

The Oddfellows Arms Caldbeck

BRUNCH

Rosti Potato Basket (GF,N) - filled with goats cheese, basil pesto, confit garlic, rocket, parmesan Reggiano, tomato fondu & aged balsamic £13.50

Rosti Potato Basket - (GF,N) filled with herb cream cheese, Scottish smoked salmon, citrus dressed spinach & capers £14.25

Smoked Kipper Whole smoked kipper, grilled with local butter and fresh lemon £11.95
add bacon £1.95

The Breakfast Harrison's bacon, black pudding & Cumberland sausage, with plum tomato, Hash brown, field mushroom, beans, fried bread & double fried Throstle Hall egg £13.75

Smashed avocado Toasted sour dough, smashed avocado, double poached eggs, crisp chick peas, fresh spinach & pickled chilli £10.75
add bacon £1.95

Poached haddock proper smoked haddock, poached in milk, topped with double poached eggs £10.45
add bacon £1.95

SANDWICHES

with summer salad, homemade red slaw & game chips, or with soup for £3.50

Fish Finger Salted strip of haddock, panko coated, with rocket & homemade tartar
Smaller brioche £1.50, larger ciabatta £16.75

Shawarma Chicken Shawarma marinated breast of Cumbrian chicken, with red onion, cucumber, baby gem & garlic mayo
Smaller brioche £13.35, larger ciabatta £16.25
GFA

Sesame Chicken Crispy sesame coated chicken fillets, Asian vegetables, Asian dressing & sesame mayo
Smaller brioche £13.65, larger ciabatta £16.25

Brie & Cranberry Panko coated crispy brie wedge & cranberry sauce with baby gem & beef tomato
Smaller brioche £13.85, larger ciabatta £15.95
add bacon £1.75 GFA

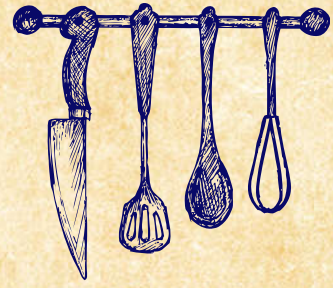
SIMPLE SANDWICHES

Served on white or brown bread, with crisps & summer salad, or simply have soup & a sandwich for an extra £3.50

Ham & Piccalilli £12.50

Cumbrian Mature Cheddar & Damson Chutney £12.50

Lunch Menu



FLATBREAD

Flatbreads

warm flatbread, topped with mango chutney, fresh salad, raita, topped with the following

Tandoori Vegetable £10.95

Tandoori Chicken £13.95

Tandoori Lamb £14.95

Goats cheese & red Onion £11.45
Red Onion Marmalade, goats cheese & wild garlic butter flat bread, baked and topped with fresh red onion, rocket & aged balsamic

LOADED FRIES

BBQ Pulled Pork & Mature Cumbrian Cheddar £10.95

Cheesy Bolognaise Fries (GFA) £12.75

Korean Popcorn Chicken Fries (DF) £12.45

BREADS & BOARDS

Enough to share!

The Balsamic One (DF,GFA,Vegan) £6.95
Warm ciabatta bread, olive oil, aged balsamic vinegar, confit garlic & sour dough crostini

The Nutty one (N-DF) £7.85
Warm ciabatta bread, olive oil, dukkah, za'atar & sour dough crostini

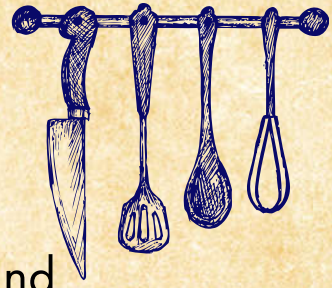
Garlic ciabatta Add mozzarella £1
Warm ciabatta bread smothered in wild garlic butter
Garlic £4.50



V = Vegetarian, DF = Dairy Free, N = Nuts, GFA = Can Be Gluten Free, GF = Gluten Free, SF = shellfish

The Oddfellows Arms Caldbeck

Food is Medicine



A unique selection of dishes designed for health and wellness. Based on high protein, healthy fats, low carbs and nothing processed. Similar to Keto, simple tasty food that is good for you, good for your digestion and great for your microbiome.

