

BREAKFAST MENU

FULL ENGLISH £5.95

2 thin Cumberland sausages, 2 rashers of bacon, a fried egg, baked beans and a fried tomato served with toast.

VEGETARIAN BREAKFAST £5.95

2 hash browns, fried mushrooms, a fried egg, baked beans and a fried tomato served with toast

Extra breakfast items (bacon, sausage, egg, beans, tomato, hash browns, mushrooms): 75p per portion
Black pudding: £1.00

BLT £4.20

Locally sourced bacon, crisp lettuce and tomato served as a traditional sandwich.

BACON BUTTIE £2.95

FRIED EGG ROLL £2.95

BACON & EGG ROLL £3.70

EGGS BENEDICT £6.25

Toasted English muffin topped with 2 poached eggs, 2 rashers of bacon and creamy hollandaise sauce.

EGGS OF YOUR CHOICE £3.70

Scrambled, poached or fried eggs on toast.

PORRIDGE £3.50

served with golden syrup and hot milk on the side

TOAST £1.70

Toasted white, wholemeal or granary bread served with butter and jam.

LIGHT SNACKS

TOASTED TEA CAKE £2.60

Served with butter and jam.

CRUMPETS £2.10

Served with butter and jam or with cheese (for an extra 55p).

POTATO WEDGES £2.95

Served with a garlic or salsa dip.

CURLY FRIES £2.95

Optional garlic or salsa dip

NACHOS £4.10

Tortilla chips layered with cheese and salsa, topped with sour cream and jalapeno chilli peppers

Optional extra: home made vegi or beef chilli (£1.85 extra)

GARLIC BREAD £2.60

GARLIC BREAD AND CHEESE £3.10

HOMEMADE BREAD £1.90

Freshly baked wholemeal bread. Served with butter.

LUNCH MENU

HOMEMADE DAILY SPECIALS & PUDDINGS

Please check the blackboards for details

HOMEMADE SOUP OF THE DAY £4.10

Served with freshly baked bread. Please see our specials board for today's soup.

SOUP AND SANDWICH DEAL £6.50

White, wholemeal or granary sandwich, served with homemade soup.

Choose from the following fillings:

- Tuna mayonnaise
- Egg and cress
- Ham and red onion marmalade
- Cheese savoury
- Prawns in Marie Rose sauce (65p extra)

SANDWICH £3.95

Choose from the above fillings on either white, granary or wholemeal bread. Served with a side salad and homemade coleslaw.

HOMEMADE QUICHE OF THE DAY £5.40

Please see our specials board for today's quiche. Served with a side salad and homemade coleslaw.

THICK CUMBERLAND SAUSAGE STOTTIE £5.50

Served with red onion mamalade, homemade coleslaw and a side salad.

TORTILLA WRAPS £5.95

Served with a side salad and homemade coleslaw.

Filled with your choice of the following:

- Fresh breadcrumb chicken with lettuce and caesar dressing
- Fresh breadcrumb chicken with barbeque sauce and lettuce
- Tuna mayonnaise, pepper and red onion
- Spicy roasted vegetables, houmous and yoghurt
- Falafel, houmous, grated carrot and lettuce

CIABATTAS AND PANINIS £5.95

Served with a side salad and homemade coleslaw. Choose from a warm ciabatta or panini of your choice:

- Ham, mature cheddar and red onion marmalade
- Bacon and brie
- Roasted vegetable and mozzarella
- Tuna melt
- Goats cheese, roasted vegetables and olives
- Mozzarella, tomato and pesto

CLUB SANDWICH £6.25

Chicken breast served on a lightly toasted crusty bloomer; layered with Bacon, lettuce, tomato and Cajun mayo

PLOUGHMAN'S LUNCH £6.10

A hunk of brie or mature cheddar, served with roast ham, fruit chutney, homemade coleslaw and mixed leaves served with our homemade bread

HEALTHY ALTERNATIVE £4.10

Toasted pitta bread with olives, houmous and yoghurt & cucumber dip.
Served with homemade coleslaw and salad

FALAFELS £5.55

Served in a wholemeal pitta with a dressed salad, houmous and cucumber & yoghurt dips.

OVEN BAKED JACKET POTATO

with a side salad and homemade coleslaw

Add your choice of filling:

- Tuna mayonnaise **£5.25**
- Bacon and brie **£5.25**
- Cheese and coleslaw **£4.95**
- Homemade vegetable or beef chilli with cheese **£5.50**
- Cheese and beans **£4.95**
- Prawns in a Marie Rose sauce **£5.95**

SALADS

WARM GOAT'S CHEESE BRUSCHETTA £6.55

served on a bed of dressed leaves with olives, sun-blushed tomatoes and pesto

CHICKEN CAESAR SALAD £5.95

Fresh breadcrumb chicken on a bed of lettuce and topped with Caesar salad dressing, parmesan cheese and croutons.

