



SAMPLE MENU AT

Just to give you a little taster of what we offer at **Lucy's on a plate** – here is an evening menu that you might like to ponder ... Everything we do is made to order, using seasonal produce and a great deal of ingredients that we use are sourced locally and cooked with love and passion by our team of excellent chefs. When you book you will be asked a variety of questions – as well as whether you are dining for a special occasion – we will then make every effort to include you in the welcome on the top of the menu – which is where this message is!! In

Lucy's

addition to the variety of savoury starters and main courses, there is a list of puddings that has no compare – at least 30 to choose from and all of them made on the premises. We have a Conservatory area and an upper conservatory – both of which are ideal for larger groups and private parties – we are happy to cater for special occasions for special people. We don't have disabled facilities, however, we do have access for wheelchairs in the main restaurant. We cater for special diets – gluten free is a particular specialty – dogs are welcome (pre-booked) in the conservatory area and families are also welcome – we have tall chairs for those with short legs ... we are always mindful of those dining as couples and those as families and try our best to accommodate everyone to ensure that they enjoy their dining experience with us. We are not a fast food restaurant, we serve food as fast as we can and we care about our guests and the reasons why they have chosen Lucy's to dine. **Lucy4 Wine Bar & Bistro** is just across the road in St. Mary's Lane, Ambleside. **Lucy's on a plate** is a café by day and opens from 12 noon ... serving food until 5.30pm and then the evening menu from 6pm. (we'll serve cakes and puddings inbetween the cut off period though!!) **Lucy4** opens at 5pm and serves food until 10.30pm (although this does vary seasonally ... **Lucy's on a plate** is ALWAYS open from midday) – so you have plenty of choice! Or if you prefer eating in then our **Inside Out Outside Catering** division can do this for you – why not contact them on insideout@lucysofambleside.co.uk Whatever you decide to do, we would hope that your visit to us will be a memorable one for all the right reasons.

Have fun and don't forget to book! *Love Lucy xx*

WE HAVE SOME READING GLASSES THAT YOU MAY BORROW IF YOU NEED!

Take a look at our lovely cocktails and mocktails for some naughty and nice inspiration to get you going! Bajan Mojito ... Or how about a Baby Queens or a Royal Violette?!

To nibble on whilst you decide: Garlic Bread, (£1.95) Garlic Bread with Cheese, (£2.95)

Mixed marinated Olives, (£2.95) Salted Peanuts, (£1.50)

(* denotes gluten free – gluten free bread always available please do ask (v) = Vegetarian)

TO GET YOU STARTED ...

SLOUPER SOUP – Woodland Mushroom (v) * £4.95 (*this changes daily*)

PIG IN THE MIDDLE – rolled and pressed pork belly then sliced and served panfried accompanied by a tossed cress and rocket salad and finished with a wholegrain mustard hollandaise * £6.25

CHICKEN LICKEN – A smooth chicken liver parfait, seasoned with herbs and a hint of brandy, and served with sliced ciabatta and a salad garnish together with our house chutney to compliment (the pate is gluten free, but not the bread ... please ask for an alternative!) £5.95

LET THEM EAT CAKE – A combination of haddock, salmon and pollack with a touch of English mustard, bound together with mashed potato coated in golden breadcrumbs to create tasty little fishcakes, deepfried and served with tartar sauce £6.50

LUCKY DUCKY – Confit'd duck leg, cooked in duck fat and then crisped in the oven, served together with red cabbage remoulade and finished with red wine syrup and dressed leaves * £6.75

PRAWN AGAIN KINGS – King prawns marinated with chili, garlic and Cajun spices, serve chilled on a bed of chicory leaf salad with a spiced Marie Rose sauce * £7.50

TERRIFIC TERRINE – A rabbit terrine, with pine nuts, confit'd garlic and tarragon, wrapped in Serrano ham, served with a shredded pakchoi and pickled fennel salad and an orange and pepper oil * £6.50

ONASSIS SALAD – Another sunny day dish!!! To remind you that the sun does shine at times ... olives, feta, cucumber, sliced beef tomatoes and mixed leaves, red onions and a light vinaigrette dressing (v) * £6.50

FRUIT FANTASIA – Cubed watermelon, alongside a red wine poached conference pear, served accompanied by blueberries and finished with a sour cherry coulis and a scoop of refreshing sorbet * (v) £6.25

PITTA POCKET OR TWO! – Creamy, garlicky houmous, served together with warmed pitta bread, olives and sunblushed tomatoes for a simple, but tasty appetiser (v) £5.95

HUNTER'S ASPARAGUS – It is the season for this glorious green spear ... and I love them simply poached, pan-fried and served with parmesan shavings and a balsamic glaze * (v) £6.50

BRIE KROMESQUE – Pieces of creamy brie coated in egg and breadcrumbs then deep fried so the outside is crisp but the inside deliciously squidgy! Served with a warm raspberry and vanilla compote to complement (v) £6.25

Share and share alike ... Lucy Loves dishes that mean you can enjoy a starter and share the calories!

