



Food inspired by the places we walk every day...

Our food starts with keeping things local and seasonal. We source the best of British seasonality and work with trusted local producers who share our commitment to quality. Ingredients arrive with their own purpose - where they’ve come from, why they matter and that quietly guides what ends up on the plate. It’s simple, unfussy, and rooted in the places and people around us.

And when it comes to cooking, it’s all about fresh, homecooked and full of flavour. We use fresh ingredients and treat them with care, but we keep things relaxed. It’s the kind of food you’d probably make at home, but just don’t fancy doing yourself - comforting, honest, and full of flavour without the fuss. Real cooking, done properly, without overthinking it.

Nibbles and Starters

- Marinated olives £5.50
- Salt and pepper tempura king prawns, Thai dipping sauce, pickled cucumber £11.50
- Soup of the day, sourdough, butter £7.50
- Cumberland chipolatas, honey mustard £6.00
- Classic mussels, white wine, garlic cream sauce, toasted sourdough £10.50
- Pulled beef and haggis bon bons, whiskey cream, pickled vegetables £9.50
- Salt and pepper chicken fillets, bell peppers, spring onions, sriracha mayo £9.00
- Beetroot salmon gravlax, curry mayo, cucumber, capers, lemon £8.50

Sharing Boards

- Royal winter platter, salt and pepper chicken, honey mustard chipolatas, pulled beef, honey roasted ham, selection of olives, toasted sourdough bread, salted butter £22.50
- The Royal Heysham fish platter, haddock goujons, prawns in Marie Rose, whitebait, mussels in white wine and garlic sauce, salad, sourdough bread £22.50

Main Courses

- Thwaites Original beer battered North Atlantic haddock, thick cut chips, mushy peas, tartar sauce
- Available grilled with new potatoes and winter greens £18.50
- Thwaites Gold steak and ale pie, mash, roast carrots, kale, gravy £18.50
- Cumberland sausages, confit garlic mash, crispy onions, red wine gravy £18.50
- Brisket beef burger, Cheddar, dill pickle, gem lettuce, tomato, signature sauce, tomato chutney, fries £18.50 Add bacon £1.00
- Buttermilk chicken burger, spicy aioli, dill pickle, gem lettuce, tomato, fries £18.00
- Add bacon £1.00
- All burgers can be served in a lettuce bun
- Mussels, white wine and garlic sauce or tomato and chorizo sauce, sea salted fries, toasted sourdough £19.50
- Cod fillet, butter bean and tomato cassoulet, leek puree, chateau potatoes £24.50
- Blade of beef bourguignon, honey roast parsnips, confit garlic mash £24.50
- Feta and butternut squash risotto, toasted pumpkin seeds, crispy sage £16.00
- Add grilled chicken £4.50

Bowls

- Caesar salad, gem lettuce, bacon, parmesan, anchovies, croutons, boiled egg
- Small £8.00 Large £15.00
- Glow bowl, roasted beetroot, squash and pumpkin, chickpeas, avocado, beetroot hummus, citrus quinoa, radish, pickled cucumber
- Small £8.00 Large £15.00
- Gochujang donburi bowl, sticky jasmine rice, gochujang roasted cauliflower, avocado, pickled red cabbage, edamame beans, spring onion, crisp nori, sriracha mayo, puffed wild rice
- Small £8.00 Large £15.00
- Add grilled chicken £4.50 Add seared salmon £7.00 Add grilled halloumi £4.00

Sandwiches

- Served 12pm - 5pm, Monday to Saturday. All sandwiches served on your choice of either white or brown bloomer bread and with coleslaw and fries**
- Honey roast ham, piccalilli £10.50
- BLT, classic bacon, gem lettuce, tomato, mayonnaise £10.50
- Chicken salad, tomato, lettuce, red onion, mayonnaise £10.50
- Thwaites battered haddock, gem lettuce, tartar sauce, brioche bun £12.50
- Cheese and orchard apple chutney £9.50

Grills

- Our steaks are all from British native breeds, carefully chargrilled to order and served with peppercorn sauce, fries, mushroom, vine tomatoes, watercress.
- 8oz Sirloin £29.00
- 8oz Rib eye £33.00
- 8oz Fillet £37.00
- 10oz Gammon steak, fried egg, pineapple relish £19.50
- All grill dishes can be served with new potatoes instead of fries

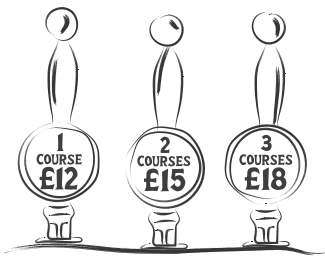
Sides

- Thick cut chips £5.50
- Sea salted fries £5.50
- Onion rings £5.00
- Dressed salad £5.50
- Garlic bread £5.00 Add cheese £2.50
- Seasonal greens £5.50
- Mini Caesar salad £5.50

Desserts

- All desserts excluding ice cream are available as a small portion for £5.00
- Sticky toffee pudding, toffee sauce, vanilla ice cream £7.95
- Apple, blackberry and hazelnut crumble, custard and ice cream 7.95
- Warm brownie, salted caramel sauce, raspberry sorbet £7.95
- Winter berry crème brulee, berry compote, shortbread £7.95
- Selection of Yorvale ice cream, please ask for today’s flavours £2.50 per scoop

**THE
PUB
GRUB
CLUB**



12pm - 4pm, Monday to Friday

Please ask to see our Pub Grub menu.
Please note, set course prices do not apply to anything listed on this menu.

THWAITES

Please let your server know about allergens or dietary requirements.
An optional 10% service charge will be added to your bill, all of which goes to our amazing staff.