

**FRONT
BAR**

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(V) Vegetarian (VG) Vegan

Allergies & Intolerances: Before you order please speak to a member of staff if you would like to know about our ingredients.

WIFI: innonthesquare1

BREAKFAST MENU

served from 9am - 12pm

Thick Cut Farmhouse Toast £3

Farmhouse white or multigrain, salted butter

Full Cumbrian Breakfast £15.50

your choice of: Cumberland pork sausage / local back bacon / black pudding /
roasted plum tomatoes / grilled portobello mushroom / hash brown / baked beans /
Todd Hills Farm egg (poached, fried or scrambled) / farmhouse white or multigrain toast and butter

Full Vegetarian or Vegan Cumbrian Breakfast £13

your choice of: vegetarian sausage / roasted plum tomatoes / grilled portobello
mushroom / hash brown / baked beans / spinach / Todd Hills Farm egg*
(poached, fried or scrambled) / farmhouse white or multigrain toast and butter*
*excluded on vegan plate

Breakfast Butty £8

buttered farmhouse white or multigrain bread and choice of sauce.
Choose one of the following: bacon, Cumberland sausage, vegetarian sausage, fried egg
Add a second option for £2 extra

Smoked Salmon & Scrambled Egg £11.50

multigrain toast

Crushed Avocado on Sourdough (V) £11.50

toasted sourdough, chilli jam, poached eggs

Eggs Benedict £10.95

toasted English muffin, ham, poached egg, hollandaise

FOOD MENU

served from 12pm - 5pm

SOUP OF THE DAY

Soup of the Day £9
served with bread and butter

SANDWICHES

served on thick-cut white or wholegrain bread with dressed leaves and skin-on fries

Cheese & Pickle (V) £10
local mature cheddar, Branton pickle

Cumbrian Ham £11
hand-carved local ham, wholegrain mustard

DELI SANDWICHES

served with dressed leaves and skin-on fries

**Pulled Pork
Open Sandwich £15**
sourdough topped with pulled pork,
honey mustard, apple slaw, crispy onions

Beef & Chorizo Onion Melt £17
roast beef, chorizo, caramelised onion,
cheddar, served on rye bread

**Roasted Pepper
& Vegan 'Nduja (VG) £11**
roasted peppers, vegan 'nduja,
black garlic cashew cream, rocket,
served on toasted farmhouse white
or granary bread

SIGNATURE SANDWICHES

served with dressed leaves and skin-on fries

The Square Club £16
chicken mayonnaise, streaky bacon, tomato,
baby gem, free-range egg, served on toasted
farmhouse white or granary bread

Grilled Halloumi (V) £14
grilled halloumi, chimichurri, pickled red onion,
hot honey, served on grilled sourdough

**Chicken & Red Pepper
Pesto Ciabatta £14**
crispy chicken breast, red pepper pesto,
cheddar, baby gem, served on ciabatta

Smoked Salmon Focaccia £11
smoked salmon, avocado, sriracha mayonnaise,
cucumber, baby gem, served on focaccia

Mortadella & Stracciatella £11
mortadella, stracciatella, basil pesto,
rocket, Lovingly Artisan ciabatta

**Add a cup of homemade soup
to any sandwich £3**

served from 12pm - 5pm

WRAPS, QUESADILLAS & DIRTY FRIES

all wraps served with dressed leaves and skin-on fries

Chicken Quesadilla £15

Mexican-spiced chicken, peppers, guacamole, sour cream, pico de gallo and cheddar in a grilled tortilla

Garlic Chicken Wrap £15

crispy chicken, baby gem lettuce, crispy onions, and garlic sauce

Crispy Fried Tofu Wrap (VG) £14

golden tofu with chipotle mayo, baby gem lettuce and onion

Bacon & Beef Bolognese Dirty fries £14

skinny fries layered with streaky bacon, beef bolognese, melted cheddar

served from 12pm - 7pm

MAINS

10oz Sirloin Steak £34

a dry-aged sirloin steak, served with grilled vine tomato, onion rings, skinny fries, peppercorn sauce

Tuna Poke Bowl £18

sushi grade tuna, black rice, avocado, edamame beans, wakame seaweed, pickled cucumber, ginger, spring onions, soy dressing, spicy mayonnaise

Beer Battered Haddock & Chips £21

beer-battered haddock, chunky chips, minted mushy peas, tartare sauce, lemon

Brossen Authentic Butter Chicken £24

spiced chicken, tomato & butter sauce, spiced rice, naan bread, mango pickle, papadum

BURGERS

all burgers are served in a toasted brioche bun with gem lettuce, beef tomato, panko onion ring, dill pickle, house 'slaw and skinny fries

