

The Cowshed Café

BREAKFAST

BACON BAP £4.25

WALBY'S SAUSAGE BAP £4.25

BREAKFAST BAP

(Bacon, Walby's Sausage and Fried Egg) £4.95

GRAZERS' BREAKFAST BAP

(Roasted Peppers, Cherry Tomatoes & Sliced
Mushrooms in a Vegan Brioche Roll) £4.25

PANINI

TUNA PANINI

served with Salad & Coleslaw £6.75

CHEESE PANINI

Served with Salad & Coleslaw. £6.75

HOME ROASTED HAM AND LOCAL EDEN CHIEFTAIN
CHEDDAR

served with Salad & Coleslaw £7.25

CHICKEN, LOCAL EDEN CHIEFTAIN AND SWEET RED
CHILLI JAM

served with Salad & Coleslaw £7.25

Please advise our Catering Team of any food allergies or intolerances before ordering, thank you.

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JACKET POTATO

JCB (CHEESE & BEANS)

Served with Salad & Coleslaw **£6.75**

TUNA

Served with Salad & Coleslaw **£6.25**

CHICKEN & BACON MAYO

Served with salad & Coleslaw **£6.75**

KIDS' MEALS

Hot meals all served with Chips & Vegetables
or Heinz Baked Beans **£5.45**

CHUNKY CHICKEN NUGGETS

WALBY'S OWN SAUSAGES

BIRDS EYE CHUNKY FISH FINGERS

HOME-MADE MINI MOO BURGER

FARMER NEIL'S BAIT BOX **£5.95**

Ham or cheese Sandwich, Plain Pom Bear crisps,
Fruit & Veg bag, Jelly pot, Home-made
Shortbread and a carton of fruit Juice

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HOT & COLD DRINKS

Selection of Hot & Cold Drinks - **from £1.20**

Coffee roasted & supplied by John Watt of Carlisle (est. 1865), Yorkshire Tea, Cadbury Hot Chocolate & selection of Twinings Speciality Teas.

Coca Cola, Diet Coke, Fanta Orange Zero, Sprite, Flavoured Waters, Aqua Pura, Mooies flavoured milk, Capri Sun, Calypso fruit juices.

ICE CREAMS

English Lakes Ice Cream, in a tub **£2.35**

Add an Extra Scoop for **£1.00**

Add a Cadbury Flake for **50p**

Choose from Double Jersey, Death By Chocolate, Crushed Strawberry, Mint Choc Chip, Kool Britannia, Thunder & Lightning or try a guest flavour with our Special!

WALBY'S OWN TRAYBAKES & SCONES

Home-made **from £2.55**

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FAMILY FAVOURITES

CUMBERLAND HOT DOG

(Walby's Own Cumberland Sausage with Fried Onions in a soft Deli Roll, served with Salad, Chips & Smokey Red Pepper Salsa) **£7.95**

HOME-MADE QUICHE

Local Eden Chieftain Cheddar & Broccoli served with Salad & Chips **£7.95**

BIRDS EYE CHUNKY FISH FINGER SANDWICH

Ciabatta Roll with Lettuce, Tomato and Mayo & Chips **£8.45**

WALBY'S CLUB SANDWICH,

toasted Bloomer Bread with Chicken, Bacon, Lettuce, Tomato, Mayo & Chips **£8.25**

HOME-MADE LASAGNE

made with Lakeland Beef, served with Salad & Chips **£8.95**

HOME-MADE SOUP

Tomato & Red Pepper served with crusty Bread **£5.45**

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BURGERS

MILECASTLE BURGER

(Walby's Own Beef Burger topped with Local Eden Chieftain Cheddar, Bacon & Fried Onions, served in a Brioche Roll with Lettuce, Tomato, Onion. With Spicy Tomato Chutney & Chips)

£9.95

- Gluten Free option available

CHICKEN, PESTO & MOZZARELLA IN A BUN

(Chicken breast marinated in Pesto, topped with Mozzarella, served in a Ciabatta Roll with Salad & Chips) £8.95

- Gluten Free option available

SWEET POTATO BURGER

(Walby's Own Sweet Potato Burger, with Red Onions, Mushrooms, Chilli & Herbs, served in a Brioche Roll with Lettuce, Tomato, Onion. With Spicy Tomato Chutney & Chips) £7.95

- Vegan & Gluten Free options available

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The Cowshed Café

**WE ARE PROUD TO SUPPORT OUR LOCAL
CUMBRIAN SUPPLIERS, USING LOCAL
INGREDIENTS WHERE POSSIBLE -**

APPLEBY CREAMERY -

- locally made cheeses

AQUA PURA

- Cumbrian mineral water

CARR'S FLOUR

- milling flour in Cumbria since 1836

CLAIRE'S HANDMADE -

- locally made chutneys & jams

ENGLISH LAKES ICE CREAM -

- Kendal made ice cream

J H LONGRIGG, TODHILLS FARM, CARLISLE

- local free range eggs

JOHN WATT, CARLISLE

- roasting coffee in Carlisle since 1865

PIONEER, SINCE 1878

- Lakeland Beef, Lamb & Pork

STEVEN WILSON BUTCHERS

- Cumberland sausage