SWEET POTATO BASED

Baked sweet potato base, simply seasoned with house roast black pepper & Celtic salt, choose your topping

MOO COW MOO as mentioned above, topped with medium rare ribeye steak slices, avocado, double fried egg & cayenne pepper £29.85

FEH THE WATER as mentioned above, topped with cold smoked salmon, avocado, cottage cheese & grilled lemon £16.75

The Crustations as mentioned above, topped with shawarma spiced king prawns, avocado, spinach, raw honey & yoghurt £16.95

THE VEGY ONE as mentioned above, topped with double fried egg, avocado, cottage cheese & raw honey £14.95

THE CLUCKER as mentioned above, topped with chargrilled breast of Cumbrian chicken, mixed naked salad, cottage cheese & pomegranate malaises £16.95

SALADS & PLATTERS

Fresh & Tasty Salads with Homemade Ingredients

Duck & Goat

£17.25

(GFA)

Confit duck leg, crumbled goats cheese, marinated figs, candied walnuts, aged balsamic, crisp leaves, cucumbers, plum tomato cucumber, red onion & crostini

Baked Camembert

£16.95

(V & GFA)

homemade pickles, red onion marmalade, marinated olives, grilled artichoke, confit garlic, aged balsamic & ciabatta

£13.75

Add prawns £4.95

Add chicken £13.95

The Caesar

Proper homemade dressing, gem lettuce, salted anchovies, parmesan Reggiano & homemade focaccia croutons



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STARTERS

Chefs Soup £7.50

ask for todays flavour
(V – GFA)
crusty bread and butter

King Prawns £12.25

(GFA, Contains Shellfish)
pan seared prawns, served in a terracotta dish with warm ciabatta & fresh rocket, finished with either garlic & chilli tapenade, or, simply in garlic butter

Korean Popcorn Chicken £11.30

(Naturally DF)
crispy double fried chicken pieces, tossed in a medium hot, sweet & sour glaze, finished with spring onions and sesame seeds

Monkfish Bites (N) £12.10

Panko coated monkfish nuggets, lemon & garlic marinade, chilled tomato & basil pesto dip

Warm Honey glazed Goats Cheese & Fig Tart £10.95

(N, V, GF available)
glazed with raw honey, balsamic salad & candied walnut

Haggis Pasty £11.50

Proper Scottish haggis wrapped in all butter puff pastry, damson chutney & 12 years matured Aberlour Whisky reduction



SIDES & NIBBLES

Kalamata olives £3.25

Homemade Beer Battered Onion Rings £3.95

Sweet potato fries £4.75

Make them dirty with garlic & chili or truffle & parmesan for £1

Double Cooked Chips £4.95

Make them dirty with garlic & chili or truffle & parmesan for £1

Skin On Fries £4.50

Make them dirty with garlic & chili or truffle & parmesan for £1

Halloumi Fries £4.85

Make them dirty with garlic & chili for £1 or Malaysian glazed (SF), honey glazed or sweet chilli glazed for 75p

Rocket & Aged Balsamic £4.25

Summer Vegetables £4.95

Summer Salad £4.65

MAINS

The Drunken Cow Slab £19.25

Cumbrian beef topside slowly cooked in ale, Shortcrust pastry, buttery summer vegetables, and your choice of mash or twice cooked hand cut chips

Panko Chicken Breast £19.25

Either katsu style, Katsu curry sauce, white rice & asian vegetables

OR

Parmigiana, tomato ragu tossed with rigatoni pasta & spinach, with broccoli florets, topped with parmesan Reggiano

