

## BREAKFAST SELECTION

**Please select breakfast options by 10.00pm Prior evening. Thank you**

*While we prepare your hot food a delicious fresh entre buffet selection can be enjoyed, served to your table.*

ROOM.....

GUEST NAME.....

### **The Full Cumbrian Breakfast:**

Local Back Bacon

Traditional Cumberland Sausage (GF)

Cumbrian Black Pudding

Mushrooms

Beans

Grilled Tomato

Pan Haggerty potato muffin (GF)

Local Free-range egg :-

Scrambled  Fried  Poached

### **The Vegetarian Breakfast:**

Vegan Sausages

Vegetable 'bacon'

Mushrooms

Beans

Grilled Tomato

Pan Haggerty potato muffin (GF)

Local Free-range egg :-

Scrambled  Fried  Poached

### **The Vegan Breakfast:**

As vegetarian without muffin or egg

### **Vegan Option:**

Toasted artisan breads, spread with almond butter, topped with sliced avocado and grilled mushrooms

### **Eggs Benedict**

Poached eggs on toasted muffin with Hollandaise sauce and crisped bacon.

### **Fish lover's option:**

Toasted artisan bread with local Free range Scrambled egg, topped with smoked salmon

### **Overnight Oats:**

Rolled oats & Chai seeds swelled with milk & natural yogurt overnight, topped with crunchy granola, fresh and dried fruits, nuts & drizzled with honey.

*Please make us aware of special dietary needs/allergies & we will try our best to cater for you. **Our Kitchen is NOT a nut, seed or gluten free zone.***

## EARLY RISER BREAKFAST

**Please order by 8.00pm prior day.**

**Thank you**

*An early start on the fells or business appointment? Please select from the options below so that we can deliver a smooth prompt service for you. Your Breakfast tray will be delivered the night before or at the early time agreed with you at check in.*

ROOM.....

GUEST NAME.....

### **Fruit**

Fresh fruit salad

Grapefruit segments

Prunes

### **Fruit juice**

Orange

Apple

Cranberry

### **Cereals**

Muesli

Crunchy nut cornflakes

Two Weetabix

Coco pops

### **Yogurt portion**

Plain

Fruit

### **Pastries**

Fresh of the day

*(could be either Croissant, Pan au chocolate Or Cinnamon whirl)*

**Please note – A BUSINESS FLYER BREAKFAST can be booked for 7.00am, cold buffet served in the dining room, along with hot sausage or bacon roll (to go if required).**

**BUSINESS FLYER PLEASE with hot breakfast roll**

**Sausage**  **Bacon**

*Please make us aware of any special dietary needs or allergies and we will try our best to cater for you. **Our Kitchen is NOT a nut or seed or gluten clear zone.***



## **MENU FOR THE HUNGRY LATE ARRIVALS**

Are you travelling a long way to join us and possibly arriving late evening?

We are very rural and most pubs and restaurants in the area stop serving food at 9.00pm.

We are a B&B and do not provide evening meals. However, we do try to be understanding and accommodate our guests from further afield, supper graze trays can be ordered in advance, so you can relax as soon as you arrive, served to your room until 10.00pm.

(Please check availability, must be 24 hours' notice, call us or email, [contact@artloungebandb.co.uk](mailto:contact@artloungebandb.co.uk))

Choose from an English Ploughman or Italian Painter tray (vegetarian version available, also homemade soups).

**This menu can also be booked at Breakfast time if you know you will be returning late, from a long day on the fells.**

### **SUPPER GRAZE TRAYS.**

**Single £11.95**

**Sharing Platter £19.95**

**English Ploughman.** Pate' pot, smoked sausage, cheeses, crackers, chutney, Apple, Grapes, Celery, crisps, crusty bread with butter

**Italian Painter.** Salami, Chorizo, cheeses, crackers, Tomatoes, Olives, grapes, crisps, crusty bread with oil & Balsamic vinegar.

**Homemade Soup of the day with crusty roll  
£6.95**

(Please check which soup of the day is available, Examples – Chicken and vegetable broth, Lentil and Bacon, Minestrone, French onion)

Room.....