The Ultimate Brossen Steak Burger £24

225g beef patty with caramelised onion, Emmental, garlic mayonnaise

Brossen Bhaji Burger (VG) £22

homemade onion bhaji patty, mango chutney, coriander yoghurt, poppadom crumb

Char-Grilled Tandoori Chicken Burger £24

tandoori chicken, onion bhaji, mint mayonnaise, crispy onions

Double up any patty + £6

served from 12pm - 7pm

SIDES

£6 each / 3 for £16 / 4 for £21 / 5 for £25

**Grilled tenderstem broccoli,
Parmesan (V)**

Heirloom tomato & feta salad (V)

Skinny fries (VG)

Chunky chips (VG)

Panko onion rings (V)

**Wild sautéed mushrooms,
pancetta**

**Crushed paprika baby potatoes,
sour cream, chives (V)**

served from 12pm - 7pm

DESSERTS

Sticky Toffee Pudding £11

sticky date sponge, hot toffee sauce,
Madagascan vanilla ice cream

Blueberry Cheesecake £11

New York-style cheesecake,
blueberry compote, whipped cream

Peanut Butter & Berry Crumble £11

mixed berries, peanut butter oat crumble,
vanilla custard

Three Hills Gelato Selection

1 scoop £3.50 / 2 scoops £6 / 3 scoops £9

100% natural, Cumbrian gelato
choose from: Madagascan vanilla,
chocolate, strawberry

GIN MENU

BRAND / GARNISH

LAKE DISTRICT GINS

BEDROCK (Keswick) / LIME	£4.85
LAKELAND MOON (Kendal) / LEMON	£4.70
LAKELAND MOON RAMBLERS (Kendal) / ORANGE & ROSEMARY	£4.85
THE LAKES DISTILLERY (Bassenthwaite) / GRAPEFRUIT & ROSEMARY	£4.75
THE LAKES DISTILLERY ELDERFLOWER (Bassenthwaite) / LEMON & LIME	£5.10
THE LAKES DISTILLERY RHUBARB & ROSEHIP (Bassenthwaite) / LEMON & BERRIES	£5.10
THE LAKES DISTILLERY PINK GRAPEFRUIT (Bassenthwaite) / GRAPEFRUIT	£5.10

MONKEY 47 / BLACKBERRIES	£7.30
GIN MARE / OLIVES	£5.20
SHARISH BLUE MAGIC / ORANGE	£7.30
BATHTUB / ORANGE	£5.40
HENDRICKS / CUCUMBER	£4.50
BOMBAY SAPPHIRE / LIME	£4.50
AVIATION / ORANGE	£6.15
TANQUERAY NO 10 / GRAPEFRUIT	£4.60
TANQUERAY SEVILLA ORANGE / ORANGE	£4.95
GORDON'S PINK / RASPBERRIES & STRAWBERRIES	£5.30
WHITLEY NEIL (ORANGE / RASPBERRY / RHUBARB & GINGER)	£4.90
SIPSMITH / JUNIPER	£4.70
BROCKMANS / BLUEBERRIES & GRAPEFRUIT	£5.20
PLYMOUTH / LIME	£4.55
SEEDLIP SPICED 0% / LIME	£4.15
TANQUERAY 0% / LIME	£4.05

FEVERTREE TONIC (200ml)

Indian / Mediterranean / Light/ Elderflower / Ginger Beer / Ginger Ale

£3.00

FRONT
BAR

INN ON THE SQUARE

MARTINI

ALL £11.50

RASPBERRY MARTINI

Bombay Sapphire, Bacardi, raspberry purée,
lime juice, sugar syrup

CUMBRIAN APPLE

Jack Daniels, Apple Schnapps, cranberry juice

MILKY WAY

Absolut Vanilla, Kahlua, Baileys, double cream

FIZZ

ALL £11.50

ROSSINI

Prosecco, Chambord, raspberry purée

FRENCH 75

Bombay Sapphire, lemon juice, sugar syrup,
Prosecco

APEROL SPRITZ

Aperol, Prosecco, soda

LIMONCELLO SPRITZ

Limoncello, Prosecco, soda

LONG

ALL £11.50

CUMBRIAN TROPICS

Banana liqueur, Malibu, Bacardi, pineapple juice,
lemon juice, sugar syrup

GIN ELDERFLOWER FIZZ

Bombay Sapphire, Elderflower Cordial,
Apple Juice, Mint, Sodas

ROCKS

ALL £11.50

SQUARE SOUR

Choose from Whisky, Amaretto, Lakes Rhubarb
& Rosehip Gin

OLD FASHIONED

Glayva, Angostura Bitters

CAIPIRINHA

Cachaca, lime juice, sugar syrup

THE SQUARE CLASSICS

ALL £11.50

MARGARITA

Tequila, Triple Sec, lime juice

RAPASKA

Raspberry vodka, raspberry purée,
passionfruit purée, orange juice, lime juice, soda