FRESH MOZZARELLA, TOMATO AND PESTO SALAD £5.95

on a bed of mixed leaves



DRINK

The Narrowbar Café

SOFT DRINKS

SOFT DRINKS

Coke **£1.50**

Diet Coke **£1.50**

7up **£1.50**

Mineral water (still or sparkling) **£1.50**

Cordial **£0.65**

Belvoir sparkling presse

(elderflower/cranberry/ginger beer) **£2.00**

Fresh orange juice **£1.95**

Apple juice **£1.50**

Milk **£1.25**

MILKSHAKES £2.85

Vanilla, chocolate, banana or strawberry. Made using fresh fruit and ice cream

Chocolate milkshake special with banana **£3.10**

COKE OR LEMONADE FLOAT £2.00

MIXED BERRY SMOOTHIE £2.65

MANGO & BANANA SMOOTHIE £2.85

HOT DRINKS

We serve Lavazza coffee – “the best in town”.

We will be happy to make your choice of coffee decaffeinated. Please let us know if you prefer skimmed milk.

We also serve fair trade coffee as an alternative to Lavazza – 30p extra per cup

AMERICANO

Regular **£1.55**

Large **£1.95**

ESPRESSO

Regular **£1.55**

Large **£1.90**

CAPPUCCINO

A shot of espresso topped with frothy milk.

Regular **£1.80**

Large **£2.20**

LATTE £2.20

The ultimate milky coffee

Add flavoured syrup for 40p extra.

MOCHA £2.60

A delicious combination of ‘Suchards’ chocolate and coffee.

HOT CHOCOLATE £2.00

with marshmallows and/or cream **£2.60**

POT OF TEA (FAIR TRADE)

per person **£1.50**

Earl Grey **£1.60**

Herbal Tea (per cup) **£1.60**

ALCOHOLIC DRINKS

WHITE WINES

1. Richmond Ridge Semillon Chardonnay - Australia

125 ml glass **£2.30**

175 ml glass **£3.20;**

250 ml glass **£4.55**

75cl bottle **£13.20**

2. Villa Rosa Sauvignon Blanc - Chile

125 ml glass **£2.40**

175 ml glass **£3.35**

250 ml glass **£4.75**

75cl bottle **£14.25**

3. Pinot Grigio San Antonio - Italy

125 ml glass **£2.70**

175 ml glass **£3.75**

250 ml glass **£5.30**

75cl bottle **£15.20**

ROSE WINE

Castle Creek Petite Verdot Rose - Australia

125 ml glass **£2.30**

175 ml glass **£3.20;**

250 ml glass **£4.55**

75cl bottle **£13.20**

RED WINES

1. Villa Rosa Merlot - Chile

125 ml glass **£2.30**

175 ml glass **£3.20;**

250 ml glass **£4.55**

75cl bottle **£13.20**

2. Castle Creek Shiraz - Australia

125 ml glass **£2.40**

175 ml glass **£3.35**

250 ml glass **£4.75**

75cl bottle **£14.25**

3. Cabernet Sauvignon VDP

Baron Phillippe de Rothschild - France

125 ml glass **£2.70**

175 ml glass **£3.75**

250 ml glass **£5.30**

75cl bottle **£15.20**

LAGERS

Stella Artois Premium 330ml **£2.95**

Nastro Azzurro Peroni 330ml **£2.95**

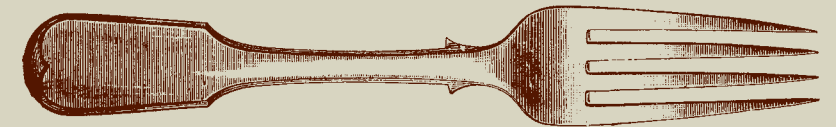
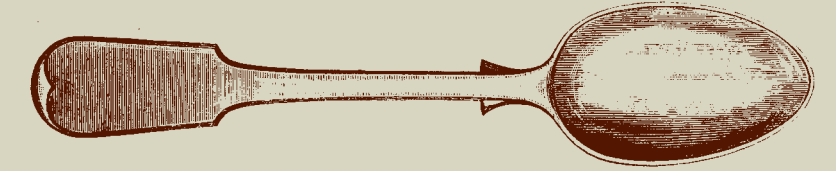
CIDER

Bulmers 568ml **£3.25**

CUMBRIAN REAL ALES

Jennings Cumberland Ale 500ml **£3.10**

Jennings Sneck Lifter 500ml **£3.25**



FOOD

The Narrowbar Café

The Narrowbar Café

13 Devonshire Street

Penrith, Cumbria CA11 7SR

Tel: 01768 891417

www.narrowbarcafe.co.uk