

## Coffee Selection

Our Tiki Coffee is blended using beans from Honduras, Ethiopia, Indonesia, Guatemala and Peru. These origins combine to create great tasting medium roast coffee; the delicious sweet and nutty aroma leads you into sweet caramel notes balanced with citrus fruit.

Tiki is uniquely triple certified - ***Fair-trade, Organic and Rainforest Alliance***. The FAIRTRADE Mark guarantees that coffee producers are paid a fair price. Organic certification guarantees that farmers avoid unnecessary chemicals and pesticides. And the Rainforest Alliance Certification guarantees that natural resources are conserved and wildlife is protected.

### **Espresso - £2.50**

The classic shot, so intense it bites.

### **Espresso con Panna - £2.60**

Espresso served with a dollop of fresh whipped cream – this is a short, strong but sweet coffee.

### **Americano - £2.75**

This drink is in fact made up entirely of steamed water and espresso shots; there is no brewed coffee in it. The steamed water is just water taken from our espresso bar.

### **Latte - £2.95**

The latte (pronounced lah-tay) is the beginner's espresso drink. If this is your first time in experiencing our coffee, this would be a good place to start. The latte consists of espresso, steamed milk and a dollop of foam on top.

### **De luxe Latte – Dark or White Chocolate – or Caramel - £3.50**

These are our most popular drinks. These are incredibly sweet and pretty evil, but they are a real comfort drink once in a while.

### **Cappuccino - £2.95**

Close cousin to the latte, the cappuccino is a drink that bridges the international gap; it's pretty much the same everywhere you go, even in Europe. The 'cap' is basically the same thing as a latte, it contains the same amount of espresso, but the cappuccino has more foam.

## **Suki Tea – Loose Leaf Selection**

Individually served in your own Suki tea pot and tray - £3.50

### **Fairtrade - Breakfast Tea**

Rich, smooth blend of the most aromatic teas from Tanzania and Assam. The Assam provides the strength of flavour and colour and the Tanzanian the rich aroma. A traditional breakfast tea which, despite its name, is perfect all day long – bright, light and crisp.

Great Taste Award \*Gold Star Winner 2008

### **Fairtrade - Organic Earl Grey Blue Flower**

Premium black leaf tea, natural oil of bergamot with cornflowers. A subtle blend of soft, slightly spicy Assam tea with a natural delicate bergamot flavour and vibrant blue cornflowers.

### **Fairtrade - Organic Green Tea Sencha**

Highly aromatic Chinese Fairtrade green leaf tea. The cup is light yellow and has an intense sweet bouquet: ocean, green and clean.

### **Red Berry**

A tisane of elderberries, blackberries, strawberries, raspberries, apple, rosehip peel and hibiscus blossoms. A colourful selection of fruits and berries and absolutely bursting with fresh, rich, berry taste. Perfect served hot or as an iced tea.

### **Green Rooibos Citrus Tea - Organic**

Green Rooibos with lemon grass and citrus. No caffeine as with all rooibos teas. A zesty, uplifting brew. This green version of rooibos contains even higher levels of antioxidants.

Great Taste Award \*Gold Star Winner 2007

### **Whole Peppermint**

Quite possibly the best peppermint tea in the world. Whole peppermint leaves create an incredibly fresh, purifying cup. Tingly, minty & fresh.

Great Taste Gold 1\* Award Winner 2008

Embrace the aromatic flavour in your room – our Tea Pocket service enables you to drink Suki Tea in your room. Please ask the bartenders to prepare your personal Tea Pocket with your desired Loose Leaf Tea £1.95 per flavour

## **Chocolate Drinks - "Have your cake and eat it"**

### **Hot Chocolate Abyss - £3.00**

Chocolate Abyss is a REAL hot chocolate drink. Just five ingredients make up Chocolate Abyss including 40% of the finest cocoa powder and REAL vanilla, straight from the pod. It's designed to be blended with steamed milk to create a rich, velvety smooth drink that tastes of real chocolate, with just the right balance of sweetness.

### **Dark or White Mocha - £3.50 or £3.95 when indulging**

Chocolate Abyss Dark and White Mocha Sauce is designed specifically to be used for making great tasting mochas. Simply stirred into a good espresso and topped with steamed milk.

For extra indulgence, top with a swirl of freshly whipped cream, Real Dark Chocolate Dust or mini marshmallows.

### **Double Pleasure - £1.00 supplement on the above**

We often sit around and think, how can we make a hot chocolate even more chocolatey? "The answer is simple" - drizzle more chocolate on top! We know it's not the healthiest drink in the world, but it tastes superb.

## **Cakes served from 10am till 11pm**

### **Wooden Spoon Kitchen Classics**

Every Wooden Spoon cake and biscuit is based on a classic recipe that's been brought bang up to date with premium ingredients. They are packaged just as you need them, individually wrapped for freshness.

