



The Mardale Inn @ St Patrick's Well

STARTERS

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| Homemade Soup of the Day - served with Crusty Bread and Butter (V)(GF) | £6 |
| Cumbrian Rarebit on Toasted White Bloomer with Red Onion Marmalade and Dressed Leaves | £7 |
| Smoked Mackerel Pate with Horseradish and Toasted Bread | £7 |
| Roasted Pumpkin and Wild Mushroom Risotto with Shaved Parmesan (V)(GF) | £6/£13 |

MAINS

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| Homemade Fish Pie served with Fresh Seasonal Veg (GF) | £18 |
| Moroccan Spiced Lentil and Vegetable Stew with Crispy Potatoes (V)(GF) | £9/£15 |
| Homemade Beef and Ale Stew with Suet Dumplings and Fresh Seasonal Veg (GF) | £10/£16 |
| Loweswater Gold Battered Haddock with Homemade Chips, Tartar Sauce & Mushy Peas | £10/£18 |
| Breaded Scampi with Chips and Peas | £11 |

SWEETS

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| Homemade Sticky Toffee Pudding served with Vanilla Ice Cream (V)(GF) | £ 6.5 |
| Homemade Fruit Crumble with Custard (V)(GF) | £ 7 |
| English Lakes Ice Cream (ask for today's flavours - price per scoop) (V)(GF) | £ 1.5 |

SIDES

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| 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 |

GF - Gluten not an added ingredient, V - Vegetarian

If staying with us on our Winter Dinner, B&B package, main course supplements are: ¹£2, ²£4



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 Prince'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 Cumbrian Ales, Lakes Distillery, Farrers Coffee, Lakeland Mues and Lowther Estate.

Finally it's important to highlight that we are a proud Member of 'Plunkett Foundation', 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. If you are able to help them, please visit www.plunkett.co.uk/donate.

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!