Guests/ no's.....

*English Ploughman graze tray*

*Italian Painter graze tray*

*Homemade soup, roll & butter*



## PACKED LUNCHES AND POSH PICNICS

Available for both residents and non-residents  
All packed lunches must be ordered the day before.

### The Regular Walker/Cyclist. **£9.00**

1 x Sandwich Roll (with salad if required) choice of:  
*Ham and Mustard*  
*Cheese and chutney*  
*Tuna, onion and sweetcorn*  
*Egg Mayonnaise*

Piece of fruit  
Piece of Tray bake of the day  
Crisps  
Water or Juice  
(We are happy to fill your own reusable bottles with water or juice.)  
(Additional sandwiches add £2.50 each)

### The Hungry Walker/Cyclist **£10.50**

All of the regular walker menu along with :  
Piece of Pie of the day  
(eg, quiche or sausage and apple lattice)  
Option to swap tray bake for a protein Bar  
  
(We are happy to fill your own reusable bottles with water or juice.)  
(Additional sandwiches add £3.00 each)

### The Luxury Picnic **£19.00**

All of the Hungry walker/Cyclist menu along with :  
A grazing box of Olives, Cheese chunks, Cherry tomatoes, pickles and crackers.  
A salad box.  
Scone with Jam and Cream.  
Choice of Pimms and Lemonade / or Gin and Tonic.

### The Posh Picnic – Add sparkle or serving luxury to your luxury picnic:

A bottle of chilled prosecco **Additional £10.00**  
The use of a luxury Picnic hamper, which will provide you with Plates, cutlery, napkins, drink chiller and safety glass ware. This also includes a large luxury picnic blanket for your picnic or the use of folding chairs and table.

**Hire for these comforts is an additional £10.00 (£50 deposit is required for the hamper, Blanket/seating hire, refundable on safe return)**

### FLASK FILLS **£4.00**

We are happy to fill your own flasks with hot tea or coffee for your outdoor adventure.  
Water bottle fills are free.

We ask you to return all of your rubbish from your picnic for responsible recycling if you are unable to do so during the day.

**\*\*KEEP THE FELLS CLEAN – LEAVE NO TRACE \*\***

Room.....

Guest.....

Regular walker/Cyclist

The Hungry walker/Cyclist

The Luxury Picnic

The Posh Picnic

Flask Fill

Hire of hamper, blanket/seating

## **The ART LOUNGE**

### **OPEN GALLERY DAYS**

On the first Sunday of every month, we host an open Gallery Day and cream tea/ Afternoon tea is by reservation only – we advise booking in advance for this due to popularity.

### **CREAM TEA**

**One person £7.50,  
for two people £12.00**

*Choice of Home Baked Scones  
with a Pot of Traditional English Breakfast tea*

*Plain or fruit scones  
with Jam and fresh cream*

*Plain or cheese scones  
with mascarpone cream cheese*

*Cream Tea with:*

**Speciality Loose leaf tea or Barista coffee £8.00**

**A Glass of chilled Prosecco £11.50**

*Please make us aware of any special dietary needs or allergies and we will try our best to cater for you.*

*Our Ingredients list is available please ask.*

*The Kitchen is **NOT** a nut or seed free zone.*

## **AFTERNOON TEA**

**£21.50 per person**

*Afternoon tea is by reservation only, please call to book your table in advance for 1.00pm or 3.00pm*

### **The Hay Wain**

*(English Traditional)*

*Selection of finger sandwiches*

*Savoury pies and pickle*

*Pastries*

*Sweet treats*

*Home baked cakes*

*Scones with jam and cream*

### **The Mona Lisa**

*(Italian alternative)*

*Crostini,*

*Savoury tart,*

*Mediterranean Antipasti*

*Sweet treats*

*Home baked cakes*

*Italian Tiramisu with biscotti*

*All Including either:*

**Teapot** - loose leaf English breakfast tea.

**Cafetiere** - roast filter coffee

*Or Afternoon high tea with:*

**A Glass of chilled Champagne £28.00**