

## DELI PLATES

Croque Monsieur and Posh Fries £8.95  
French baked ham and cheese sandwich topped with bechamel sauce, crumbled blue cheese, grilled until golden brown and served with posh chips

Gardeners Omelette Platter £8.95  
a giant omelette filled with local produce served with salad and sweet potato fries

## LIVE WELL – EAT WELL – CHOOSE WELL

Vegetarian and Vegan Flat Breads £6.95  
Giant oven baked flatbread topped with red pepper hummus, sliced avocado, sliced peppers and red onion. Served with a pot of sweet potato fries and a garden salad

Quinoa Superfood Salad Bowls  
Full of nutritious, delicious and super satisfying veggies and drizzled with a French dressing.

Vegetarian £7.25  
Flaked Tuna £8.25  
Beef £8.75  
Chicken £8.75

Low calorie Chicken Noodle Stir Fry £8.50  
Fragrant and full of healthy and nutritious vegetables and chicken

Vegetarian, Vegan and Gluten Free Tasting Planks £8.95  
Carrot and cucumber batons, red pepper hummus, gherkins, pickled cauliflower, olives, sun-dried tomato roasted garlic chips and gluten free bread

Vegetarian Omelette £9.25  
Filled with red onion, peppers, spinach, mushroom and new potato. Served with a pot of sweet potato fries and a garden salad



# MENU

## HOUGHTON HALL GARDEN CENTRE

Houghton, Carlisle, Cumbria CA6 4JB

tel; 01228 400610

## BREAKFAST

available daily until 11.30am

- Full Cumbrian Breakfast £7.55  
Locally sourced pork sausage, cured bacon, field mushrooms, confit tomato, baked beans, black pudding, free range hens egg and hot buttered toast. Served with tea or filter coffee.
- Vegetarian Breakfast £6.75  
Two vegetarian sausages, hash brown, field mushrooms, confit tomato, baked beans, free range hens egg and hot buttered toast. Served with tea or filter coffee.
- Mini Cumbrian Breakfast £3.65  
Locally sourced pork sausage, cured bacon, free range hens egg, baked beans and hot buttered toast.
- Three Little Pigs £4.75  
Local pork sausage, cured bacon and black pudding in a warm baguette
- Eggs Benedict £5.95  
Toasted muffin topped with home baked ham, eggs and silky hollandaise sauce
- Belgian Waffle Tower £4.95  
Toasted Belgian waffles drizzled with low fat Greek yoghurt and fresh berries
- Layered Berry Pot £3.55  
Low fat Greek yoghurt layered with fresh berries and granola
- Brunch Omelette £6.95  
Pork sausage, cured bacon, flat mushroom and tomato omelette served with black pudding and hash brown stack
- Breakfast Muffin Stack £4.95  
Toasted muffin, cured bacon, pork sausage, fried egg, black pudding and flat mushroom served with hash brown stack and confit tomato
- Egg and Avocado on Muffin £3.95  
Toasted muffin topped with poached hens eggs and sliced avocado

## TRADITIONAL SANDWICHES

- Free range egg mayonnaise £5.99
- Mature cheddar cheese with farmhouse chutney £6.25
- Hand carved roasted ham with mixed leaf salad £6.25
- Tuna crunch with low calorie mayonnaise, peppers and red onion £6.25

## GOURMET SANDWICHES

- Hummus Red Pepper Wrap £6.95  
a warm tortilla filled with red pepper, hummus, carrot and pepper ribbons
- Italian Bruschetta £6.95  
freshly baked baguette topped with a home made tomato and onion salsa drizzled with pesto oil and served with a pot of mixed olives  
Topped with Prosciutto £7.75
- Warm Garlic Chicken and Bacon Baguette £7.55  
garlic chicken topped with crispy cured bacon ribbons served on an oven baked baguette with grated parmesan
- Hoisin Duck Wrap £7.55  
pulled duck, cucumber and onion ribbons topped with hoisin sauce in a warm tortilla
- Pulled Beef Yorkie £7.75  
a giant homemade yorkie filled with pulled roast beef in a rich onion gravy. Served with a pot of horseradish mayonnaise

## DELI PLATES

- Antipasti Sharing Board £7.50 / £15.00 for 2  
a selection of deli meats, hummus, olives and salsa, served with crusty sliced baguette
- Chilli Nachos £7.95  
homemade nachos with beef chilli topped with melted cheese and jalapenos, served with homemade guacamole and sour cream
- Homemade Quiche of the Day £7.95  
Chefs own individual quiche of the day served with salad, homemade slaw and tortilla ribbons
- Mint Lamb Kofta £8.25  
homemade lamb kofta on a giant warm flatbread with salad, salsa and mint yoghurt
- Taste of Cumbria Tasting Board £8.95  
The taste of Cumbria; Hand carved ham, mini pork pie wedges, Cumbrian blue cheese, black pudding, pickles, country chutney and a wedge of bread and butter