

FYR

SMALL PLATES

- Baked 'more?' bread** 228kcal
smoked butter, olive oil, balsamic
- Marinated olives** 50kcal
from Penrith's silver and green
- Honey mustard chipolatas** 310kcal
FYR grill sauce
- FYR roasted padron peppers** 159kcal
smoked paprika mayonnaise

- £3.25pp** "5 Mile" crispy goats' cheese 481kcal
Mr Vikki's chilli jam
- £5.95** "Penrith smokie" sausage
and tomato skewers 361kcal
raw tomato marinara
- £5.95** **3x Tempura prawns** 444kcal
grilled lime, spiced mayonnaise

- ## STARTERS FROM THE LARDER
- £5.95** **Ham hock terrine** 718kcal
pea puree, pickled vegetables, pineapple salsa
- £5.95** **Our signature atlantic prawn
and poached lobster cocktail** 391kcal
avocado, creamy marie rose sauce
with a touch of brandy
- £10.75** **Heritage tomato** 104kcal
whipped feta, basil pesto and toasted nuts
- £9.95** **Twice baked smoked eden
cheiftain and chive soufflé** 785kcal
white wine, parmesan (v)

STARTERS FROM THE FYR GRILL

- Scallops and smoked haddock** 146kcal **£14**
grain mustard sauce
- FYR grilled king prawns** 289kcal **£14**
garlic butter, sourdough and lemon

CLASSICS

- FYR fish grill** 536kcal **£28**
sea bass, smoked haddock, and Tempura prawn, Parmenter potatoes, salsa verde
- Minted pesto gnocchi** 506kcal **£17**
pea and watercress velouté, feta
- Thwaites beer battered fish and chips** 1132kcal **£19.20**
Mushy peas, homemade tartare sauce, lemon
- Wild garlic and herb pressed pork belly** 1434kcal **£24**
new season potato hash, cabbage, burnt apple, mustard cream

FYR - GRILLED

All cooked on the open fire, our steaks are aged for a minimum of 28 days and served with the best beef dripping chips

- | | | | |
|---|---------------|--|--------------|
| Sirloin – 10oz 1331kcal | £33.75 | FYR sharing platter 2304kcal | £75 |
| Fillet – 8oz 692kcal | £41 | signature steak, piri piri chicken kebab, FYR grilled prawns, padron peppers, honey mustard chipolatas, baked macaroni cheese, beef dripping chips, roti bread, peppercorn sauce and béarnaise sauce | |
| FYR signature steak 476kcal | £25.95 | | |
| Pounded rump steak, marinated in garlic and herbs, served medium rare | | | |
| Chateaubriand for 2 1768kcal | £79 | | |
| 500-600g cooked to your liking and hand carved with beef dripping chips, peppercorn and bearnaise sauce | | Add a FYR grilled king prawn 180kcal | £4.25 |
| Grilled chicken 662kcal | £18.50 | | |
| glazed in our FYR grill sauce | | | |

- FYR beef burger** 225g 1406kcal **£18.75**
sourdough bun, beef tomato, pickle, crisp gem lettuce, burger, smoked Applewood cheese with bacon 1464kcal **£19.25**

FYR KEBABS

Served with fries, house 'slaw and finished on the grill

- Piri piri spiced chicken and vegetable** 902kcal **£23**
Mr Vikki's sweet chilli jam
- Garlic and herb marinated pork kebab** 1273kcal **£22**
flatbread, tzatziki
- Piri piri halloumi and vegetable kebab** 1211kcal **£16.95**
Mr Vikki's sweet chilli jam

ADD A LITTLE EXTRA

- Peppercorn** 335kcal **£4.25**
- Beef fat béarnaise** 380kcal **£4.25**
- Black dub blue cheese and hollandaise** 408kcal **£4.25**
- Smokey grill sauce** 120kcal **£4.25**
- FYR grilled tomatoes** 196kcal **£4.50**
- Red wine sauce** 120kcal **£4.25**

SIDES

- Garlic mushroom** 386kcal **£7.50**
white wine, cream and parmesan
- Beer battered onion rings** 206kcal **£5.40**
- Sweet potato fries** 214kcal **£5.40**
- Hand cut chips** 242kcal **£5.40**
- Beef dripping chips** 421kcal **£5.90**
load your chips with truffle and parmesan **£2**
- Macaroni and cheese** 546kcal **£6**
smoked bacon crumb

DESSERTS

- Jen's famous sticky toffee pudding** 673kcal **£8.50**
butterscotch sauce, vanilla ice cream
- Seasonal cheesecake**
see our specials or speak to our staff for details
- Selection of artisan ice cream and sorbets**
vanilla bean, raspberry ripple, chocolate chip or fruits of the forest sorbet 228kcal per scoop
- 1 scoop **£3.50**
2 scoops **£6.50**
3 scoops **£8.50**

- Lemon and saffron posset** 1058kcal **£9**
mango and lime gel, buttermilk shortbread
- Smores chocolate brownie sundae** 1312kcal **£9.25**
- Affogato** 237kcal **£6.95**
one scoop of vanilla ice cream with a shot of espresso
- Limoncello** 331kcal **£9.95**
one scoop of vanilla ice cream with a shot of limoncello

CHEESE TROLLEY

- Platter of regional cheeses** 449Kcal (avg 3)
with celery, grapes, Peters Yard crackers and cider apple chutney
- 1 cheese **£4.50**
3 cheese **£10**
5 cheese **£14.50**

Allergen Information – we really want you to enjoy your meal with us – if you'd like information about ingredients in any dish, please ask and we'll happily provide it. (V) is suitable for vegetarians. Prices include VAT. Calorie information: Adults need around 2000kcal per day. A discretionary 10% service charge is added to all bills. 100% of the service charge is shared amongst all of our team throughout the hotel.