#### **Selection of Organic Biscuits**

**£0.75**

Gluten Free Chocolate and Pear  
Organic Chocolate Gingers  
Organic Apple Crumbles  
Organic Lemon Melts  
Organic Oat Crumbles  
Caramel Waffles

#### **Selection of Muffinloafs**

**£1.75**

Lemon  
Double Chocolate

## **Afternoon Teas served from 2pm till 5:30pm**

A fashionable event that began in the early 1840s, two hundred years after the first tea was imported from China

### **Traditional - £17.50**

Selection of tea sandwiches:

Smoked salmon and cucumber

Baked ham, honey and mustard mayonnaise

Free-range egg mayonnaise spring onion and cress

Cream cheese and cucumber

Fruit scones served warm with clotted cream and damson jam

Dainty delicacies

Your choice from our range of teas and coffees

### **Royal Tea - £22.50**

Traditional Low Wood Tea accompanied by a glass of house champagne

### **Cream Tea - £7.00**

Your choice of Tea or Coffee served with 2 fruit scones and traditional accompaniments

### **Scone - £3.50**

Fruit scone and traditional accompaniments

## **Light Meals-served from 12pm till 6:30pm**

### **Baguettes**

Served on stone-baked multi-cereal baguettes with sea salt crisps, olives

Honey-glazed ham, Somerset Brie, green tomato chutney £7.50

Free range egg mayonnaise, spring onion, mustard cress £6.50

British Cheddar cheese, piccalilli £7.25

Roast chicken breast, baby Gem, coronation crème fraîche £7.50

Cartmel Valley smoked salmon, cucumber, cracked black pepper £8.00

Flaked poached salmon, watercress and lemon crème fraîche £7.50

**Soup,** £5.50

Homemade soup of the day, bread basket and butter

### **Hot Sandwiches**

**Club Sandwich** £11.50

Triple-decker sandwich with smoked bacon, chicken breast, hard boiled egg, baby Gem lettuce, tomato and mayonnaise, accompanied by homemade chips

**Low Wood's Burger** £14.50

21 day aged Cowran Estate bred burger (224g), bacon, Gruyère cheese, tomato, and leaf salad, served in a toasted seeded bun accompanied by red onion marmalade, coleslaw, dill pickle and homemade chips

**Chicken Ciabatta** £9.95

Pan-seared chicken breast, mozzarella cheese, tomato and garlic chutney, Homemade basil pesto, dressed rocket leaves

## Light Meals -served from 12pm till 6:30pm

### Salads

**Classic Caesar Salad** (v option available) £7.95  
with crisp pancetta, baby Gem leaves, egg, anchovy fillets,  
garlic sour dough croûtons, Parmesan cheese and Caesar dressing

Served with seared or steamed chicken fillet £10.50

**Prawn Cocktail Salad** £9.95  
classic salad with baby gem and rocket leaf, chilled prawns,  
lemon and tomato crème fraîche

**Olive Board Platter** £13.50  
selection of three British cheeses, sliced baked ham, Westmorland  
chutney, meat terrine, olives, stone-baked bread and a variety of pickled  
vegetables

### Side Orders - £2.75 each

Homemade chips, Malden salt and black pepper

Seasonal new potatoes, fresh mint

Cherry tomato, basil and olive oil salad

## **Meals-served from 7pm till 9:30pm**

### **Classical British Dishes**

All charged at £15.00 each

**Classic fish pie** ~salmon, smoked haddock, trout and prawns baked with a parmesan glazed mashed potato

**Traditional cottage pie** ~Mrs Kirkham's crumbly Lancashire cheese mashed potato, braised red cabbage

**Cartmel Valley Cumberland sausage ring**, grain mustard mash, red onion marmalade, rich onion gravy

### **Grill Selection**

Our beef is grass-fed selected Cumbrian Fell-bred cattle aged for 21 days  
Steaks served with vine tomatoes, herb butter thick cut chips and  
Bearnaise or peppercorn sauce

**Rib-eye steak 8oz** £18.00

**Sirloin steak 10oz** £19.00

**Cowran Estate Burger** £14.50

21 day aged Cowran Estate bred burger 8oz, bacon, Gruyère cheese, tomato, and leaf salad, served in a toasted seeded bun accompanied by red onion marmalade, coleslaw, dill pickle and homemade chips

**Desserts served from 12noon till 9:45pm**

**Sticky Toffee Pudding** £5.50  
butterscotch sauce and clotted cream ice-cream

**Cambridge Burnt Cream** £5.50

**Warm Treacle Tart** £5.50  
whipped cream or traditional English custard

**Slate of British Cheeses** £7.25  
Selection of three cheeses, Cumbrian oat cakes, celery and Westmorland chutney

**Fresh Fruit Salad** £3.00  
pouring cream

## **All day menu -Index**

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(This will only be served on the high tables in the bar area)
- We do have a separate Sam's Club Menu for Children
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We offer a wide range of alcoholic Drinks available to you please ask our Bar staff for any details

- Whilst we take care to preserve the integrity of our vegetarian products, we must advise these products are handled in a multi-kitchen environment. - Fish may contain bones. -All dishes are prepared in an environment that is not free from nuts, seeds, gluten or lactose; therefore all dishes may contain traces of these allergens.

**VAT is charged at present government prevailing rate**