**The Boot Inn**

**Allergen info**

**Starters**

**Soup of the Day** served with warm, crusty bread and croutons - £5.95 (1,3,5)

**Creamy Garlic and Stilton Mushrooms** on rustic garlic bread - £7.95(1,3,5)

**Halloumi and Feta Salad** with fresh beetroot & olive salad £7.95 (1,4)

**Salt n Pepper Chicken Wings** with honey and sriracha chilli glaze - £7.95(9,12,13)

**Thai Style King Prawns** in our own sweet chilli sauce on iceberg lettuce - £8.95(5,12,3)

**Mains**

**Minted Lamb Henry** in a rich gravy, with creamy mash and seasonal veg- £20.95(1,13)

**12oz Thick-cut Gammon Steak** Thick cut gammon, pan fried, served with chips, peas or salad and a choice of egg or pineapple - £17.95 add an extra egg or pineapple for £1(2)

**Steak and Ale Pie** with a puff pastry lid served with chips and garden peas or veg - £16.95(1,2,3,5,6,13)

**Cumberland Sausage** R B Woodall’s of Waberthwaite local sausage served with creamy mash, rich onion and Cumberland sauce gravy and topped with steamed cabbage - £14.95(1,3,5,13)

**Cheese and Onion Pie** double crust pieserved with chips and veg or peas - £16.95(1,2,5,9)

**Chunky Steak Chilli** cooked in a thick sauce using 4 types of chilli and a little chocolate, served with rice or chips - £16.95(1,4,13)

**5 Bean** **Vegan Chilli** - £14.95(3,13)

**Wholetail Scampi and chips** with peas or salad - £15.95(1,2,3,4,5,6,12,13,14)

**All 14 allergens are used throughout our kitchen and**

**may be present at all stages of cooking and serving.**

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**Children’s Menu**

All £6.45 served with peas or beans (except for pasta!)

**Pasta with tomato sauce** (3,5)

**Chicken Nuggets and fries** (1,2,3,5,6,13,14)

**Sausages and Mash** (1,4)

**Scampi / Fish and Chips**(1,2,3,4,5,6,12,13,14)

**Hot desserts (all homemade)**

**Sticky Toffee Pudding** - £6.95 (1,2,5) GF\*

**Sticky Ginger Pudding** - £6.95 (1,2,5) GF\*

**Double Chocolate Pudding** - £6.95 (1,2,5)

(Above served with cream (1) ice cream (1) or custard (1) )

**Cold desserts**

**Mixed English Lakes ice cream** - £4.50(1)(2,5 with wafer)

**Mixed Vegan Ice-cream** - £6.00(13)

**Mixed** **Sorbet** -£6.00

**Homemade lemon posset** with shortbread and Lemon Sorbet - £6.95(1,5,13)

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**Allergens**

**1 Milk**

**2 Eggs**

**3 Celery**

**4 Sulphites**

**5 Gluten**

**6 Fish**

**7 Lupin**

**8 Molluscs**

**9 Mustard**

**10 Nuts**

**11 Peanuts**

**12 Sesame seeds**

**13 Soya**

**14 Crustaceans**