Wibbles

| Mubbles   |                  |  |          |
|---|------------------|--|----------|
| Selection of fresh marinated olives with a lemon  | & herb dre       | essing (V,VE)  | £7.00    |
| Olive & herb focaccia with smoked hummus, oliv  | ve tapenad       | e (V,VE) (*contains gluten + sesame)                         | £7.00    |
| Roasted warm Padron peppers (V,VE)  |                  |  | £7.00    |
| Toasted flatbread with beef dripping & bone ba  | errow shallo     | ot jam (*contains gluten + milk)                             | £7.00    |
| Starters  |                  |  |          |
| Soup of the day (V) (*contains milk)  |                  |  | £8.80    |
| Calamari rings, slow roasted garlic aioli, baby h   | erb salad (      | *contains gluten, sulphites, egg + mollusc)                  | £11.00   |
| Halloumi fries, sweet pickled chillies, chipotle s  | auce, baby       | herbs (*contains gluten, sulphites + milk)                   | £10.50   |
| Fish cake, hollandaise sauce, poached hens' eg  | 19 (*contains fi | sh, milk gluten + egg)                                       | £10.50   |
| Potted duck rillette, sourdough breads, damsor  | n chutney        | *contains gluten + sulphites - gluten free upon request)     | £11.00   |
| Crispy tempura baby vegetables, chilli & ginger   | r dressing (     | V,VE) (*contains sulphites)                                  | £11.00   |
| Sandwiches  |                  |  |          |
| Served until 5pm  |                  |  |          |
| Cold sandwiches with homemade coleslaw, dresse<br>Sandwiches can be gluten free upon request  | ed mixed lea     | of salad & soup (served on white or brown loaf)              |          |
| Oak smoked salmon, dill and caper cream chee  | SE (*contains    | gluten, fish, milk - gluten free upon request)               | £13.00   |
| Roast beef, sweet mustard, pickles & baby leave   | es (*contains    | gluten, mustard, milk + sulphites- gluten free upon request) | £13.00   |
| Honey glazed ham, whole grain mustard ketchu  |                  |  | £13.00   |
| Creamy Lancashire cheese, tomato chutney (*cc   | ontains gluten , | mustard, sulphites + milk - gluten free upon request)        | £12.00   |
| Flat breads Served warm   Served un   | ntil 5pm         |  |          |
| Spicy lamb kofta, yogurt & mint dressing, red of (*contains gluten, sulphites + milk)   | onion, coria     | nder & cucumber salad  | £15.50   |
| Harissa tofu, baby herbs, lemon hummus, cous  | cous salad       | (V,VE) (*contains gluten, soya, sulphites + sesame)          | £15.00   |
| Marinated Chicken shawarma, pickled green ch<br>(*contains gluten, sulphites + milk)  | nilli, cumin,    | garlic & yogurt dressing, crisp salad leaves                 | £15.50   |
| Salads  |                  |  |          |
| Chargrilled chicken Caeser salad, creamy parmesan dressing, anchovies, croutons & gem lettuce   |                  |  | £18.50   |
| (*contains fish, sulphites, milk + gluten, gluten free on request)  Super foods salad, Harissa sweet potato, orzo p vegetables, dressed baby herb salad (V, VE) (*c |                  |  | £18.00   |
| Ploughman's salad, crumbled blue cheese, app  | le, egg, sw      | eet picked red onion, croutons, flaked ham                   | £18.00   |
| hock, mustard dressing (*contains milk, egg, sulphites, r   | mustard gluten,  | gluten free upon request)                                    |          |
| Sides   |                  |  |          |
| French fries (V)  | £5.50            | Truffle & parmesan chips (V) (*contains milk)                | £6.50    |
| Truffle & parmesan fries (V) (*contains milk)   | £6.50            | Swan mixed leaf salad (V, VE) (*contains sulphite            | s) £5.00 |
| Tomato & basil salad (V, VE, GF) (*contains sulphites)  | £5.00            | Peppercorn sauce (*contains milk + sulphites)                | £3.00    |
| Hand cut chips (V, VE)  | £5.50            |  |          |
|   |                  |  |          |

