

Soul

THE SWAN HOTEL & SPA

Newby Bridge, Cumbria

NOURISH YOUR SOUL

Please note we are NOT a 'nut free kitchen' and due to this cross contamination may occur. Some menu items may contain food substances to which you have an allergy. Full allergen information available, please ask a Manager who will be more than happy to advise.

STARTERS

Baked queenie scallops, truffled leek cheese sauce, pecorino

£13



Ham hock terrine, pickles, toasted sourdough

(GF available)

£9.50

Cartmel Valley smoked salmon, beetroot, crème fraiche

(GF available)

£12.50

Steamed vegetable gyoza, black sesame seeds, soy dipping sauce

£9



King oyster mushroom ramen, rice noodles, bok choy, soft boiled egg

£9



Swans Gentlemen's Toast, braised beef shin, bone marrow,
cured egg yolk, crispy onion

£11.50

 Vegan



Vegetarian



Free from Gluten

MAINS

Braised daube of beef, stock pot carrot, creamed potatoes, roast shallot puree, red wine jus

£20



Crispy pork belly, apple, smoked mash, black pudding bon bon, kale, jus £20

Seared chicken breast, king oyster mushroom bubble & squeak, greens, porcini cream

£19



Herdwick Barnsley Chop, gnocchi, asparagus, peas, feta, caper & mint dressing

£24.50

Gnocchi, asparagus, peas, feta, caper & mint dressing

£14.50



Miso roasted cauliflower steak, caper & golden raisin puree, crispy shallots, kale, smoked mash, toasted almond dressing £16.50



 Vegan

 Vegetarian

 Free from Gluten

MEAT

All steaks served with homemade chips, onion rings, confit tomato, field mushroom, fine beans

All steaks are aged to a minimum of 21 days and are locally sourced

Fillet Steak 200g

£45



Sirloin Steak 255g

£35



Chateau Briand for 2 people to share 500g

£90



 Vegan



Vegetarian

 Free from Gluten

FISH

Fish is served with lemon and herb crushed new potatoes & tenderstem broccoli

Fillet of Sea Trout, chive butter sauce

£20



Whole sea bass, sun blushed tomato, roast garlic, 'burnt butter'

£27



Whole lemon sole, glazed tar tar hollandaise

£36



 Vegan



Vegetarian



Free from Gluten

SIDES

Swan mixed leaf salad



French Fries
Add truffle & parmesan £1



Home Made Chips
Add truffle & parmesan £1



All sides £5

 Vegan

 Vegetarian

 Free from Gluten

DESSERTS

"Peach Melba", peaches, raspberry coulis, vanilla bean ice cream,
marbled raspberry meringue

£8



Chocolate fondant, salted caramel ice cream

£9

Sticky Toffee Pudding, caramel sauce, vanilla Ice cream

£7.50



Raspberry pavlova, raspberry sorbet

£8



turn the page... there's more!

 Vegan

 Vegetarian

 Free from Gluten

DESSERTS

Spiced date pudding, caramel sauce, vanilla ice cream

£7.50



Cheese Plate, Black Dub Blue, Eden Valley Brie, Chieftain Cheddar
with artisan cracker selection, celery, grapes

£13



Ice cream 3 ball Selection,

Salted caramel, rhubarb & raspberry, Madagascan vanilla, tiramisu,
hazelnut & chocolate, raspberry & sorrel sorbet, Sicilian lemon sorbet,
plum & damson sorbet

£6



 Vegan

 Vegetarian

 Free from Gluten