilli jam	

## ADD A LITTLE EXTRA

<b>Peppercorn</b> 335kcal	<b>£4.50</b>
<b>Béarnaise</b> 380kcal	<b>£4.50</b>
<b>Smokey grill</b> 120kcal	<b>£4.50</b>
<b>Red wine</b> 120kcal	<b>£4.50</b>
<b>Anchovy hollandaise</b> 401kcal	<b>£4.50</b>
<b>FYR grilled tomatoes</b> 196kcal	<b>£4.50</b>

## SIDES

<b>Beer battered onion rings</b> 206kcal	<b>£5.60</b>
<b>Sweet potato fries</b> 214kcal	<b>£5.60</b>
<b>Hand cut chips</b> 242kcal	<b>£5.60</b>
<b>Goose fat chips</b> 421kcal load your chips with truffle and parmesan	<b>£5.60</b> <b>£2</b>
<b>Heritage tomato salad</b> 49kcal rocket, parmesan, aged balsamic	<b>£5.60</b>
<b>Smoked pancetta macaroni and cheese</b> 616kcal	<b>£6.75</b>
<b>Charred corn</b> 299kcal payoyo cheese, chilli and paprika	<b>£5.60</b>

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. We cannot guarantee that any of our dishes are 100% allergen free.  
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.