



THE
KINGS HEAD

CARLISLE

LUNCH MENU

AVAILABLE
11.00 - 3.00

SARNIES

ALL SERVED WITH FRIES

POSH FISH FINGER SARNIE

Bread Crumbed Haddock Goujons served in a Toasted Brioche with Tartare Sauce, Fresh Leaves & a wedge of Lemon

THE KINGS CLUB

Sliced Chicken with Spicy Mr Vikki's Nigella Mayo, Grilled Cumbrian Bacon & Mixed Leaves served in Toasted Bread

OVEN BAKED FRENCH DIP

Roasted Cumbrian Beef, Thinly sliced & served in a Brioche Bun topped with Sticky Onions, Mustard & Cheese. Baked in the Oven & served with a Rich Beef Gravy

THE CUMBERLAND

Traditional Cumberland Sausage Coil Open Sandwich. Served on a Slice of Homemade Bloomer with Pan Fried Black Pudding, Mustard Mayo & Red Onion Marmalade

GRILLED HALLOUMI

With Roasted Pepper & Chilli Jam, served on our Toasted Homemade Bloomer with Fresh Leaves

CROQUE MADAME

Homecooked Ham & Cumbrian Cheese Toasted Sandwich, topped with a Rich Creamy Béchamel Sauce & Baked in the Oven. Topped with a Poached Egg

£7.95

ADD A CUP OF SOUP - £1.00

SALADS

ALL SERVED WITH BREAD

SMOKED SALMON & PRAWN

Locally Smoked Salmon & Cocktail Prawns topped with a Crab & Lemon Mayo. Served with Mixed Leaves, Cucumber & Red Onion

HOMECOOKED HAM & EGG

Shredded Cumbrian Ham Hoek with Free Range Boiled Egg on Mixed Leaves with Fresh Tomatoes & Onion. Dressed in our Orange, Wholegrain Mustard Dressing

ARANCINI

Sundried Tomato & Homemade Pesto Risotto Balls. Served on Green Leaves with Sweet Peppers, Roasted Red Onion, Parmesan Shavings & Toasted Pumpkin Seeds

BANG BANG

Ribbons of Carrot & Courgette with Sliced Onion, Peppers, Shredded Chicken & Noodles, coated in a Peanut Butter, Soy & Chilli Dressing. Topped with Toasted Cashews, Spring Onions & Fresh Coriander

£8.95

SIDES

Fries
Chunky Chips
Sweet Potato Fries
Beer Battered Onion Rings
Homemade Bread & Garlic Butter
Green Salad

£2.00



SET LUNCH MENU

ONE COURSE - £10

TWO COURSES - £13

THREE COURSES - £15

TO START

TODAY'S HOMEMADE SOUP

Please ask for today's choice - Served with Homemade Bread

DEEP FRIED WHITEBAIT

Served with a Lemon Mayo Dip

CUMBRIAN PORK TRIO

Sticky Pork Belly Bites with Roasted Cumberland Sausage,
Apple Sauce & Homemade Pork Scratchings

WESTMORLAND RAMEKIN

Button Mushrooms cooked in Brandy, Garlic & Cream with
Bacon. Topped with Smoked Cumbrian Cheese & Grilled

BRUSCHETTA

Roasted Tomato & Red Onion Bruschetta with Homemade
Pesto & Pine Nuts

HOMEMADE DUCK LIVER PARFAIT

Served with traditional Cumberland Sauce & Toasted
Bloomer Bread

MAIN COURSES

CUMBERLAND TATIE POT

Slowly Braised Cumbrian Lamb & Root Vegetables with Local Black Pudding in a Rich Stock. Topped with Sliced Potatoes & Cheese - Baked in the Oven & served with Sticky Braised Red Cabbage

FISH "n" CHIPS

We have Fresh Haddock delivered from The Fish Cellar, Penrith & we serve it just how it should be! Beer Battered with Homemade Chunky Chips, Mushy Peas, Tartare Sauce & a wedge of Lemon

STUFFED CUMBRIAN CHICKEN

Locally Sourced Chicken Breast stuffed with Smoked Cheese & wrapped in Streaky Bacon. Served on Creamed Leeks with Potato Croquettes & today's Vegetables

AUTUMN SQUASH RISOTTO

Garlic & Rosemary Roasted Autumn Squash with Wilted Spinach & topped with Parmesan

THE KINGS HEAD STEAK & ALE PIE

Homemade here at the Pub! Cumbrian Beef Braised in a Rich Brown Ale Gravy encased in Shortcrust Pastry & Served with Mashed Potatoes, Garden Peas & a Jug of Gravy

THE KINGS NAPPER BURGER

Homemade Steak Mince Burger. Served in a Toasted Brioche Bun with Garlic Mayo, Onion Marmalade & a Choice of Blue Cheese or Cheddar. With Fries, Homemade Onion Rings & Slaw
£2.00 Supplement Price

STEAK AND CHIPS

10oz Cumbrian Rump Steak served with Chunky Chips, Roast Mushroom & Tomato
£4.00 Supplement Price

HOMEMADE DESSERTS

STICKY TOFFEE PUD

With Butterscotch Sauce
& Vanilla Ice Cream

CHOCOLATE FONDANT

Perfectly Melted in the Middle
with Hazelnut Ice Cream

CREME BRULEE

Vanilla Brulee with Shortbread
& Fresh Raspberries