



SHARING

Homemade Roasted Garlic Hummus With Toasted Flatbread (V)	£8
Baked Camembert with Onion Chutney and Toasted Bread (V)	£13
Antipasto Sharing Plate	£10

STARTERS

Homemade Soup of the Day - served with Crusty Bread and Butter (V)(GF)	£7
Homemade Chicken Liver Pate with Toast and Red Onion Marmalade (GF)	£7
Battered Calamari with Chipotle Mayo	£6
Garlic Mushrooms (V)(GF)	£7
Sundried Tomato and Pea Risotto (V)(GF)	£6/13

MAINS

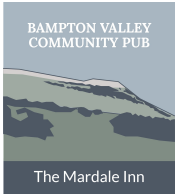
8oz Rump Steak with Garlic Butter, Fries and Salad (GF)	£19
Mushroom and Pepper Stroganoff with Rice (V)(GF)	£15
Grilled Sea Bass, New Potatoes, Fresh Veg and Salsa Verde (GF)	£18
Loweswater Gold Battered Cod Served with Homemade Chips, Tartar Sauce and Mushy Peas	£10/£18
Steak And Ale Pie with Chips, Veg and Gravy	£18
Chicken Caesar Salad	£12
Spicy Pork Burger with Cheese, Lettuce, Garlic Mayo, Chilli Jam and Fresh Tomato, served with Fries (V) <i>Vegan Option available</i>	£16

SWEETS

Homemade Sticky Toffee Pudding served with Vanilla Ice Cream (V)(GF)	£7
Cheese Cake (ask for today's flavour) (V)	£8
English Lakes Ice Cream (ask for today's flavours - price per scoop (V)(GF)	£1.5
Lemon Tart with Mixed Berry Compote and Sorbet (V)	£8

SIDES

Homemade Chips / Cheese (V)(GF) £3.5 / £4.5	Garlic Bread / Cheese (V) £3.5 / £4.5
Fries / Cheese / Salt and Pepper (V)(GF) £3 / £4 / £4	Cheese and Tomato Flatbread (V) £7
House Salad (V)(GF) £3.5	Seasonal Vegetables (V)(GF) £3



Our Story



In early 2022, Bampton Valley residents came together with a common goal: to 'Save a Pub for the Valley' under a community ownership model. Over 500 people, from the Valley and beyond, invested a minimum of £100 each to become members of Bampton Valley Community Pub (BVCP) Community Benefit Society (a form of cooperative).

Raising £400,000 in February 2022, we purchased The Mardale Inn in early May 2022. With incredible work from many volunteers and local tradespeople, we reopened for a basic drinks service on July 1st 2022.

Given generous support from a number of key funding partners, we have further developed the pub. Notably in November 2022, with support from **The King's Countryside Fund**, we reopened a kitchen. In May 2023, we reopened 4 refurbished bedrooms in The Mardale Inn building and integrated in 2 bedrooms in the nearby Norbrock House Annex into the pub operation. This was supported by our local council, **Westmorland & Furness Council**, through their 'Inspiring Eden' economic development fund, as well as the Low Carbon Fund of the **Lake District Foundation** (with their monies sourced from the European Union's Regional Development Fund, Northern Powerhouse and Low Carbon Lake District).

Various **local suppliers** have partnered with us to help refurbish the pub to a high standard and to demonstrate the best in local sourcing. These suppliers include AJ & D Chapelhow for our windows, Eden Renewables for loft insulation, The Herdy Company for our luxury, pocket sprung mattresses, and Wools of Cumbria for the carpets in our pub bedrooms.

Local sourcing is a key part of our strategy to support our local economy which you will increasingly see reflected in our food and drink menus which today include supplies from Claire's Handmade, Lakes Distillery, Farrers Coffee, Lakeland Mues and Lowther Estate. To reduce our food miles, our real ales have to be brewed within 50 miles of the pub. Today we work with breweries such as Cumbrian Ales, Hawkshead, Heskett Newmarket and Kirby Lonsdale. We have other local guests from time to time as cellar space permits!

We believe that looking after our **colleagues** is key to our success as a business and reflects how we are aiming to deliver benefit to our local community. To that end we pay according to the standards set by the 'Real Living Wage Foundation' (www.livingwage.org.uk). Our many **volunteers** continue to help in the pub as well from occasional painting and refurbishment to weekly preparation of our table flowers.

Finally it's important to highlight that we are a proud Member of **Plunkett UK**, a charity whose purpose is to help communities 'to take control of their challenges [in the rural economy] and overcome them together'. Plunkett has helped hundreds of rural community business over the years. You can join as a personal member for only £20 a year if you have any ideas to save a local pub, shop or other business that could be run by the community.

We really hope you enjoy your drink and food, and perhaps your stay with us, and you get to experience what makes a pub owned by its community so unique. This has all been made possible by hundreds of people and generous partners who came together to secure for future generations a key element of the Valley's rural heritage.

Please share any feedback with staff or email feedback@themardaleinn.com. Positive reviews on Google Maps or TripAdvisor and Booking.com are always appreciated too!

Want to keep in touch? Please visit www.themardaleinn.com and subscribe for occasional newsletters there - or follow us on Facebook.

Thank you for visiting!