| Whitby wholetail scampi, chips, tartar sauce, peas (*contains shellfish, gluten + sulphites)                              | £19.50 |
|---|--------|
| Fish & chips, mushy peas, tartar sauce (GF) (*contains fish + sulphites)  | £19.00 |
| Pan fried hake, bubble & squeak, hollandaise sauce, asparagus tips (GF) (*contains fish, eggs + milk)                     | £20.00 |
| Seared chump of lamb, cooked pink, warm minted pea and gnocchi salad (*contains gluten + milk)                            | £24.00 |
| Honey glazed gammon, fried eggs & chunky chips (GF) (*contains egg)   | £19.50 |
| Crispy chicken schnitzel, garlic & herb butter, fries, house slaw (*contains gluten, egg + milk)                          | £19.00 |
| Flat iron beef steak, tarragon mustard sauce, fries, house slaw (*contains mustard + milk)                                | £24.00 |
| Chargrilled mediterrian vegetable & san Marzano tomato gnocchi with creamy cheese sauce                                   | £19.00 |
| & fresh Italian herbs (V,VE) (*contains gluten)  Classic moules marinière & fries (*contains shellfish, sulphites + milk) | £22.00 |

Grill

All our steaks are matured for at least 21 days and are finished in a smoked bone marrow butter & accompanied with buttered fine beans, confit tomato, grilled field mushroom, hand cut chips & onion rings (GF) (\*contains milk)

| 10oz Sirloin steak, hand cut chips, onion rings, confit tomato, field mushrooms & fine beans (GF) | £38.00 |
|---|--------|
| 10oz Ribeye steak, hand cut chips, onion rings, confit tomato, field mushrooms & fine beans (GF)  | £42.00 |
| 9oz Fillet steak, hand cut chips, onion rings, confit tomato, field mushrooms & fine beans (GF)   | £48.00 |

Burgers

All our burgers are served in a toasted roll with lettuce, tomato & gherkins. Accompanied with homemade coleslaw and a side of fries.

| Our signature chargrilled double cheese burger, smoked bacon, pickles & house made burger sauce (*contains gluten, milk + sulphites) | £19.00 |
|--|--------|
| Crispy panko breadcrumbed chicken burger, sriracha mayo, pickles (*contains egg, gluten + sulphites)                                 | £18.50 |
| Double plant based burger, cheese, pickles, house made burger sauce  |        |
| (*contains sulphites and gluten, gluten free upon request)   |        |

Sunday Roast ~ Only on Sundays, when it's gone it's gone!

| Roast topside of beef, roast potatoes, | Yorkshire pudding, seasonal vegetables, roasting gravy | £19.50 |
|--|--|--------|
| (*contains aluten milk & sulphites)    |  |        |

Puddings

£9.00 Strawberry & raspberry pavlova, raspberry sauce, sweet vanilla cream (GF) (\*contains milk + egg) £9.00 Sticky toffee pudding, butterscotch sauce, vanilla pod ice cream (GF) (\*contains milk + egg) Salted caramel sundae, chocolate coated honeycomb, fudge toffee sauce (GF) (\*contains milk + soya) £9.00 Passion fruit & white chocolate cheesecake, passionfruit sorbet (\*contains gluten, milk, soya + egg) £9.00 Warm chocolate fudge brownie, chocolate sauce, clotted cream ice cream (\*contains gluten, milk, egg + soya) £9.00 Farmhouse cheese selection, (stilton, mature cheddar and goats cheese) pickles, chutneys, artisan £15.00 crackers (\*contains milk, sulphites + gluten - gluten free upon request)

At The Swan Hotel, we recognise the seriousness of food intolerances and allergies. We recommend that you speak to a manager before you place an order, to inform us of any food allergies that you or your guests may have. All of our food is prepared in a kitchen where nuts, gluten and other known allergens maybe present. Please note whilst we do take caution to prevent cross-contamination, we are however unable to guarantee that our food is allergen free due to the risk of cross contact.

The Swan Inn

2

THE SWAN HOTEL & SPA Newby Bridge, Ulverston, Cumbria, LA12 8NB www.swanhotel.com / @swanhotelnewbybridge