Cosy Shrimps 8 pc £13.95, 12 pc £16.35

(SF) breadcrumb scampi tails, Naturally Dairy Free, served with house dressed salad, skin on fries lemon & homemade tartar sauce

Spice them up by sauteing your scampi in garlic, onion & chilli + 75p

The Fish & Chips

Beer-battered and golden-fried Haddock, with double cooked hand cut chips, lemon & homemade tartar,

Choose mushy peas, garden peas or summer salad or (GFA) Steamed with lemon & caper butter

£19.25

Proper Rigatoni Bolognese £17.45

with Italian rocket, parmesan cheese & garlic bread (GFA)

Spice it up with some garlic and chilli for £1.50

The Rib Tickler £15.45, double + £4.75

(GF, DF,SF)

Smaller rack slow cooked pork ribs, house salad, homemade slaw & skin on fries. Choose either Sweet BBQ glaze or Hot Malaysian style

Steak & Eggs 29.75

28 day dry aged Angus ribeye, pickled red onion, double fried Clea Hall Eggs, seasoned with cracked black pepper & Celtic Salt, Choose either summer salad or house fries

Add a sauce, Chimichurri butter, Wild garlic & herb butter, blue cheese sauce or peppercorn sauce for £1.45

CURRIES

Proper Indian Curries @ the Oddfellows

We use proper imported Indian spices and ingredients to create our mouthwatering curries, please ask for todays flavours. Served with pilau rice, raita, mango chutney & poppadum Half and Half chips & Rice 65p

Vegetable £15.25

Chicken £17.45

Lamb £17.95

King Prawn (SF) £18.95

Beef Cheek £19.50

Or Try our Goan Curry, £19.95 available with goat or mixed fish



ODDFELLOWS BURGERS

We serve our burgers in a lightly toasted brioche bun with crispy baby gem lettuce, beef tomato & red onion. Served with red cabbage slaw, relish & sweet gherkin, add toppings, sauces or upgrade your fries

Gluten Free and Allergen Options are Available, Please inform your server of any allergies

Trio of Moo's £17.85 (GFA)

Handmade 100% Cumbrian beef burger made from shin, flank and blade.

With nothing but a bit of salt and pepper

Holy Cluck £17.25

Proper Southern Fried Chicken Burger, butterflied chicken breast spiced with smoked paprika, black pepper, garlic salt, mustard powder, thyme, oregano, & basil (Can be Dairy free if requested)

Katsu (DFA) £17.85 (DFA)

butterflied breast of Cumbrian chicken lightly marinated in togarashi, coated in panko bread crumbs and flash fried, served different with crisp baby gem, Asian slaw, spring onion, sesame mayo & katsu ketchup

Cheesy Fungus £15.95

Locally picked field mushroom & baked halloumi, have it simple or glaze in sweet chili sauce or Malaysian glaze or honey for 90p
£14.65 (V,GFA)

Falafel (V) £16.15 (V)

handmade chickpea falafel burger, with homemade harissa
Please ask for todays variation (can be Dairy free if requested)

Moving Mountain Vegan Burger (Vegan) £17.45

The Moving Mountains® Burger™ is 100% plant, 0% cow - made from a scientific blend of plant-proteins, vegetables and a base of mushrooms creating a meat-like taste, with burger garnish & raw slaw

Simple Burger £12.50

keep it simple and have your burger with just bun & fries



FRIES

Skin on Fries included	GFA-DF
Hand Cut Chips	+ 85p (GFA-DG)
Sweet Potatoes Fries	+95p (GFA-DF)
Halloumi Fries	+ £2.85 (GFA)



