

# The Eagles Head

SATTERTHWAITE

FOR FINE FOOD AND REAL ALES

## MENU

**YOU WILL FIND A WARM WELCOME AWAITING YOU.....**

Originally a 16th Century Farmhouse where the farmer and his wife would have 'brewed their own' to supplement their income; eventually becoming known as an Ale House. The building over time has been known as Bloomery House or Bloomery Hill House, probably because of the number of Iron smelting pits, or bloomers, that were once in the area. In Circa 1815, the Ainslie family, who made their fortune in the Iron Industry, purchased the Grizedale Estate and in about 1825 'The Eagles Head' became a fully incorporated pub. Now the Eagles is a Free House with no ties and prides itself on its Real Ales and Fine Foods.

Full of old character the pub is cosy and welcoming, with a lovely happy atmosphere, where visitors and locals mix and enjoy the pleasure of good company. There is also an attractive beer garden for those sunny balmy evenings.

Proprietors Rob and Rebecca Bruce always look to buy local. Most of the dishes are homemade using fresh, local produce where possible. Fresh meats are delivered daily from quality suppliers such as 'Cartmel Valley Game Supplies' and 'Cumbrian Fellbred'

Meals are cooked to order and the pub enjoys an excellent reputation for its food. Kids love the homemade goujons and people travel far and wide for the homemade plate pies! The Eagles Head is also noted for the efforts chef will make to accommodate special dietary needs. If you have such a need please let the staff know.

The fine Ales on offer feature local brews regularly. Why not try a pint of 'Eagles' or the aptly named 'Grizedale' which is a little stronger; both exclusive to the 'Eagles Head', brewed by award winning Moorehouses of Burnley. Our wines are especially selected to suit our food offer; please ask to see our wine list. An aromatic bean to cup coffee will complete your experience.

For more info about the area [www.satterthwaitepc.org.uk](http://www.satterthwaitepc.org.uk)

[www.eagleshead.co.uk](http://www.eagleshead.co.uk)

## LUNCH TIME - LIGHT BITES.....

Hearty Home made soup of the day.....served with a baguette and butter £3.95

A Fresh Sandwich.... (L) one round of brown or white bread served with a salad garnish and a choice of filling :-

Roast Ham, Prawn an Mango mayonnaise £ 4.50

Tuna and Mayonnaise or Cheese £4.25

\* add extras - onion, tomato, cucumber, pickle - add 50p each item

Soup and a Sandwich - (L) soup of the day with a choice of sandwich fillings as above - £6.95

Goats Cheese and Roasted Red Pepper in a French Rustic Triangle.... served with chips and a salad garnish - £7.25

Todays 'Cumbrian Fellbred' Roast Meat in a Rustic Triangle - served with chips and a salad garnish - £7.25



**STARTERS.....**

Home Made Hearty Soup of the Day ..... served with brown baguette and butter - £3.95

Deep Fried Brie.....Homemade, breaded and oat covered for that extra crunch, served with salad garnish and chefs homemade red current and apple chutney - £4.50

Home made Chicken Goujons.... tender strips of chicken, breaded and deep fried, served with a salad garnish and chefs homemade spicy relish - £4.75

Homemade Garlic Mushrooms....delicious and creamy, with diced peppers, served in a filo pastry basket and a salad garnish - £4.50

Prawn Platter..... succulent prawns served with a delicious, yet rather different mango mayonnaise, accompanied by a salad garnish - £4.95

Homemade Garlic Bread... a French rustic triangle split and toasted with a garlic butter and having a salad garnish - £3.75

## MAIN COURSES.....

Homemade Pie of the Day....we are proud of the reputation of our homemade pies. A full and hearty quarter of a plate pie in a short crust pastry, served with chipped or new potatoes, tonights vegetables and gravy.... £9.25

Roast Ham, Eggs and Chips....served with chipped potatoes - £7.50

Homemade Stuffed Chicken... tender and moist chicken breast, stuffed with sausage meat and paprika mushrooms with a hint of sun blushed tomato and apricot. Wrapped in bacon and served on a bed of mashed potato, accompanied by tonights vegetables and a creamy honey and tarragon sauce £11.95

'Cartmel Valley Game' Pheasant Breast... wonderfully tasty, with chefs garlic and ginger sauce. Served on a bed of mashed potato with tonights vegetables - £11.95

'Cartmel Valley Game' Breast of Duck.... cooked in a skillet and finished in a hot oven as you like it, presented on a bed of mashed potato with tonights vegetables and an orange tinted gravy - £12.95

