

# Royal Oak Appleby

## Early Bird Menu

### Early Bird Wine

½ Litre Carafe of Red / White / Rose £6.95

### Early Bird Starters

Home Baked Mushrooms (v) £3.85  
with a choice of dips Garlic Mayo, Sweet & Sour and/or Sweet Chilli

Cheese & Garlic Dough Balls (v) £2.30  
with Garlic Mayo

Homemade Chicken Liver Pate £3.85  
& Cumberland Sauce served with Toast

Homemade Fishcake £3.95  
served with a warm Sweet & Sour Sauce

Homemade Soup of the Day £3.30  
with Wholemeal Bread - see blackboard for details

### Early Bird Main Course

Breaded Haddock £7.35  
with Chips & Peas

Barnsley Chop £7.60  
with Potatoes, Vegetables & Gravy

Curry of the Day £7.25  
served with Rice & Naan Bread

Cumberland Ham, Chips & Peas £6.95  
with a Honey & Wholegrain Mustard Glaze

Butterfly Cajun Chicken £7.15  
with Chips, Salad & Sweet Chilli Dip

Whitby Wholetail Scampi £7.35  
with Chips & Peas

A Trio of Sausages with Chips & Peas £6.95  
an assortment of Ewbank's and local Cumberland Sausage

Mixed Bean Chilli (v) £6.95  
with Rice

Casserole of the Day £6.95  
see blackboard for details

Ewbank's Ribeye 6oz £8.60  
with Chips Tomato & Mushrooms 12oz £11.95

Ewbank's Sirloin 5oz £8.60  
with Chips, Tomato & Mushrooms 10oz £11.95

Ewbank's Fillet 8oz £14.00  
with Chips Tomato & Mushrooms

### Early Bird for Kids

Ewbank's Sausages £3.75  
with Chips & Heinz Beans or peas

Homemade Chicken Goujons £3.95  
with Chips & Heinz Beans or Peas

Homemade Haddock Goujons £3.95  
with Chips & Heinz Beans or Peas

### Early Bird Extras

Sauces £1.95

Stilton, Peppercorn, Creamy Garlic, Diane

Homemade Onion Rings £1.95

Garlic Bread £1.95

Garlic Bread with Cheese £2.50

Homemade Chips £1.80

### Sweets

Sticky Toffee Pudding £3.50

Slee's "Taste of Eden" Ice-Cream £3.50

Bread & Butter Pudding £3.50

### Other Offerings

#### Starters

Smoked Chicken & Bacon Salad £5.95 / £12.50  
on a bed of Mixed Leaf and drizzled with Balsamic Vinegar

Bacon & Black Pudding Stack £5.75 / £11.50

on a Wholegrain Mustard Jus

Grilled Goats Cheese £4.95 / £10.50

drizzled with Honey & Thyme

Prawn St Jacques £5.75 / £11.50

Prawns, Mushrooms, Onions & Garlic

cooked in Cream topped with Melted Cheese

Brie wrapped in Filo Pastry (v) £5.25 / £10.95

and drizzled with Redcurrant Coulis

#### Main Course

All served with chips or potatoes and salad or vegetables

Lasagne Al Forno £9.95

homemade with Ewbank's Minced Beef

Grilled Fillet of Salmon £13.95

with a Chilli & Lime Butter

Sautéed Calf Liver & Bacon £12.95

on an Onion & Thyme Gravy

Pork Valentine £11.95

on a bed of Apples in Sticky Maple Syrup

Chicken Breast stuffed with Ewbank's £12.95

Cumberland Sausage and wrapped in Bacon

on a Dijon Cream

Rack of Lamb £16.95

with a Garlic, Rosemary & Redcurrant Gravy

10oz Cumberland Gammon Steak £11.50

with a Free Range Egg and/or Pineapple

The Oaks Steak & Ale Pie £10.95

using Ewbank's Hand Diced Beef & Local Ale

Spinach & Ricotta Cannelloni (v) £9.95

with Stir Fried Vegetables & Cheddar Cream

#### For Our Younger Guests

Lasagne Al Forno £6.95

with Chips

5oz Cumberland Gammon Steak £7.50

with Chips & Free Range Egg

Steak & Mushroom Pie £6.95

with Potatoes & Vegetables  
**Ewbank's 5oz Sirloin**  
with Chips

**£8.60**