

Larch Cottage Nurseries, Melkinthorpe, Penrith,
Cumbria CA10 2DR

www.larchcottage.co.uk

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Eden Valley Hospice

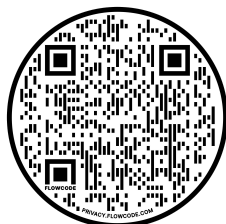
£10 Per book of raffle tickets

The chance to win one of over 40 amazing prizes.

To be drawn at our annual Christmas preview on
2nd November 2025

For a full list of prizes please visit our website
Tickets can be purchased with cash in the restaurant or card at the nursery till

If you have enjoyed your visit to us, please vote for us by visiting
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Please note that a 10% discretionary service charge will be added to your
bill for parties of 7 or more



Our ethos is simple: we want to bring the Mediterranean to your table, offering a dining experience that is fresh, rustic, pure and rooted in tradition. Through every dish, detail and interaction, we strive to create an environment where food and hospitality come together to nourish not just the body, but the soul.

We are fortunate to have ample space for a vegetable garden at Larch Cottage. Our dedicated gardeners work tirelessly year-round to plan, plant, and maintain the garden, ensuring a constant supply of fresh ingredients for our kitchen. Our chef collaborates closely with the gardeners, adapting the menu to make the most of the seasonal produce. From soups and chutneys to jams and tarts, nothing goes to waste.

So sit back, relax and enjoy...

Available all day	
Sweet Scone with jam v	£3.95
Sweet Scone with jam and cream v	£4.50
Savoury Scones v	£3.95
Cheese Scone (toasted / untoasted) with cream cheese & chutney v	£4.75
Cakes (see special's board) v gf* from	£4.95
Soup of the Day with Homemade Sourdough (See specials board for today's flavours) (v/gf*)	£7.95
Breakfast served 9am to 11.30am	
Cannerheugh Farm Eggs on Sourdough Toast	£7.95
Two eggs poached or scrambled (v gf* Add smoked salmon for	£4.00
Garden Chive & Dill Omelette, Smoked Salmon, Crème Fraiche, Toasted Sourdough (gf*)	£13.95
Shakshuka Verde, Garlic Yoghurt, Toasted Sourdough (Lightly spiced leek, courgette, garden greens & herb sauce with chickpeas, topped with a baked egg & refreshing garlic yoghurt)(v gf*)	£14.50
Avocado Toast, Crumbled Feta, Poached Eggs, Garden Kale, Pink Pickled Onions (v gf*)	£13.95
Basil Pesto Egggy Bread, Marinated Tomatoes, Garden Rocket, Parmesan (v)	£13.00

Rose & Sparkling Wines			
	175m	l250ml	Bottle
Cantina del Garda, Bardolino Chiaretto 12%	£6.00	£8.50	£24.00
There are intense and floral notes on the nose with scents of small red fruits and savoury, fresh and harmonious on the palate with notes of fresh fruit.			
Prosecco Spumante Minis, Romeo 11%	20cl	£ 9.95	
Fine with persistent bubbles and rich ripe apple, lemon and grapefruit aromas. On the palate, it is fresh and full-bodied. Good intensity, fresh, elegant and soft to the taste.			
NV Prosecco, Stelle d'Italia 11%	75cl	£ 30.00	
Vivacious Prosecco, aromatic and appealing, all lemony delicacy and fresh, green pears.			
Cantina di Garda Prosecco Rose 11.5%	75cl	£ 30.00	
Delicate pink colour reminiscent of peach blossom. Fruity aromas of peach, raspberry and ripe passion fruit with a touch of flowers. It is pleasantly zesty, fresh and harmonious. The bubbles are fine and persistent			
Red Wines			
	175ml	250ml	Bottle
Colli Vincentini Merlot 12%	£6.00	£8.50	£24.00
Bright ruby red with an intense and elegant nose, with scents of berries. Taste is velvety, round and full-bodied with hints of green pepper.			
Zensa Primitivo 13%	£8.25	£11.00	£30.00
Complex bouquet, reminiscent of cherries, dried berries and toasted almonds. In the mouth it is full bodied, yet smooth and elegant with a silky texture.			
Joshua GMS, Teusner 14.5%	£42.00		
A youthful and juicy ‘Nouveau’ style red wine drawing inspiration from the Rhone. Unoaked and a mix of light and dark berried fruits cured meats and lifted spice on the nose. A savoury and gamey flavour in the mouth.			