'Fell Bred' deliciously succulent, Lamb Chops' thick cut and cooked to order. Served on a bed of mashed potato with tonights vegetables and a tasty mint gravy - 12.95

Cumberland Curl.....specially selected from 'Cartmel Valley game Supplies', a mighty round presented on a bed of mashed potatoes with tonights vegetables and a tasty onion gravy - £8.95

## MAIN COURSES.....

10 oz Rib Eye Steak....'Cumbrian Fellbred' chef will be pleased to cook this to your order. Mushrooms, breaded onion rings and a grilled tomato are served along with a salad garnish and chipped potatoes or new potatoes - £14.95

Chicken Jalfrezi.... an Indian style curry with tastes of red and green peppers with tomato, onion and sweet coconut, coriander and spices. Served with rice and naan bread and a crispy salad garnish. If you would like this dish hot just ask chef - £8.75

Homemade Chicken Goujons.....made from chicken breast coated in a crispy breadcrumb and deep fried served with chips, peas or beans or chefs own chutney - £8.95

## FISH DISHES....

Poached Salmon - served with mouth watering lime and black pepper creme fraiche dressing, crispy salad and new potatoes. £ 10.95

Fish Pie - white fish, salmon and prawns (no other shellfish) make up this seriously tasty dish, topped with mashed potato served with a crispy, fresh salad and a slice of lemon - £8.95

Succulent Breaded Scampi - served with chips and peas and a crispy salad garnish - £8.95

## VEGETARIAN .....

Homemade Broccoli and Stilton Bake.....this tasty creamy dish is topped with toasted breadcrumbs and is served with your choice of salad or to-nights vegetables and either chipped or new potatoes - £8.75

Homemade Chick Pea, Spinach and Cashew Nut Korma....a mild but tasty Indian style dish with a predominant coconut flavour, served with naan bread, rice and a salad garnish - £8.75

Homemade Vegetable Lasagne... so different with roasted peppers, butternut squash and goats cheese: a blend to make your mouth water. Four layers of lasagne verdi and bechamel sauce. served with salad and garlic bread - £8.95

### **SOMETHING ON THE SIDE ?**

Garlic Bread .....£2.60

Side salad.....£2.05

Chipped or new potatoes....£2.05

Bread roll and butter.....£70

Vegetables of the day.....£2.05

Rice.....£2.05

Onion Rings or mushrooms....£2.05

Bread and Butter.....£0.60

**Dont forget to join us for .....**

Our popular Sunday Roast - choice of 'Cumbrian Fellbred' meat served with roast potatoes, vegetables, yorkshire pudding, stuffing ball and chefs delicious gravy

- Adult - £6.95 Children - £4.50 (served 12noon to 2.30pm)

Thursday (Sept -April) - Curry Night - ask to see our tasty curry menu

**CHILDRENS MENU.....**

**YUMMY....**

Homemade Chicken Goujons....made from chicken breast coated in a crispy breadcrumb and deep fried served with chips, peas or beans

Cumberland Sausage... served with chips peas or beans

Home Roast ham.... served with chips peas or beans

Breaded Scampi ...served with chips, peas or beans

Home made Vegetable Lasagne...served with salad and garlic bread or chips

all of the above can be served with new potatoes, vegetables or salad

-All £4.25

We are also happy to split any adult meal (that are not listed above) between 2 children - the charge will be the price of the requested adult meal.

**PLEASE NOTE**

**OUR FOOD IS COOKED TO ORDER AND SO YOUR PATIENCE IS APPRECIATED, ESPECIALLY AT BUSY TIMES, THANK YOU**

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**DON'T FORGET TO LOOK AT TODAYS SPECIALS BOARD FOR MORE OPTIONS. PLEASE ASK STAFF ABOUT MENU CHOICES**

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**SPECIAL DIETARY NEEDS....**

**IF YOU DO HAVE SPECIAL DIETARY NEEDS TRY AND LET US KNOW BEFOREHAND AND WE WILL DO OUR BEST TO MEET YOUR REQUIREMENTS**

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**WE CANNOT GUARANTEE THAT OUR MEALS ARE FREE OF NUT DERIVATIVES, ALTHOUGH EVERY EFFORT IS MADE**

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**CHECK OUT OUR GREAT SELECTION OF WINES TO ACCOMPANY YOUR MEAL**

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**WE ARE PLEASED TO ACCEPT PAYMENT BY CASH, CHEQUE -WITH VALID GUARANTEE CARD, CREDIT CARD AND MOST DEBIT/CREDIT CARDS**