

T' TEK YAM FOOD MENU

Lasagne £12.95

Lakeland Prime Beef in a Ragu sauce with creamy béchamel sauce & encrusted with Parmesan cheese, & herbs drizzled in olive oil served with a choice of chips or garlic bread.

Cumberland Sausage £10.45

Served with a choice of potatoes (please ask), topped with onion gravy, and a choice of peas.

Whitby Whole Tail Breaded Scampi (9) £10.95

Served with chips & Peas

Battered Haddock (small) & Chips £9.95

Haddock Fillet in a light tempura batter served with chips and a choice of mushy peas, garden peas or beans. Extra Chinese Curry Sauce at £1.20

Freshly Baked All Round Short Crust Pastry Pies

Served with Chips or Mash Potato, Peas, Gravy

Steak & Ale Pie (St Georges Prime Rump Lakeland Beef) £12.95

Steak & Kidney Pie (St Georges Prime Rump Lakeland Beef) £12.95

Slow Braised Brisket Beef Pie £12.95

'Stricky' Lakeland Lamb & Ale Pie £12.95

Minced Lakeland Beef & Onion Pie £10.95

Chicken, Leek & Mushroom Pie £11.95

Chicken Jalfrezi Pie £11.95

T' TEK YAM FOOD MENU

INDIAN CURRYS

Chicken Curry£10.95

Prawn Curry with a choice of curry sauces£10.95

Vegetable Curry (v)£9.95

All above with a choice of curry sauces Jalfrezi, Balti, Madras, Korma

Beef Madras (*Prime Lakeland Rump Steak*)£12.95

Served with a choice of plain white rice or pilau rice, naan bread & mini poppadums

Penny's Beefburger.....£6.95

Served in freshly baked Ciabatta bread with skinny chips & salad garnish
(cheese extra 50p)

Penny's Pizzas

Comes with Mozzarella Cheese & Tomato n Basil Sauce
You can add Mr Vikki's Red Chilli Jam or Hot Chilli Sauce 30p



Freshly Made Pizza from £6.00



You Can Add Choice of Toppings

Anchovies	50p
Black Olives	35p
Chicken	90p
Chorizo	60p
Feta Cheese	35p
Jalapenos	35p
Mushroom	35p
Onion	35p
Ham	60p
Parmesan Cheese	35p
Pepperoni	60p
Peppers	35p
Pineapple	35p
Prawns	80p
Spicy Beef	80p
Tuna	60p

Jalfrezi Chicken Pizza £8.95

Comes with Mozzarella
Cheese, Chicken & Medium
Hot Jalfrezi Sauce

Beef Bolognese Pizza £8.95

Comes with
Beef in Bolognese Sauce and
Mozzarella Cheese

If you have a food allergy please discuss with a member of our staff before ordering food.

T' TEK YAM FOOD MENU



Our Vegetarian Menu

2 Goat's Cheese & Grilled Pepper Crostini £9.45

Served with a small bowl of Mediterranean leaf salad & a sweet chilli dip.

Nut Roast £11.95

A variety of nuts (crushed), roasted with, mushrooms, onions, carrots, swede, tomato & basil sauce & herb seasoning. Served with a Vegetable Gravy, Roast Potatoes, Yorkshire Pudding, splash o mash and a medley of fresh steamed vegetables

Spicy Sweet Potato & Spinach Casserole £10.95

Chunky sweet potatoes fried and tossed in a rich. Smooth mild spicy coconut sauce with chick peas and spinach. Served with Wild Rice.

Vegetable Jalfrezi-Pie £9.95

Filled with broccoli, baby neeps, mushrooms, potato, carrot, green beans in a rich Jalfrezi curry sauce (medium)

Vegetable Sweet & Sour £9.95

Filled with pineapple, broccoli, baby neeps, mushrooms, potato, carrot, green beans. Served with Wild Rice

Please note our salads usually contain the following ingredients:

Mixed salad leaves, tomatoes, grapes, peppers, apple, celery, cucumber, radish, onion with olive oil & balsamic dressing

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Our Vegetarian Menu 2

Chickpea & Bean Tagine £9.95

With haricot beans, onions, red peppers, raisins, red lentils, curry powder, turmeric, coriander, chilli, garlic, cumin, ginger fennel, black pepper. Topped with sliced Moroccan style potatoes.

Spinach & Ricotta Cannelloni £9.95

With two cannelloni tubes filled with creamy Ricotta & Spinach on a bed of tomato, garlic & basil sauce topped with a white béchamel and creamy cheese.

Served with garlic bread.

Porcini (mushroom & white wine) Cappellacci £9.95

Cappellacci pasta filled with Porcini on a bed of tomato, garlic & basil sauce with a bowl of Served with garlic bread.

Ricotta & Spinach Girasoli £9.95

Girasoli pasta filled with Ricotta & Spinach on a bed of tomato, garlic & basil sauce with a bowl of Served with garlic bread.

Broccoli & Cheese Quiche £8.95

Freshly Baked with a short crust pastry base served with a choice of potatoes (please ask) and a side of Mediterranean salad or fresh vegetables.

Goats Cheese Tomato Basil & Pepper Tartlet £8.95

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