White Wines				Lunch served 12.00pm until 3.00pm	
	175ml	250ml	Bottle	Appetisers	
Torre Dei Vescovi Pinot Grigio 13%	£6.75	£9.50	£27.00	Mixed Italian Olives v gf	£4.50
Golden yellow in colour, the bouquet is delicate with complex floral notes. The wine is dry, pleasantly fresh and velvety.				Focaccia	£5.95
				Warm freshly baked bread, studded with cherry tomatoes, black olives, and rosemary. Served with olive oil & balsamic vinegar v	
Domaine De La Ferrandiere Chardonnay 13.5%	£7.50	£10.50	£30.00	Light Bites	
Pale gold colour with a fruity nose. Palate of pear and passion fruit and a slightly buttery finish. Perfect with fish and cooked in sauces.				Soup of the Day with Homemade Sourdough (See specials board for today's flavours) (v/gf*)	£7.95
South Island Marlborough Sauvignon Blanc 12.5%	£7.50	£10.50	£30.00	Shakshuka Verde	£14.50
An abundance of elderflower and gooseberry fruit on the nose with an edge of ripe pear. Racy on the palate with a core of orchard fruits that is very pure and focused. Finish is soft and warm.				(Lightly spiced leek, courgette, garden greens & herb sauce with chickpeas, topped with a baked egg & refreshing garlic yoghurt, served with toasted sourdough) (v gf*)	
Signature Barrel Fermented Torrontes	£35.00			Avocado Toast	£13.95
Golden colour with bright reflections. The nose is fragrant and complex, with hints of tropical fruits, especially lychee, and citrus notes, such as lemon peel, with delicate floral aromas. The mouth is harmonious with balanced acidity, combined with intense fruit flavours. Perfect with spicy dishes.				Crumbled Feta, Poached Eggs, Garden Kale, Pink Pickled Onions (v gf*)	
				Whipped Goat's Cheese & Marinated Tomato Bruschetta	£13.50
				Olive, Fresh Oregano (v gf*)	
				Smashed Pea & Smoked Salmon Bruschetta	£14.95
				Crème Fraiche, Garden Chives (gf*)	
				Romesco Prawn Mayonnaise Bruschetta	£14.95
				Courgette, Hot Honey, Lemon (gf*)	
				Garlic Field Mushroom & Chickpea Bruschetta	£13.50
				Spinach, Olive Oil (v gf*)	
				<i>All Bruschetta are served with dressed salad garnish</i>	

Mains

Smoked Haddock, Spring Onion & Parsley Fishcakes	
Roasted Pink Fir Potatoes, Garlicky Courgette, Dill & Lemon salad, Cornichons, Larch Leaves (gf)	£19.50
Pesto Marinated King Prawn Skewers	
Gnocchi alla Romana, Roasted Vegetable & Rocket Salad, Parmesan, Balsamic	£22.50
Pan Fried Mackerel Fillets	
Romesco Butter Beans, Roasted Fennel, Kale, Saffron Oil, Toasted Almonds (gf)	£20.50
Roasted Harissa & Garlic Mushroom Flatbread	
Lemon Coriander Hummus, Rocket, Pink Pickled Onions, Larch Leaves, Cous Cous Salad (v)	£18.50
Burrata, Roasted Red Grapes, Balsamic, Toasted Walnut, Fennel Seed & Thyme Crumb, Watercress, Crostini (v/gf*)	£19.00

See Specials Board for...

Pasta of the Day
Risotto of the Day,
Tart of the Day
and more!

All of our food is freshly prepared including our own bread and homemade cakes. All dishes are carefully made to order so please be patient when busy.
Whilst we can adapt our menu to cater for allergen and special dietary needs, please be aware we cannot guarantee certain requirements due to the nature of our small kitchen. Please speak to a member of staff about your requirements before ordering.

v – Vegetarian gf – Gluten Free gf* option available

Beers

Hawkeshead Pale Ale	4%	500ml	£6.00
Hawkeshead Bitter Ale	3.7%	500ml	£6.00
Allendale Ruby Ale	5.5%	500ml	£6.00
Italian Peroni Nastro Azzurro	5%	330ml	£4.95
Birra Moretti Premium Lager	4.6%	330ml	£4.95
Peroni Alcohol-Free	0.0%	330ml	£4.75
Aspall Cider	5.5%	330ml	£5.50

Spirits

A choice of fever-tree mixers;	Tonic/ Lemonade/Soda (200ml)	
Lakes Gin 46%	25ml/50ml	£6.00/£9.00
Lakes Elderflower gin 25%	25ml/50ml	£6.50/£9.50
Lakes Rhubarb and Rosehip 27%	25ml/50ml	£6.50/£9.50
Beefeater Pink Strawberry Gin 37.5%	25ml/50ml	£6.50/£9.50
Pimms 25%	50ml	£6.50

