

Main Menu

Light Bites and Small Plates

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| Homemade Soup (GF/VG) <i>Prepared daily from fresh ingredients, served with a multigrain roll or gluten free bread.</i> | £4.50 |
| Bread Selection <i>with extra virgin olive oil and balsamic vinegar (VG)</i> | £3.95 |
| Garlic and Basil Marinated Olives (GF/VG) | £3.95 |
| Selection of Hummus, with Breadsticks (VG) (GF available) | £5.50 |
| Cheese Nachos with Sour Cream and Chilli Dip (GF/V) | £5.50 |
| Cumberland Sausage Bites <i>with Homemade Red Onion Marmalade</i> | £4.50 |
| Homemade Sausage Roll (GF/VG available) <i>with spicy baked beans or Salad and Damson gumbo</i> | £2.95 £5.95 |

GF = Gluten Free
V = Vegetarian
VG = Vegan



GREENS
Cafe & Bistro

Sandwiches, Toasties, Baguettes and Baked Potatoes

Sandwiches, toasties and Baguettes served with side salad and crisps
Baked Potatoes served with side salad and coleslaw (GF Available)

Choose from:

Hummus, Crunchy Vegetables and Mango Chutney (GF/VG)

Free Range Egg Mayonnaise and Cucumber (GF/V)

Cheese and Onion or Tomato (GF/V)

Ham, Cheese and Damson Gumbo (GF)

Sweet Chilli Chicken and Cheese (GF)

Tuna Mayonnaise and Cucumber or Onion (GF)

Chicken and Bacon and Mayonnaise (GF)

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| Baked Potatoes | £7.50 |
| Sandwiches | £6.25 with soup £8.25 |
| Baguettes | £6.95 with soup £8.95 |
| Toasties | £6.95 with soup £8.95 |

Salads and Platters

A light Bite for two, or a scrummy lunch for one!

Grasmere Platter (GF/V available) £11.95
Local ham, cheeses, fruit, nuts or salad, with local chutneys, breads and oatcakes.

Greens Tasting Plate (VG) (GF available) £11.95
A selection of all our favourite vegan goodies, including hummus, olives, quinoa, roasted nuts and seeds, salad, served with breadsticks and crudité's.

Ploughman's Lunch (GF available) £11.95
Locally made pork pie or gluten free sausage roll served with ham and cheddar, pickled onions and Emils' marvellous piccalilli, with a crusty roll.

Super Food Salad (GF/Vegan available) £9.95
A lush salad of broccoli, blueberries, butternut squash, quinoa and seeds, finished with a lemon herb vinaigrette optional Halloumi cheese.

Main Meals: Please take a look at our daily specials.

Shepherds Pie or Vegetarian Shepherds Pie (GF) (V/VG available) £9.95
Local fell bred lamb or three bean stew, topped with cheesy mash, served with fresh vegetables or a large dressed mixed salad.

Sausage and Mash or Vegetarian Sausage and Mash (GF) (V/VG available) £9.95
Cumberland sausages and creamy mash, with fresh vegetables and onion gravy Yum!

Chilli Con Carne or Vegetarian Chilli (GF) (V/VG available) £9.95
beef chilli con carne or Three bean chilli, served with either a baked potato or rice, dressed mixed salad and dips.

Falafel and Halloumi Wrap (V) £8.95
A toasted wrap of our homemade pea and chick pea falafel, with halloumi, dressed mixed salad, corn chips and a lime and coriander dip.

Very Veggie Wrap (VG) £7.95
Toasted wrap of hummus, spiced nuts and crunchy vegetables, served with mango chutney, dressed mixed salad and crisps.



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Home Bakes and Treats

We have a selection of gluten free, dairy free and vegan cakes. Please note that some of them contain nuts. Your server will be happy to advise you of today's choices.

Toasted Fruit Tea Cake and Butter £2.00

Homemade Fruit Scone (GF Available)

Butter £1.90

Butter and Jam £2.40

Jam and clotted cream £3.05

Homemade Cheese Scone (GF Available) £1.90

With Cheddar cheese and damson jambo £3.05

Homemade Jams:

Plum and Ginger, Blackcurrant, Damson, or Raspberry and Vanilla.

Desserts and Puddings

All served with your choice of custard, cream or ice cream.

Single Scoop of Ice cream, (Additional Scoops 1.80) £1.90

Children's Ice cream Sundae £2.25

Single scoop of any flavour, with a cone, sweeties and either raspberry or chocolate sauce.

Ice cream Sundae (Vegan Available) £5.95

Two scoops of your choice of ice cream, with pieces of chocolate brownie, fresh fruit, chocolate sauce and whipped cream.

Sticky Toffee or Sticky Ginger Pudding (V) £5.95

From the Carmel Village Store, traditional sticky toffee pudding or with a stem ginger twist.

Brownie (V/GF/VG available) £5.95

Homemade by us with rich Belgian chocolate, served warm.

Chocolate and Damson Pudding (V/GF) £5.95

Tess and Phil's amazing chocolate damson pudding, with chunks of white and dark chocolate and semi dried damsons.

Hunters Sticky Toffee or Ginger and Pear Pudding (V/GF) £5.95

Wonderful gluten free version of sticky toffee pudding or a slighter lighter pear and ginger pudding, both with butterscotch sauces.

Greens Gluten Free Bakewell Tart (V/GF) £5.95

Homemade by us, with raspberry and vanilla jam and wonderful frangipane topping.

Ice Cream Flavours: *Vanilla, Death by Chocolate, Stem Ginger, Crushed Strawberry, Mint Chocolate Chip, Thunder and Lightning, Swedish Glace Vegan Vanilla.*

**Please tell us if you have any allergies when placing your order
and we will be happy to discuss options for you.**