

Lunch Menu

Light bites

GF Home-made Soup of the £5.95
day

with chunky bread & butter (can be
vegan, please ask)

⑤ Cheesy Nachos £7.95

Mexican salsa, guacamole, crème
fraiche, jalapenos add Veggie 3 bean
chilli £3

⑤ Goats' Cheese & £5.50
Red Onion Tart

dressed salad, balsamic reduction

Home-made Fishcakes £5.95

salmon & smoked haddock, with tartar
sauce & dressed salad

Scotch Egg £6.95

soft boiled egg, pork & chorizo, crispy
breadcrumbs, Piccalilli, dressed salad

VEGAN Red Pepper Hummus £5.50

with homemade tortilla chips and
dressed salad

⑤ Garlic Mushrooms £4.95

rustic bread, dressed salad (can be vegan
& GF, please ask)

⑤ Marinaded Olives £3.95

⑤ Garlic Bread £3.75

⑤ Garlic Bread with Cheese .. £3.95

⑤ Onion Rings £3.50

⑤ **GF** Chips £3.50

⑤ **GF** Cheesy chips £3.95

Mains

VEGAN GF 3 Bean Chilli Bowl £10.95
with rice and dressed salad

Cumberland Sausage & ... £11.50
Mash

you can't come to the Lakes and not
have Cumberland sausage! With mash,
seasonal vegetables, rich gravy. OR
Veggie sausage (V)

our best seller!

Fish and Chips £13.95

Badger Bar's famous jumbo ale battered
haddock fillet, peas (or mushy peas),
tartare sauce, chips. You won't go
home hungry!

Scampi and Chips £12.95

breaded whole-tail Whitby scampi,
chips, peas (or muashy peas), tartare
sauce

⑤ Fellwalkers Platter £9.95

cheese selection, egg, hummus, chutney,
coleslaw, pickle, rustic bread, salad.

Big Fellwalkers Platter £12.95

as above plus ham & scotch egg. An
impressive dish, great for sharing

Caesar Salad £11.95

cos lettuce, chicken, anchovies, bacon,
Parmesan, crunchy croutons.
(V) Veggie option £9

Salmon Salad £13.95

fresh oven baked salmon Nicoise salad
with herb new potatoes, green beans,
olives, cherry tomatoes, red onions,
and a soft boiled egg

Badger Bar Burgers

we make our
own burgers

GF handmade beef burgers (GF) served in a bun (GF
available, please ask) with lettuce, tomato,
gherkin, chips & onion ring

Glen Rothay Classic Burger
beef topped with bacon, cheese, bbq sauce
£12.95

HOT Volcano Burger
beef, bacon, jalapeno chillies, cheese, hot sauce
£13.95

VEGAN Rydal Veggie Burger
spicy spinach falafel (add cheese £1)
£11.95

Southern Fried Chicken Burger
chicken breast, BBQ bacon, cheese
£12.95

Pie of the day

see specials board £11.95

A proper home-made pie with chips
(or mash: just ask) and vegetables



GREAT BEER

Our beer is the best local
real ale, kept to a high
standard, as recognised by
the beer experts at CAMRA

Sandwiches

in fresh bun (choose wholemeal or white) with salted crisps

Gluten Free bread available - please ask

Hot Bacon and Brie Melt ... £6.95
with cranberry sauce

Posh Fishfinger Sandwich .. £6.95
with hot homemade fish goujons,
tartar, lettuce

Smoked Salmon £6.95
with chive crème fraiche, lettuce

⑦ Cheddar Cheese salad £6.50

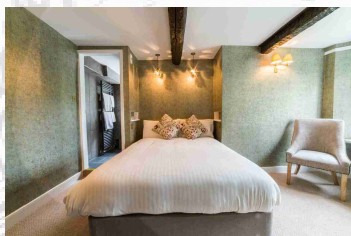
Home-Roasted £6.50
Cumbrian Ham

with wholegrain mustard mayo, lettuce, tomato

VEGAN Hummus £6.50
roasted bell peppers, dressed salad

REAL FOOD!

We are proud to make and serve homemade food. Our food is made here and cooked to order. Our microwave has a quiet life - we do things properly!



Desserts

GF Sticky Toffee Pudding £5.95
vanilla ice cream, toffee sauce

Pannacotta £6.95
with homemade shortbread,
de-hydrated raspberry, rhubarb custard
tuile

Chocolate Bread & Butter . £5.95
Pudding & custard

Apple & Berry Crumble ... £5.95
with custard

Lakeland Dairy £4.95

Ice Creams Trio
Vanilla, Death by chocolate, Crushed strawberry,
Caramel crunch, Mint choc chip, Raspberry Sorbet
or Lemon sorbet : 2 scoops £3.75 1 scoop £2.50

REAL HOME-MADE PUDDINGS!

We make our puddings here

**DON'T GO!! WE HAVE
LOVELY B&B ROOMS**

Huge or cosy, romantic, family & pet friendly
Ask to have a look around

The **BEST SUNDAY ROAST**

12-3pm
Bookings
advised



"Fabulously Good Food & Jolly Lovely People"

www.theglenrothay.co.uk

Children's Menu

Fish and Chips £6.50
haddock, with chips and peas

Chicken Goujons £6.50
homemade chicken breast goujons
served with chips and peas

Child's Burger & chips £6.50
1/4lb(4oz) mince steak burger.
Add cheese £1

Children's Sandwiches £4.95
smaller portion of any of our
sandwiches in sliced bread (white or
brown)

GF Sticky Toffee Pudding £3.95
vanilla ice cream & toffee sauce

Two scoops of Ice Cream .. £3.75
served with a Rossini curl
Vanilla, strawberry or chocolate 1
scoop £2.50

Chocolate Brownie £3.95
with vanilla ice cream

BADGERCAM

**Watch our badgers live here
after dark or on our website**