HUNGARY FOR LANGOS – Langos is a Hungarian style flatbread – Lang meaning 'fire' in Hungarian!, it's been 'deep fried' and is really tasty – served hot together with a pot of soured cream as well as diced onions, tomatoes, olive oil and garlic dips (v) £5.95

MEDITERRANEAN SLATE – A platter of all sorts to pick and nibble on – a selection of salami, chorizo, feta cheese, marinated olives, Spanish tortilla, houmous, sun-blushed tomatoes, smoked salmon and ciabatta slices

£12.00



Lucy's on a plate, Church Street, Ambleside 015394 32288

MAIN COURSES

- I SPY RIB EYE** - Rib eye steak is one of my favourites – it has the little ‘eye’ of fat to keep it moist and flavoursome, cooked to your liking, served simply with Pont neuf potatoes (big fat posh chips!), field mushroom, confit tomato and finished with a black pepper sauce * £18.95
- WILD ABOUT BAMBI** - Haunch of local venison, pan fried and carved pink together with braised red cabbage, roasted sweet potatoes finished with sautéed wild mushrooms and a red wine syrup * £17.95
- RUMPY PUMPY** - Lamb rump pan-roasted and served onto an individual potato rosti accompanied by honey glazed carrots, oregano and lamb faggots drizzled with a minted lamb jus * £16.95
- SQUEAKY PIGGY** - Tenderloin of pork, ovenroasted and set onto a bubble and squeak cake with a swede crush and a creamy Dijon mustard and sage cream * £16.50
- FOND OF THE CHICK** – Pan roasted corn fed chicken supreme, they say you are what you eat; the flesh being a lovely golden colour and rich natural flavour, served upon a fondant potato with Serrano ham wrapped green beans finished with creamed leeks * £16.50
- TUNISIAN TAGINE** - Tagine is traditionally a North African dish using ‘sweet’ spices – cumin, coriander, allspice – tonight our tagine is tender pieces of Lakeland lamb cooked together with tomatoes, aromatic spices, (so it’s flavoursome rather than hot and spicy,) Turkish apricots and accompanied by spiced cous cous and topped with a dollop of crème fraiche, (the tagine is gluten free but the cous cous isn’t ... vegetables or potatoes instead?) £15.95
- BOBBING BOBOTIE** – This dish is now like a faithful friend...that same friend who kindly gave me the recipe many years ago a combination of minced lamb, combined together with aromatic spices, as well as almonds, diced apricots and tomatoes ‘topped’ with a savoury custard, (cream, eggs and herbs,) and oven baked served with a salad dressed with a tsatsiki, (mint, garlic, cucumber and yoghurt) dressing * £15.95
- SPICED SNAPPER** – Cajun creoled red snapper (this is a white, meaty and tasty fish similar texture to tuna with a sweet and refreshing flavour) served with sautéed potatoes and a green bean, red onion and pea shoot salad topped with lemon and sage yoghurt to cool the spices! * £17.25
- SUMMER SEAFOOD** – Grilled natural smoked haddock fillet served alongside a smoked salmon style chowder with dill crushed potatoes, fresh chicory, crayfish and prawn salad – a lovely Summery dish! £15.95

MAIN COURSE VEGETARIAN SELECTIONS (v)

- NUTTY VEGINE** – a vegetarian tagine, using a combination of sweet potatoes, butternut squash, onions, cauliflower, peanuts, tomatoes, apricots and aromatic spices served together with seasoned cous cous finished with crème fraiche (v) £13.95
- RAVISHING RISOTTO** – A combination of baby leeks with courgettes and garden peas stirred through Arborio rice and finished with a splash of white wine, tarragon and cream * (v) £12.50

Everything you need is included within the dish as described ... however, we have, over the years, realised that some of our guests like additional bits and pieces to accompany their meals ... so here are some other bits and pieces!

Hand Cut Fries* £3.25	Panache of Seasonal vegetables (v)* £2.50
Mixed or Green Salad*(v) £3.50	

For our younger guests ... we are happy to do smaller portions of the majority of things, however we do have a ‘**Little Lucy’s**’ menu that may help the decisions along ... please ask if you think that this might be suitable for one of your party, (you have to be under 12 to qualify!!) Wherever possible we shall do our best to ensure that everyone has something that they will relish the pleasure of eating! If in doubt ... just ask!

Don’t forget to leave space for dessert! We have an enviable selection of delicious desserts ... In fact, if you fancy a dessert and coffee/liqueur/cocktail or just a drink ... Remember ‘**Late Lucys**’ can accommodate you up until ABOUT 10.30/11pm for Just Desserts and/or drinks in the bar if you wish ... (it’s the decadent way to dine!)

Service is at your discretion ... however, for parties of 5 or more we add a discreet 10% to your final account and hope that this is acceptable to you ... sometimes we forget and hope that you won’t!

Lucy's on a plate is open every day from 12 Midday – last food orders are at 9pm ... evening menu commences 6pm

Lucy4 Wine Bar & Bistro - Opens at 5pm – last orders 10.30pm ... why not join them 4 a cockt4il or 4 more (changes according to seasonality so do please enquire)

LucyCooks Cookery School is the perfect alternative activity! From Demo and Dines, to full day practicals, Bespokes, Team Building and Family Fun Days ...some great special deals on at the moment!



Lucy's Words Worth Reading!