GIN BRAMBLE

Gin, Crème de Cassis, lemon juice, blackberries

PASSIONATE KISS MARTINI

Vanilla vodka, Passoa, passionfruit purée, vanilla
syrup, served with a shot of Prosecco

COSMOPOLITAN

Vodka, Triple Sec, cranberry juice, lime juice

SALTED CARAMEL OR REGULAR ESPRESSO MARTINI

Lakes Distillery Salted Caramel Vodka or
Vanilla Vodka, Kahlua, espresso

MOCKTAILS

ALL £8.50

ELDERFLOWER NOJITO

Elderflower cordial, sugar syrup, mint,
soda water, lime

PASSIONFRUIT FIZZ

Passionfruit purée, vanilla syrup,
passionfruit syrup, lemonade, grenadine

VIRGIN MAI TAI

Pineapple juice, lime juice, almond syrup,
grenadine

WINE MENU

SPARKLING

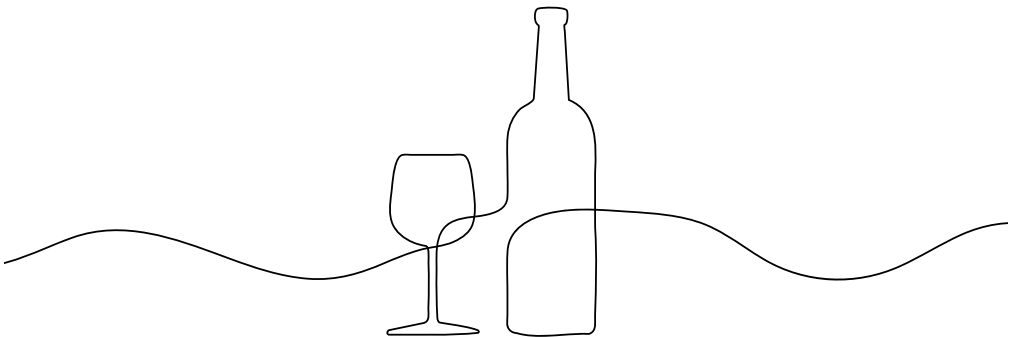
- | | 125ml | btl |
|--|--------------|---------------|
| 01. Zimor Prosecco Extra Dry <i>Italy</i> | £7.75 | £30.00 |
| Light Fresh Apple | | |
| 02. Zimor Prosecco Rosé <i>Italy</i> | £8.50 | £40.00 |
| Pink Delicate Refreshing | | |
| 03. Aimery Crémant de Limoux Brut NV <i>France</i> | | £42.00 |
| Fruity Fresh Delicious | | |
| 04. Aimery Crémant de Limoux Rosé Brut NV <i>France</i> | | £43.00 |
| Fruity Floral Crisp | | |
| 25. Lanson Père & fils Brut NV <i>France</i> | | £60.00 |
| Toasted Honey Rounded | | |
| 26. Lanson Le Rosé NV <i>France</i> | | £85.00 |
| Delicate Roses Berries | | |
| 27. Lanson Le White Label Sec NV <i>France</i> | | £95.00 |
| Fresh Soft Minerality | | |



