



Here at the Bower House Inn we pride ourselves on using locally sourced produce whenever available.

All our meat products are provided by local butchers - Woodalls of Waberthwaite, Bewleys Cumberland Sausage & Pattons on Millom who use only local produce.

All our meals are freshly made to order, please be patient during busy times.

* Smaller portions available for £9.95

(V) Vegetarian

A selection of meals can be made Gluten Free, Dairy Free & Vegan please specify if you require these options

(GFA) Gluten Free available

(DFA) Dairy Free available

(VEA) Vegan Available

Please talk to a member of staff for any other allergy or dietary requirements. All allergens are used throughout our kitchen & trace amounts may be present at all stages of cooking.

Starters

Soup of the Day (V)(GFA)(VEA)(DFA)

Homemade soup topped with croutons, served with a warm crusty roll
£6.25

Creamy Garlic Mushrooms (V)(GFA)

Sauteed mushrooms in a garlic cream sauce on toasted sourdough, topped with rocket
£6.50

Chicken Liver Pate (GFA)

with crusty bread, rocket, cherry tomatoes & mustard balsamic glaze
£7.25

Breaded Brie (V)

Deep fried & served with baby leaf salad, cherry tomatoes, mustard balsamic glaze
& cranberry sauce
£7.25

Crispy Bacon & Black Pudding Stack

Topped with a free range poached egg, with baby leaf salad & a mustard balsamic glaze
£7.95

King Prawns (GFA)(DFA)

King prawns sauteed in sweet chilli sauce on toasted sourdough topped with rocket
£7.95

Pork & Prawn Qyoza

Pork mince & prawns mixed with lemongrass, ginger, celery, sesame oil & oyster sauce in
a dumpling wrapper with Asian salad & a soy-lime dipping sauce
£7.95

Mains

Steak & Ale Pie

Slow cooked pieces of tender steak in rich real ale gravy, encased in short crust pastry, served with homemade seasoned chips or mashed potato & seasonal vegetables

£15.95

Moroccan Lamb Pudding

Slow cooked lamb, marinated in Moroccan spices with caramelised red onion, encased in suet pastry with a rich Moroccan gravy, spiced vegetable tagine & a fresh mint

yogurt

£15.95

Chicken Ham & Leek Pie

Chicken breast & thigh, roasted ham & sautéed leeks in a smoked cheese sauce, encased in short crust pastry with homemade seasoned chips or mashed potato & seasonal vegetables

£15.95

Beef Goulash* (GF)

slow cooked beef stew with tomatoes & red peppers, seasoned with paprika finished with sour cream, served with mashed potato

£14.95

Cumberland Sausage

Cumberland sausage on a bed of mashed potato with seasonal vegetables & a rich ale

gravy

£14.95

Belly Pork* (GFA)

Slow roasted belly pork with crackling, apple puree, cauliflower puree, mashed potato, seasonal vegetables & rich ale gravy

£16.95

Cumbrian Sirloin Steak

(GFA)(DFA) 300g prior to cooking

Chargrilled to your liking with grilled tomatoes, flat cap mushroom, beer battered onion rings & homemade seasoned chips.

£24.95

Add a sauce £2.95 - peppercorn, blue cheese or garlic mushroom

Liver & Onions*

Pan fried lambs liver with onions & smoked bacon in a rich gravy served on mashed potatoes

£14.95

Curry of the Day* (GF)(DF)

Served with basmati rice, homemade chips or half & half with a poppadum & mango chutney

(Please ask a member of staff for today's curry)

£14.95

Beef Lasagne

Homemade lasagne topped with Parmesan & mozzarella cheese with dressed salad, coleslaw & garlic bread
£14.95

Fish & Chips*

Tempura beer battered fresh cod with homemade seasoned chips, mushy peas & homemade tartare sauce
£15.95

Scampi*

Breaded wholetail scampi with homemade seasoned chips, garden peas & homemade tartare sauce
£14.95

Buttermilk Chicken Burger

Chicken thigh marinated in buttermilk, coated in a lightly spiced crumb, deep fried, topped with candied bacon, mature cheddar cheese, gherkins, sweet chilli mayo & beer battered onion rings in a toasted bun with homemade seasoned chips, coleslaw & salad
£16.95