Seasonal Drinks

Amaretto Iced latte	£8.95
Baileys Iced latte	£8.95
Aperol Spritz	£12.95

Tea		Sourdough Pizza	
English Breakfast	£2.75	<i>Sourdough bases stretched to order, topped with rich tomato sauce that we make in-house</i>	
English Breakfast Decaf	£2.75		
Herbal Tea	£2.95		
Rooibos, Berry Cocktail, Chamomile, Green, Green Mint, Lemongrass & Ginger, Assam, Lapsang Souchong, Earl Grey		Classic Margherita (v) (Mozzarella, Fresh Basil)	£12.00
Coffee Mokaflor – 100% Arabica Organics		Marinara Kalamata (v) (Garlic Kalamata Olives, Oregano)	£14.00
Americano	£3.75	Funghi (v) (Mozzarella, Garlic, Mushroom, Rocket, Truffle Oil, Parmesan.	£15.00
Cappuccino	£3.95		
Flat White	£3.95		
Latte	£3.95	Rosmarino (v) (Spinach, Caramelised Onion, Goats’ Cheese, Rosemary)	£14.00
Espresso	£2.75		
Double Espresso	£3.50		
Mocha (Dark or White)	£4.25	Piccante (v) (Fire Roasted Peppers, Chilli Flakes, Goat’s Cheese	£14.00
Iced Latte	£3.95		
Chai Latte	£3.75		
Extra shot of coffee	95p	Napoli (Mozzarella, Olives, Anchovies.	£14.50
Decaffeinated coffee available			
Soya & Oat Milk available for an additional 45p			
Hot Chocolate		Tonno e Cipolla (Mozzarella, Tuna, and Sliced Onion)	£14.50
Hot Chocolate	£3.95	Quattro Formaggi (v) (Mozzarella, Blue Cheese, Parmesan, Cream Cheese)	£16.00
Hot Chocolate with cream and marshmallows	£4.25		
Syrups		Florentine (v) (Mozzarella, Garlic, Spinach, Egg	£15.00
Gingerbread	70p	Oceana Smoked salmon, prawns, anchovies, mozzarella, olives, capers, and tomatoes.	£18.00
Vanilla	70p		
Green Mint	70p		
Caramel	70p		

Side Dishes	Three Hills Cumbrian Gelato
Homemade Focaccia, Dipping Olive Oil, Balsamic Warm Italian bread studded with cherry tomatoes, olives, and topped with rosemary & sea salt) (v) £5.95	1 scoop £2.95 2 scoops £5.70 3 scoops £7.25
Larch Garden Salad £5.50 Dressed organic mixed lettuce, rocket, cherry tomatoes, cucumber & spring onion(v)	Choice of flavours Chocolate, Honeycomb Crunch, Madagascan Vanilla, Sour Cherry, White Chocolate & Raspberry, Salted Caramel
Whipped Goat’s Cheese, Roasted Vegetables, Pesto £8.00 (Creamy whipped cheese & Greek yoghurt topped with roasted peppers, onions, courgettes & basil pesto) (v gf)	Soft Drinks
Loaded Hummus Flatbread £13.95 (Lemon & coriander hummus topped with crumbled feta, olives, pink pickled onions & toasted almonds) (v gf*) A side to share or light bite	Cola Ginger Beer Dandelion and Burdock Sparkling Elderflower Sparkling Apple Lime and Soda San Pellegrino Aranciata,/Limonata /Aranciata Rossa Cawson’s - Apple and Rhubarb - Cloudy Lemonade Karma Cola sugar free
Roasted Larch Potatoes £6.95 Topped with either: - Parmesan, Truffle Oil & Chives - Crumbled Feta, Garlic Yoghurt & Fresh Oregano	all £3.50
Afternoon Tea £30 per person Soup Shot Seasonal Tart Trio of Mini Bruschetta Fruit Scone with Jam and Cream Duo of Handmade Cakes Served with Tea or Coffee (Including one refill) (Speciality Teas and Coffees are also available for an additional charge) Why not treat yourself further and add Mini bottle of Prosecco (20cl) £9.95 Bookings taken from 2pm until 3:30pm We require a minimum of 48 hours' notice and £10 per person non-refundable deposit Please note items on the menu are subject to change	Folkington’s Pressed Juice: Apple / Orange / Mango all £3.50 Still or Sparkling Water £2.75 Large Sparkling Water £4.50 Kombucha 250ml £4.50 Available in Peach & Turmeric or Strawberry & Raspberry Milkshakes £5.95 Please ask for available flavours Smoothies £5.75 Blueberry Thrill (raspberry, blueberry banana & flaxseed) Pash N Shoot (passion fruit, mango & pineapple)