WHITE & ROSÉ

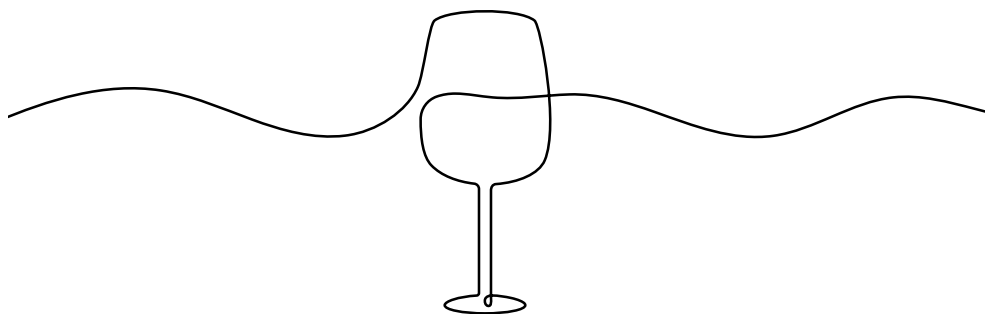
175ml 250ml btl

- | | | | |
|--|---------------|---------------|---------------|
| 15. Castillo de Piedra Airen Verdejo <i>Spain</i>
Dry Crisp Light | £8.50 | £10.50 | £30.00 |
| 16. Zimor Pinot Grigio <i>Italy</i>
Delicate Fruity Refreshing | £7.50 | £9.75 | £28.00 |
| 17. Ocarina Chilean Sauvignon <i>Chile</i>
Aromatic Juicy Refreshing | £7.50 | £9.75 | £28.00 |
| 18. Spearwood Chardonnay <i>Australia</i>
Fresh Juicy Crisp | £8.50 | £10.50 | £30.00 |
| 19. Las Ondas Viognier Reserva <i>Chile</i>
Peach Apricot Ripe | £9.00 | £11.25 | £33.00 |
| 20. Picpoul de Pinet, Cuvée Thetis <i>France</i>
Aromatic Light Ripe | £9.50 | £13.00 | £38.00 |
| 21. Ren Marlborough Sauvignon Blanc <i>New Zealand</i>
Zesty Tropical Smooth | £12.50 | £14.50 | £39.00 |
| 22. Medievo Barrel Fermented Rioja Blanco <i>Spain</i>
Oaked Intense Ripe | | | £36.00 |
| 23. Zimor Pinot Grigio Rosé <i>Italy</i>
Light Delicate Fresh | £7.00 | £9.00 | £26.00 |
| 24. To Be Continued... Zinfandel Rosé <i>USA</i>
Sweet Juicy Strawberry | £7.50 | £9.75 | £28.00 |



RED

	175ml	250ml	btl
05. Castillo de Piedra Tempranillo <i>Spain</i> Light Fruity Soft	£7.50	£9.75	£28.00
06. Plate 95 Merlot <i>Chile</i> Spicy Fruity Balanced	£7.50	£9.75	£28.00
07. Montepulciano d'Abruzzo DOC, Terrabuona <i>Italy</i> Blueberry Youthful Juicy	£7.50	£9.75	£28.00
08. Gulara Shiraz <i>Australia</i> Pepper Bramble Juicy	£8.00	£10.25	£30.00
09. Bougrier Pure Vallée Pinot Noir <i>France</i> Refreshing Bright Spice	£9.00	£11.75	£34.00
10. Medievo Crianza Rioja <i>Spain</i> Concentrated Spicy Warning			£28.00
11. Franschoek Cellar 'The Churchyard' Cabernet Sauvignon <i>South Africa</i> Blackcurrant Tobacco Spice			£35.00
12. Bone Orchard Malbec <i>Argentina</i> Jammy Youthful Juicy	£13.00	£15.00	£40.00
13. Primitivo Trulli Salento IGP <i>Italy</i> Liquorice Intense Complex			£50.00
14. Côtes-du-Rhône Villages Laudun, Château Courac <i>France</i> Floral Fruit Spice			£55.00



SOFT DRINKS

PEPSI

mixer **£1.35** half **£3.00** pint **£4.45**

DIET PEPSI

mixer **£1.35** half **£3.00** pint **£4.45**

LEMONADE

mmixer **£1.35** half **£3.00** pint **£4.45**

BOTTLED COCA COLA or DIET COKE

£3.10

STILL or SPARKLING WATER

sml **£2.60** lge **£3.70**

J20

£3.65

Orange & Passionfruit, Apple & Mango, Apple & Raspberry

FROBISHER'S JUICE

£3.45

Orange, Apple, Mango, Cranberry, Pineapple

SODA CORDIAL

half **£1.70** pint **£3.40**

Lime, Blackcurrant, Orange

TONICS

FEVERTREE TONIC (200ml)

£3.00

Light / Mediterranean / Elderflower / Light Cucumber / Aromatic / Ginger Ale / Ginger Beer

HOT DRINKS

TEA

All our teas are skilfully blended by Twinings, a British tea house with over 300 years of expertise

**ENGLISH BREAKFAST TEA
(ALTERNATIVE DECAF AVAILABLE)**
Cumbria's answer to the perfect brew -
an English Breakfast tea

£3.55

GREEN TEA

A delicate summery taste on the tongue,
good for cleansing the system

£3.80

EARL GREY
Fragrant and delicate

£3.55

CAMOMILE

Find a comfy seat, take a deep breath and
calm down with a cup of camomile

£3.80

PEPPERMINT

It'll sort you right out. Good for digestion
and fresh breath!

£3.80

COFFEE

Our coffee is roasted especially for us, locally in Carlisle by John Watt & Son

AMERICANO
Espresso with hot water

£3.55

CAPPUCCINO

Espresso with frothy milk

£3.90

MOCHA
Espresso with hot chocolate and a frothy top

£4.15

LATTE

Espresso with lots of milk

£3.90

ESPRESSO
Strong and black

£3.50

FLAT WHITE

Double espresso with silky milk

£3.90

HOT CHOCOLATE

HOT CHOCOLATE

£4.15

LUXURY MILK HOT CHOCOLATE

£4.75

Whipped cream, marshmallows, chocolate sauce

Add a syrup: vanilla, caramel, cinnamon, gingerbread

£0.80