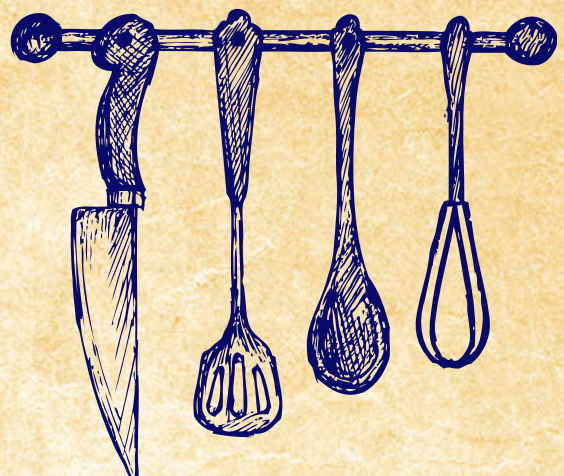
TOPPINGS

Mature Cumbrian Cheddar	£1.05
Harrisons Back Bacon	£2.25
BBQ Pulled Pork	£2.75
Goats Cheese	£2.85
Halloumi	£2.85



SAUCES & CHUTNEY'S

Garlic Mayo	£1
Harissa	£1
Mango Chutney	95p
Onion Marmalade	£1.05
Malaysian Glaze (SF)	£1
Katsu Ketchup	95p
Sesame Mayo	95p



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DESSERTS

The STP £7.75

homemade sticky toffee pudding, rich caramel sauce, toffee pieces & salted caramel ice-cream

Lemon Posset £6.95

Light zesty lemon posset, topped with fresh berries, homemade proper shortbread

Chilled Strawberry Cheesecake £7.75

Rich set cheesecake with fresh strawberries, strawberry glaze, digestive & sable base, with strawberry syrup & vanilla ice cream

Cumbrian Cheese Plate £12.50 GFA

served with homemade chutney, truffled pear, celery & crackers

Affogato Dessert £6.95 GF-N

coffee cup set vanilla ice-cream, pistachio puree, chopped pistachios, centered with an espresso

Raspberry & White Chocolate Roulade £7.75

French Meringue rolled with fresh raspberries & white chocolate, Summer Berry Compote & Lemon sorbet

The Indulgent One £7.85 GF

flourless dark chocolate pudding, griottine cherries, rich chocolate sauce, dark & white chocolate soil & chocolate ice cream



VEGAN DESSERTS

Vanilla Ice Cream £2.25

Salted Caramel Ice Cream £2.35

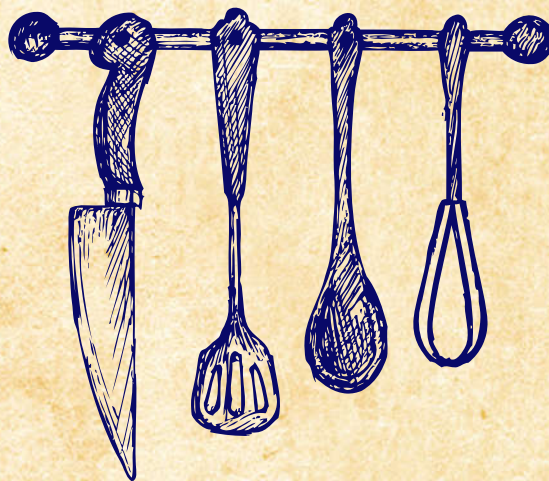
Chocolate Ice Cream £2.25

Rich Dark Chocolate Orange Pudding £7.95

rich chocolate sauce, chocolate soil & vegan chocolate ice cream

Sticky Toffee Pudding £7.95

rich butterscotch sauce & vegan vanilla ice cream



DESSERTS

Classic Vanilla £2.15

Chocolate £2.30

Thunder & Lightning £2.25

Strawberry Ice cream £2.20

Raspberry Ripple £2.25

SAUCES

Raspberry (DF-GF) 50p

Chocolate (GF-DF) 60p

Salted Caramel (GF) 65p

Strawberry (DF-GF) 50p

TOPPINGS

Toffee Pieces (GF) 75p

Dark Chocolate Soil (GF-DF) 90p

Griottine Cherries (DF-GF) 95p

White Chocolate Soil 85p

SORBET

Raspberry £2.25

Lemon £2.25