Beef Burger (GFA)

Chargrilled homemade beef burger, topped with mature cheddar cheese, tomato relish, burger sauce, garlic mayo, gherkins & beer battered onions rings in a toasted bun with homemade seasoned chips, coleslaw & salad
£15.95

Add chargrilled bacon - £16.95

Cajun Chicken

Chicken breast marinated in Cajun spices with salt & pepper seasoned chips, coleslaw, garlic mayo & baby leaf salad with a mustard balsamic glaze
£14.95

Pork Donburi (GF)

A Japanese & Indonesian fusion. Sherry, honey, clove & Japanese marinated belly pork, thinly sliced on a bed of Nasi Goreng (Fried Rice) consisting of crispy fried onions, chicken pieces & shrimp tossed in Balinese paste topped with a soy marinated egg yolk
£16.95

Prawn Pad Thai (GF)

stir fried rice noodles with king prawns, chicken & vegetables tossed in oyster sauce, sesame oil & peanuts topped with sesame seeds
£16.95

Orange Chicken (GF)

Chicken breast marinated in fresh orange & honey, tossed in sesame oil & orange juice served on fried shrimp paste & crispy fried onion rice topped with sesame seeds
£16.95

Beef Gyudon (GF)

Japanese Dish.
Beef brisket marinated in sherry, ginger, rice vinegar & soy sauce, tossed in an authentic Japanese sauce, thinly sliced & served on fried shrimp paste & crispy fried onion rice topped with a soy marinated egg yolk & sesame seeds
£16.95

Spiced Mexican Wraps*

(V)(DFA)(VEA)

Spiced re-fried beans in tortilla wraps topped with cheddar cheese, guacamole, sour cream with a roasted red pepper & coriander salsa
£14.95

Two Bean Chilli* (V)(GF)(VEA)(DFA)

Butter beans & kidney beans cooked with vegetables, tomatoes, chilli & garlic topped with goats cheese, guacamole & sour cream on a bed of rice
£14.95

Veggie Thai Curry* (GF)(DF)(VE)

Mixed vegetables in Red Thai curry paste, cooked in coconut milk with Basmati rice & a naan bread
£14.95

Mushroom Dhal* (GFA)(VE)(DF)

Lightly spiced red & green lentils cooked with tomatoes, onions & coconut milk with mushrooms, crispy onions & a chilli coriander salsa with naan bread
£14.95

Side Dishes

Homemade Chips (GF) (VE)	£3.50
Smoked Paprika Homemade Chips (GF)(VE)	£3.75
Salt & Pepper Homemade Chips	£3.95
Seasonal Vegetables (GF)	£3.50
Beer Battered Onion Rings	£3.25
Rocket, cherry tomatoes & parmesan salad (GF)	£3.25
Garlic Bread	£2.95
Cheesy Garlic Bread	£3.50
Naan Bread (VE)	£2.95
Homemade Coleslaw (GF)	£2.00
Bread & Butter (2slices)	£2.00
Buttered Baguette	£2.95



Kids Options

Chicken Goujons

Scampi

Sausages

Served with chips
& a choice of beans, peas or salad.

£6.25

Kids Desserts


Chocolate Brownie

with Ice Cream

Sticky Toffee Pudding

with Ice Cream

£3.95



Desserts

Chocolate Brownie

Double chocolate brownie with chocolate sauce,
served warm with custard, cream or vanilla ice cream

Belgian Waffle

Topped with vanilla ice cream & smothered in caramel, white & dark chocolate sauce

Sticky Toffee Pudding

Served with custard, cream or vanilla ice cream

Apple Crumble

Served with custard, cream or vanilla ice cream

Chocolate Baileys Sundae

Layered chocolate brownie pieces, vanilla ice cream & baileys topped with whipped cream & chocolate sauce

Bread & Butter Pudding

Served with custard, cream or vanilla ice cream

Gluten Free Chocolate Brownie(VE)(GF)

With Vanilla Ice Cream

All £6.25 each

Cheese & Biscuits

A selection of soft, hard & blue cheese with crackers & chutney

£8.95

Ice Cream

Choose from Chocolate, Vanilla, Strawberry

(Vegan Options also available)

1 scoop £1.50

2 scoop £3.00

3 scoop £4.00