

THE DUMBBELL

MAIN MENU

Starters

Honey glazed halloumi	£7.75
<i>Served with a salad garnish</i>	
Creamy garlic mushrooms	£7.75
<i>Served on toasted ciabatta</i>	
Breaded whitebait	£8.95
<i>Served with a salad garnish and tartare sauce</i>	
Ciabatta garlic bread	£5.25
Add cheese	£1.50
Nachos — small / large	£6.95 / £9.95
<i>Served with salsa, sour cream and guacamole</i>	
Add chilli or bean chilli (V)	£4.25
Chicken tenders	£9.95
<i>Served with barbecue or sweet chilli sauce</i>	

Salads

Chicken and bacon salad	£15.95
<i>Served with fresh mixed salad and Caesar dressing</i>	
Chilli honey halloumi salad	£15.95
<i>Served with fresh mixed salad and a warm chilli and honey dressing</i>	
Ploughman's	£16.95
<i>Served with ham, cheddar cheese, pickle, celery, tomatoes and fresh cooked baguette</i>	

Vegans & Vegetarians

Homemade mac & cheese	£9.95
<i>Served with fresh salad and garlic bread</i>	
Homemade creamy vegetable pie	£14.95
<i>Served with mash or chunky chips and fresh vegetables</i>	
Vegetarian sausage & mash	£13.95
<i>Served in rich onion gravy, creamy mash and peas</i>	
Pumpkin and spinach burger	£13.95
<i>Served in a toasted bun with fresh salad and chips</i>	
Mediterranean veggie tart	£14.95
<i>Served with new potatoes, vegetables and gravy</i>	

Jacket Potatoes

Jacket potato	£9.95
<i>Choose two fillings: ham, chicken mayo, tuna mayo, cheese, baked beans, chilli con carne, bean chilli, coleslaw, sweetcorn or onion. All served with fresh salad.</i>	

Classic Mains

Beer-battered cod	£15.95
<i>Served with chunky chips, mushy peas and tartar sauce</i>	
Breaded scampi	£14.95
<i>Served with fresh salad, chips and tartar sauce</i>	
Honey-glazed ham, egg & chips	£14.95
<i>Served with baked beans and chips</i>	
Calves' liver and bacon	£14.95
<i>Served in rich onion gravy, creamy mash and vegetables</i>	
Cumberland sausage & mash	£14.95
<i>Served in rich onion gravy, creamy mash and peas</i>	
Classic hunters chicken	£15.95
<i>Grilled BBQ chicken breast topped with bacon and cheddar cheese, served with chips and salad</i>	
Homemade beef lasagne	£16.95
<i>Served with ciabatta garlic bread and fresh salad</i>	
Homemade chilli con carne	£16.95
<i>Served with white rice, soured cream and nachos</i>	
Homemade venison pie	£17.95
<i>Served with mashed potatoes or new potatoes, seasonal vegetables and gravy</i>	

From the Grill

8oz cheese & bacon beef burger	£16.95
<i>Locally sourced; served with chips and coleslaw</i>	
Cajun chicken burger	£14.95
<i>Served with chips and coleslaw</i>	
Burger extras	£1.00
<i>Add cheese, bacon, jalapeños or onion rings</i>	
Add halloumi	£2.00
Grilled gammon steak	£15.95
<i>Served with two fried eggs or pineapple, peas and chunky chips</i>	
Sirloin steak baguette	£15.95
<i>Served with fried onions, chunky chips and fresh salad</i>	

DON'T FORGET TO CHECK OUR SPECIALS BOARD

Kitchen opening hours

Monday to Thursday	11.30am-8.00pm
Friday to Saturday	11.30am-8.30pm
Sunday	12.00pm-6.00pm

THE DUMBBELL

LIGHT MEALS & SIDES

Baguettes & Paninis

Any baguette or panini **£7.95**

Ham & cheese, cheese & tomato, sausage & onion, bacon & brie, BLT, tuna & sweetcorn, prawn in seafood sauce, tuna & mozzarella melt, chicken pesto with sun-dried tomatoes & mozzarella, or mozzarella, pesto & fresh tomato (VG).
All baguettes and paninis served with fresh salad and coleslaw.

Add chips **£2.25**

Omelettes

Choose 2 fillings **£11.95**

Choose 3 fillings **£12.95**

Fillings: ham, cheese, tomato, onion, bacon, mushrooms or peppers. Served with fresh salad and coleslaw.

Add chips **£2.25**

Breakfast

The Dumbbell breakfast **£14.95**

Two fried eggs, two hash browns, two Cumberland sausages, two rashers of back bacon, black pudding, grilled tomato, mushrooms, baked beans and fried bread

Half breakfast **£8.95**

Vegetarian option available.

Kids Menu

Kids meal **£6.50**

Choose from cheeseburger & chips, sausage & mash, chicken nuggets & chips, fish fingers & chips, pizza & chips, or mac & cheese with garlic bread.

Add peas, sweetcorn, beans or salad £0.75. Add a scoop of vanilla ice cream with strawberry, chocolate or toffee sauce £2.00.

Sides

Chips **£4.25**

Chunky chips **£4.75**

Curly fries **£4.50**

Sweet potato fries **£4.50**

Skinny fries **£4.25**

Onion rings (10) **£4.25**

Side salad **£4.25**

Seasonal vegetables **£3.95**

Mash **£2.95**

Mac & cheese **£4.95**

Sunday Roasts

Adults **£17.95**

Two courses **£22.95**

Three courses **£24.95**

Just vegetables **£12.95**

Vegan Wellington or nut roast **£16.95**

Kids under 10 **£9.95**

Under 3s **Eat free**

Our home-cooked roasts feature a choice of three meats, served with crispy roast potatoes, a large selection of fresh vegetables, sage and onion stuffing, Yorkshire pudding and homemade gravy.

**PLEASE LET YOUR SERVER KNOW IF YOU
HAVE ANY ALLERGIES**