

FOOD MENU

EX

EXPRESS DELIVERY

In a rush? No worries. Look for
the express delivery symbol
next to our dishes!

PENNY BLUE



SMALL PACKAGES

Starters

	Roast fig, goats cheese, maple syrup <i>v gf</i>	6.95
	Heritage tomato, grilled asparagus, burrata cheese, shallot, basil <i>v gf</i>	6.95
	Scallops, black pudding, pea puree, bacon sage butter <i>gf</i>	7.95
EX	Home cured salmon, pickled cucumber, potato salad <i>gf</i>	7.50
	Cumbrian air-dried ham, orange, pomegranate, feta <i>gf</i>	7.95
EX	Classic prawn cocktail, avocado, watercress <i>gf</i>	7.50
	Garlic mushrooms, toasted sourdough <i>v</i>	5.95
	Fried halloumi with rocket pesto <i>v gf</i>	5.95
EX	Soup of the day, crusty bread	5.95

Sandwiches

EX	Freshly made sandwiches	5.95
	Served on wholemeal granary bread, choose from;	
	Coronation chicken	
	Cumberland ham, tomato and salad cream	
	Salmon and dill crème fraiche	
	Appleby cheese savoury <i>v</i>	
	UPGRADES +	
	Add soup	4.50
	Add hand cut chips	3.50

ALLERGY INFORMATION

v VEGETARIAN *gf* GLUTEN FREE

We cannot 100% guarantee that any of the dishes are nut free. Please ask a member of staff for more information. On occasion the menu may be subject to change.

Tapas Platters

Ideal to share as a starter for two or for one as a meal

Meat feast tapas platter	16.95
Chicken katsu curry	
Flat iron steak slices with garlic mushrooms	
Mustard and honey glazed cocktail sausages	
Fish tapas platter	17.95
Scallops, black pudding, pea puree, bacon sage butter <i>gf</i>	
Chilli garlic prawn gambas, sourdough	
Home cured salmon, pickled cucumber, potato salad <i>gf</i>	
Surf and Turf platter	17.95
Scallops, black pudding, pea puree, bacon sage butter <i>gf</i>	
Beer battered fish of the day, tartare sauce	
Flat iron steak slices with garlic mushrooms	
Vegetarian platter	14.95
Garlic mushrooms, toasted sourdough <i>v</i>	
Heritage tomato, grilled asparagus, burrata cheese, shallot, basil <i>v gf</i>	
Fried halloumi with rocket pesto <i>v gf</i>	

Salads

EX	Super food salad <i>v gf</i>	9.50
	Quinoa, roast sweet potato, broccoli, pomegranate, avocado and feta	
	Classic Caesar salad	7.95
	Crispy bacon, gem lettuce, tomato, sourdough, parmesan, anchovy	
EX	Lentil tabbouleh <i>v gf vegan</i>	8.95
	Puy lentil, spring onion, parsley, mint, lemon, olive oil	
	Why not add chicken or prawns?	3.50



LARGE PARCELS

Grill

Halloumi vegetable skewers *v gf* 11.95
Hand cut chips, grilled tomato

Tuna steak *gf* 14.95
Salsa, hand cut chips

12oz flat iron steak *gf* 14.95
Grilled tomato, hand cut chips, peppercorn sauce

10oz dry aged rib-eye steak *gf* 21.95
Grilled tomato, hand cut chips, Diane sauce

*Chips may be substituted for house salad,
please request when placing order.*

Sides

Onion rings 3.50

Hand cut chips *gf* 3.50

House salad with Halston dressing *v gf* 3.95

Mains

Mushroom, garlic and celeriac risotto 9.95
v gf vegan

EX Coast to Coast 12.95
Ale battered fish, hand cut chips, pea puree,
tartare sauce (catch of the day)

Pan fried salmon *gf* 13.95
Braised potatoes, peas, kale, baby onions,
white wine velouté

Pork and apple burger 13.50
Pulled pork, blue cheese, multi seed brioche,
hand cut chips

EX Braised beef poutine *gf* 13.50
Pulled beef, hand cut chips, cheese curd,
Madeira jus

Chicken katsu curry 11.95
Panko crumb chicken, rice, spring onion, katsu sauce

Roast chicken *gf* 13.95
Herb mash, red cabbage, sugar snap peas, gravy

SWEET POST

MINI 3.95 REGULAR 6.75

Marinated berries *v gf vegan*
Penny Blue rum orange spiced sorbet

Roasted blueberry Eton mess *v gf*
With cinnamon and blackcurrant liqueur

Chocolate mousse *v*
With chocolate Amaretti crumble

Sticky toffee apple pudding *v*
With vanilla ice cream

Bread and butter pudding *v*
With white chocolate and cranberry

Cheese board *v* 7.50
Biscuits, local cheeses,
Claire's Handmade chutney, fruit, biscuits

*Breakfast, Afternoon Tea
& Sunday Dinner available**

*Please
ask a member
of staff to
see these
menus*

* Breakfast & afternoon tea may be served in Bartons Yard or The Halston.

PENNY BLUE

TALK TO US

TEL 01228 210241 OR EMAIL PENNYBLUE@THEHALSTON.COM
PENNYBLUE FOOD & LOUNGE, THE HALSTON,
20-34 WARWICK RD, CARLISLE CA11AB
PENNYBLUECARLISLE.COM

