



MASONS ARMS

Starters & Nibbles

Mixed Olives (VE,V,GF) 112kcal £5

Oven Baked Flatbread (VE,V) hummus & paprika 582kcal £5

Oven Baked Flatbread (VE,V) red onion marmalade, rock salt & rosemary 672kcal £5

Soup of the Day (V,GFO) sourdough & butter 381kcal £7

Beetroot & Carrot Salad (V,VO,GF) baby leaf, cranberries, feta & pine nuts 826kcal £9

**Masons Arm's Famous Ribs (GFO) In our special secret BBQ sauce with sourdough & butter
2122Kcal £12**

Garlic & Chilli Prawns served with sourdough and Lemon 237kcal £10

The Masons Classics

Cumbria Beer Battered Haddock Cumbria way ale batter, hand cut chips, mushy peas & tartare sauce. 744Kcal **£16**

Masons Beef Burger smoked bacon, onion rings, tomato, baby gem, mature cheddar, gherkin, mustard mayo & skinny fries 1697kcal **£16**

8oz Sirloin Steak (GF) hand cut chips, roasted field mushroom, vine tomato & watercress 997 kcals.
£26

Masons Arm's Famous Ribs (GFO) In our special secret BBQ sauce, skinny fries, sourdough & butter
3431Kcal **£18**

Seasonal Pie of the Day short crust pastry, fresh seasonal vegetables, chunky chips & gravy 1002kcal
£17

Stout Braised Beef Cheek parsnip puree, tender stem broccoli, wild mushroom, dates & stout jus
1229kcal **£24**

Venison Henry (GF) smoked mash, roasted carrots, tender stem broccoli, blackberries, streaky bacon, port jus 850kcal **£21**

Spinach, Aubergine & Harissa Burger (V,VE) baby gem, tomato, gherkin, vegan sriracha mayo, onion rings & skinny fries 963kcal **£13**

Sandwiches on Sourdough served with soup of the day or skinny fries 12-2.30pm Monday to Saturday

Posh Fish Fingers Battered haddock, sourdough, baby gem and tartare sauce 1038kcal **£11**

Smoked Bacon baby leaf, tomato & mayo 1302kcal **£10**

Cumberland Sausage sriracha mayo, watercress 1311kcal **£11**

Mature Cheddar red onion marmalade 1155kcal **£10**

FOOD ALLERGIES AND INTOLERANCES. Before ordering drinks or food, please speak with a member of our staff about your requirements. Whilst we take care to preserve the integrity of our vegetarian (v) products, we must advise that these products are handled in a multi-ingredient kitchen environment. Some fish may contain small bones. All dishes are prepared in areas where allergens are present. Therefore, there is a risk that ingredients used in your meal may have accidentally come into contact with an undeclared allergen, leading to cross contamination. Cooking equipment (e.g. fryers, grills etc.) and food preparation areas may be shared and fried items containing different allergens may be cooked in the same frying oil. Please ask a team member if you would like further information. Company reg: 00170679

Adults need around 2000kcal per day



MASONS ARMS

Children's Dishes

Battered Haddock chips & garden peas *302kcal* **£7**

Chicken Nuggets fries & beans *708kcal* **£7**

Cumberland Sausage chips, garden peas *463kcal* **£6**

Margarita Pizza skinny fries *730kcal* **£5**

Sides – all £3.50

Hand Cut Chips (VE,V,GF) 327kcal

Skinny Fries (VE,V,GF) 600kcal

Battered Onion Rings(V) 144kcal

Seasonal Vegetables (VE,V,GF) 99kcal

Peppercorn Sauce (V,GF) 116kcal

Smoked Mash (V,GF) 116kcal

Desserts

Cartmel Sticky Toffee Pudding (V) vanilla ice cream *658kcal* **£8**

Cherry Bakewell Tart poached blackberries, thunder & lightning ice cream *734kcal* **£8**

Churros toffee sauce, chocolate sauce & cinnamon sugar *650kcal* **£8**

Trio of Ice Cream (V,GFO) chocolate, strawberry, vanilla, thunder & lightning *300kcal* **£6 (£2 per scoop)**

Salted Caramel Cheesecake (V,GF) berry compote, strawberry ice cream, pistachio brittle *583kcal* **£8**

Chocolate Tom Fudge Cake, mint choc chip ice cream *768kcal* **£8**

Children's Desserts

Children's Single Scoop (V,GFO) *98kcal* **£2**

Chocolate Brownie(V,GF) chocolate sauce, vanilla ice cream *330kcal* **£5**

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