

# FYR

## NIBBLES

Baked 'More?' sourdough bread,  
smoked butter  
4

Marinated olives from  
Penrith's Silver and Green  
4

## TO START

Today's soup, Baked More?  
sourdough bread, smoked butter  
6.5

Grilled asparagus, sourdough crostini,  
pea purée, poached egg, Cumbrian air  
dried ham, hollandaise sauce  
8.5

Our signature Atlantic prawn and  
smoked Scottish salmon cocktail,  
avocado, creamy Marie Rose sauce,  
with a touch of brandy  
11

Scented beetroot risotto, glazed  
Hootenanny goats cheese,  
crispy rocket  
Starter 8.25  
Main 16.5

Eden valley smoked duck bon bons,  
pickled baby vegetables, spiced  
carrot purée, toasted almonds,  
pomegranate dressing  
9.5

## MAINS

Thwaites beer battered fish and chips,  
mushy peas, homemade tartare sauce,  
lemon  
15

Green pasta ravioli,  
Burrata mozzarella  
15

Seared rump of fell-side lamb,  
roasted tiny tots, pea puree,  
red wine jus  
18

## GRILL

Sirloin - 10oz  
28  
  
FYR Signature Steak  
pounded rump steak,  
marinated in garlic and herbs  
23.5

Herb and lemon butterflied  
breast of chicken  
18.5  
  
Piri piri spiced chicken  
and vegetable Mr Vikki's  
sweet chilli jam  
18.5

Tandoori marinated salmon,  
monkfish and FYR grilled prawn,  
cucumber and mint yoghurt  
20

## SAUCES

Stilton Hollandaise 2  
Peppercorn 2  
Béarnaise 2

FYR Grill sauce 2  
Red wine sauce 2

## SIDES

Buttered baby vegetables,  
spring greens  
4

Beer battered onion rings  
*1 pound from each portion  
sold will be donated to a local charity*  
3.5

Heritage tomato salad, fresh rocket,  
parmesan, aged balsamic  
3.5

Button mushrooms gratin, garlic,  
cream, fresh tarragon, parmesan  
3.5

Sweet potato fries  
3.5

## DESSERTS

Jen's famous sticky toffee pudding,  
rich butterscotch sauce, bourbon  
vanilla ice cream  
7.5

Vanilla crème brulee,  
hazelnut shortbread  
7.5

Iced berries  
with hot white chocolate sauce  
7.5

A selection of British and Cumbrian  
cheeses with Peter's Yard biscuits  
and local chutneys  
1 item 4  
3 items 9  
5 items 14

Selection of artisan ice cream  
Choose from; bourbon vanilla,  
double chocolate, rhubarb or  
raspberry ripple  
1 scoop 3  
3 scoops 7