



# BORDERS

BAR & RESTAURANT

# SUNDAY LUNCH MENU

## STARTERS

- NEW** Glazed Goats Cheese Salad (570 kcals) **V** ..... £5.95  
Sweet and sour cherry tomatoes, mixed leaves, toasted pumpkin seeds and balsamic.
- NEW** Sweet Potato Falafel (376 kcals) **VG** ..... £6.95  
Sweet potato falafel, served with lemon & mint yoghurt.
- NEW** King Prawns & Chorizo (750 kcals) ..... £7.95  
Fried king prawns, chorizo and tomato, seasoned with lemon and parsley, and served with garlic toast.
- Haggis Bon Bons (911 kcals) ..... £6.95  
Haggis rolled in a crispy breadcrumb coating and fried until golden brown, served with an apple and plum chutney.
- Southern Fried Chicken Strips (576 kcals) ..... £6.95  
Southern fried chicken strips served with sweet chilli dipping sauce.

## MAINS

- NEW** Hunter's Chicken Melt (1060 kcals) ..... £12.95  
Grilled chicken breast topped with bacon, barbecue sauce and melted cheese, served with chips and house slaw.
- NEW** Soy, Honey & Chilli Glazed Belly Pork Noodles (1718 kcals) ..... £14.95  
Soy, honey and chilli glazed belly pork served on sesame noodles with chinese greens and a hoi sin glaze.
- Bacon Cheeseburger (1254 kcals) ..... £11.95  
Tender flame-grilled 4oz burger. Served in a seeded brioche bun with Batavia lettuce and a thick slice of beef tomato, accompanied by fresh skin-on fries, house slaw and gherkin.
- Chicken & Ham Pie (1277 kcals) ..... £13.95  
Chicken, ham and leek pie in a creamy white wine, herb and wholegrain mustard sauce encased in a handcrafted, buttery shortcrust pastry, served with mashed potato, fresh seasonal vegetables and a jug of gravy.
- NEW** Vegan Spaghetti Carbonara (1142 kcals) **VG** ..... £14.95  
Vegan pancetta, portobello mushrooms and baby spinach, served on a bed of spaghetti.
- Fish & Chips (856 kcals) ..... £13.95  
Traditional, crispy hand-battered fish fillet served with gourmet chips, garden peas, lemon wedge and chunky tartare sauce.
- NEW** Panzanella Salad (344 kcals) **V** ..... £9.95  
Gem lettuce, olives, croutons, roast peppers, basil and parmesan.
- Add Grilled Chicken Breast (113 kcals) ..... £3.00
- Add Goats Cheese (279 kcals) **V** ..... £3.00
- Add Grilled Prawns (211 kcals) ..... £3.00

## SUNDAY ROAST

**2 COURSES FOR £19.95** | **3 COURSES FOR £24.95**

- Roast Aged Topside of British Beef (931 kcals) ..... £16.95  
Served with a Yorkshire pudding, roast potatoes, vegetables and gravy.
- Roast Belly of Pork (1113 kcals) ..... £16.95  
Served with crackling, Yorkshire pudding, apple purée, roast potatoes, vegetables and gravy.
- Roast Half Chicken (909 kcals) ..... £16.95  
Served with a Yorkshire pudding, stuffing, roast potatoes, vegetables and gravy.
- Nut Roast (827 kcals) **V** ..... £16.95  
Butternut squash, sweet potato, carrot and Cheddar cheese, topped with white onion marmalade, apricots and cranberries and served with a Yorkshire pudding, stuffing, roast potatoes, vegetables and gravy.

## KIDS' MENU

- Kids' Roast Aged Topside of British Beef (461 kcals) ..... £6.95  
Served with a Yorkshire pudding, roast potatoes, vegetables and gravy.
- Kids' Roast Chicken Breast (395 kcals) ..... £6.95  
Served with a Yorkshire pudding, stuffing, roast potatoes vegetables and gravy.
- Kids' Roast Belly of Pork (553 kcals) ..... £6.95  
Served with crackling, Yorkshire pudding, apple purée, roast potatoes, vegetables and gravy.

## SIDES

- Cauliflower Cheese (299 kcals) **V** ..... £4.95
- Smashed Carrot and Turnip (269 kcals) **V** ..... £3.95  
With honey and thyme.
- Honey Roasted Carrots (287 kcals) **V** ..... £3.95
- Broccoli in Toasted Almond Butter (231 kcals) **V** ..... £3.95
- Creamed Leeks (530 kcals) **V** ..... £4.95
- Roast Potatoes (428 kcals) **VG** ..... £3.95
- Mashed Potato (324 kcals) **V** ..... £3.95

## DESSERTS

- The Original Sticky Toffee Pudding by Cartmel (614 kcals) **V** ..... £6.95  
Served with Luxury Lakes vanilla ice cream.
- Lemon Tart (364 kcals) **V** ..... £6.95  
Served with a sweet berry compote.
- NEW** Apple & Berry Crumble (354/326 kcals) **V** ..... £5.95  
Served with vanilla custard or a scoop of Luxury Lakes vanilla ice cream.
- Chocolate Fudge Cake (484 kcals) **V** ..... £5.95  
Double layered chocolate cake served warm with Luxury Lakes vanilla ice cream.
- Toffee Waffle (718 kcals) **VG** ..... £5.95  
Sweet Belgian waffle topped with two scoops of local Luxury Lakes vegan Thunder and Lightning ice cream and vegan chocolate sauce.
- Bowl of Luxury Lakes Ice Cream (Calories vary by flavour) **V** ..... £3.95  
Choose 3 scoops from: Cartmel Sticky Toffee Pudding, Classic Chocolate, Classic Strawberry, Salted Caramel, Vegan Vanilla **VG**, Vegan Thunder and Lightning **VG**.

## COFFEE

- Americano ..... £2.89
- Cappuccino ..... £3.49
- Latte ..... £3.49
- Flat White ..... £3.59
- Espresso ..... £1.99
- Double Espresso ..... £2.89
- Mocha ..... £3.49
- Iced Latte ..... £3.49
- Vanilla Iced Latte ..... £3.99
- Caramel Iced Latte ..... £3.99

## TEA & HOT CHOCOLATE

- All Teas ..... £2.29
- Hot Chocolate ..... £3.59
- Deluxe Hot Chocolate ..... £4.49

**V** Vegetarian   **VG** Vegan   **GF** Gluten Free

Our menu descriptions do not include all ingredients. If you have a food allergy, please speak to a member of our team before placing your order. We follow good hygiene practices in our busy kitchens, but unfortunately we cannot guarantee that any of our dishes are completely free of allergens. Fish dishes may contain small bones. Some items may contain traces of alcohol. Products are subject to availability. The nutrition values provided are for each complete dish as listed on the menu. Figures are typical and may vary due to seasonal factors and chef practices. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Prices include VAT.