

The Bay Horse Hotel & Restaurant

The Bay Horse ... is a hidden gem, situated at the foot of Ulverston Canal (known as the shortest, deepest and straightest Canal in Great Britain) and on the shore of the scenic Leven Estuary it enjoys a panorama encompassing the Lakeland Fells and Morecambe Bay.

Ours is a remarkably peaceful venue. Dine in the Conservatory Restaurant at the appropriate time and see the tide race across the sands, a sight that never ceases to amaze.

"Watching the tide as you dine is such fun!"



Visitors flock to the Bay Horse hotel to sample the renowned hospitality of Robert Lyons and his partner Lesley Wheeler who, with their excellent team, have been looking after guests for the past 30 years. Before this, Robert was head chef at John Tovey's renowned Miller Howe for 17 years.

"Outstanding cooking, no nouvelle cuisine here, just real food that tastes how it should. The Main Course is a MAIN COURSE!"

Ulverston is famous for being the birthplace of Stan Laurel with many colourful festivals such as the Dickensian weekend in November, and Flag Fortnight and the Lantern Procession in September.

The Bay Horse was formerly a 17th Century Coaching Inn where, in days gone by, travellers would rest before making the treacherous journey by horse-drawn coach across the sands to Lancaster. The town of Ulverston once thrived on trade in iron ore and gunpowder.

Tall ships would sail to the pier outside the Bay Horse to collect merchandise on its way to Liverpool often bound for Africa in exchange for slaves. Alas, the visits of the ships were curtailed as the canal entrance became silted up, but Ulverston remains to this day a jolly, bustling market town of character.

A friendly, relaxed atmosphere awaits you at The Bay Horse, log fires in winter, a cosy bar to enjoy a pint or two and outstanding cooking. The hotel was voted Cumbrian Inn of the Year 2009 by The Good Hotel Guide and has received many other accolades.

EVENING MENU

Smoked Duck Breast and Fresh Mango Salad with a Honey and Passion Fruit Dressing **£7.50**

Rich Chicken Liver Pate, Redcurrant and Orange Jelly, Garlic and Tomato Bread **£7.50**

Finest Oak Smoked Scottish Salmon Buttered Treacle Bread with a Sweet and Sour Mayonnaise **£7.50**

Prawn and Avocado Cocktail **£7.50**

Deep Fried King Prawns with a Sweet and Sour Sauce and Mixed Salad Leaves **£7.50**

Cumberland Ham, Veal and Pistachio Nut Terrine, Quince and Red Chilli Jelly, toasted Garlic and Herb Bread **£7.50**

Flakes of Smoked Haddock, Leek and water chestnuts in a Cheddar Cheese Cream Sauce Baked with a Fresh Herb Crust **£7.50**

Cantaloupe Melon, Parma Ham, Fresh Mixed Fruits **£7.50**

Avocado and Pink Grapefruit Salad with a Raspberry and Passion Fruit Dressing **£7.50**

Bobotie a Dish from Sunny Cape Consisting of Minced Lamb, Tomato, Apricot and Spices Baked with a Savoury Egg Custard **£7.50**

Cherry Tomato, Feta Cheese and Black Olive with Fresh Figs and Rocket and a Hot Balsamic Vinaigrette **£7.50**

Home Made Soup of the Day **£5.50**

Vegetarian Menu

Slices of Aubergine, Leek and Plum Tomato **£18.75**
Baked on a bed of fried breadcrumbs with a Pesto and Mozzarella crust

Red and Green Peppers Stuffed with Mushroom and Onion Pâté **£18.75**
Served on a Tomato Provencale with a Garlic and Chive Cream, breadcrumb and Pinenut topping

Baked Courgette filled with Feta Cheese, fresh Spinach and Macadamia Nuts **£18.75**
Grilled with Crème Fraîche and Gruyere Cheese

Hazelnut Pancakes Filled with Fresh Wild Mushrooms **£18.75**
Served With a Garlic And Chive cream sauce

Butternut Squash Stuffed with a Mushroom and Herb Quinoa **£18.75**
Roasted and Served on a Mixed Pepper and Red Onion Salsa

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From The Grill

Our Prime Aberdeen Angus Steaks have been hanging in our cold room for at least FOUR weeks thus allowing them to develop their full flavour.

The following will be grilled to your preference with garlic and herb butter

Sirloin Steak £25.50

Fillet Steak £27.50

Served with Baked Potato/Chips or today's Potato and a bowl of one of the following:

- Fresh Spinach and Smoked Bacon salad
- Caesar salad
- Salad leaves with a Blue Cheese dressing

Please note your steaks will be cooked in the following way:

BLUE	still mooing!!
RARE	lots of blood
MEDIUM RARE	pink
MEDIUM	cooked through still with juices
MEDIUM WELL	cooked through without juices
WELL DONE	charred!!!

Due to the complexity of some of our dishes it may not be possible to list all allergens. Please make a member of staff aware if you suffer from any particular allergen.

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Main Courses

Aberdeen Angus Rib Eye Steak £23.50
Pan Fried and Served on a Sauce of Mushroom, Shallots, Cream and Brandy

Fresh Fillet of Cod £22.75
Pan Fried with Local Brown Shrimps, Caper Berries, Lemon and Herb Butter

Pan Fried Calves Liver £22.25
Served with Grilled Smoked Bacon and Caramelized Shallots

Fresh Fillet of Lemon Sole Filled with Smoked Salmon and Avocado £22.50
Lightly Poached and Served with a Noilly Prat and Chive Cream Sauce

Our Very Own Irish Corned Beef £22.00
On a White Pudding Mash, Grain Mustard Cream Sauce

Medallions of Aberdeen Angus Fillet Steak £23.25
Pan Fried and Served on a Green Peppercorn Cream and Brandy Sauce

Fresh Crab and Salmon Fishcakes £19.95
On a White Wine and Fresh Herb Cream Sauce

Medallions of Pork Fillet £22.00
Coated with a Dijon Mustard and a Fresh Herb Crust, Baked and Seved on a Calvados Aplle, Cream Sauce

Breast of Fresh Guinea Fowl £22.25
Filled with Sliced Leeks, Mushroom and Fresh Sage Wrapped in Parma Ham, Baked and Served with a Sauce of Juniper and Fresh Thyme

Lakeland Lamb Shank £19.95
Braised with Orange, Ginger Syrup and Red Wine

Medallions of Venison £23.25
Pan Fried and Served on a Mushroom and Onion Pate with a Sauce of Red Wine, Juniper and Fresh Thyme

Bobotie £15.95
A dish from the Sunny Cape Consisting of Mince Lamb Tomato Apricot and Spices Baked with a Savoury Egg Custard Topping

Aberdeen Angus Beef, Mushroom and Guinness Casserole £23.25
With Spiced Red Cabbage and White Pudding Mash

Escalope of Veal Filled with Cumberland Ham and Mozzarella Cheese £22.25
Coated with Fine White Breadcrumbs, Baked and Served on Madeira and Port Wine Sauce

Escalope of Fresh Scottish Salmon £22.50
Lightly Poached with Fresh Asparagus Tips, White Wine and Fresh Herb Cream Sauce

All main courses served with Seasonal Vegetables and Choice of Chips or Today's Potato Complimentary Home Made Bread Rolls with all Main Courses