

Arly's

Dinner Menu

Served Daily
from 5.30pm
Tel : 0190066655

Starters & Sharing

	For One	For Two
Oily's Seasonal Soup	£4.80	
Bruschetta (V) Garlic, sun blushed tomatoes, red onion, mozzarella cheese	£4.80	£7.95
Nachos (V) (GF) Cheese, jalapenos, salsa & sour cream	£4.45	£7.80
Crispy Tempura Prawns Garlic aioli, salad	£5.25	
Oily's Combo Southern fried chicken strips, cheese and bacon topped skin on wedges, breaded mushrooms, onion rings, salsa & garlic mayo	£5.35	£8.95
Creamy Garlic Mushrooms (V) Served on a toasted garlic ciabatta	£4.95	
Salt 'n' Pepper Chicken Strips Hoisin sauce	£4.85	
Grilled Goats' Cheese Oily's pickled beetroot & walnut salad	£4.95	
Cumberland Sausage & Black Pudding Stack Choose from poached egg or wholegrain mustard sauce	£4.95	
Garlic & Mozzarella Ciabatta Bread (V)	£2.45	

Main Courses

All main courses are served with vegetables/salad and a choice from our "Your Bowl" selection.

Breaded Wholetail Scampi (S) Lemon wedge	£7.75	£9.75
Oily's Slab Pie Choose from Steak & Ennerdale Blonde ale or Chicken & Mushroom		£9.70
4 Hour Shoulder of Lamb (GF) Slow cooked in a rich red wine gravy		£11.80
Roasted Vegetable Tart (V) Topped with a choice of goats cheese, feta cheese or cheddar cheese		£9.50
Battered Chicken Strips (S) Sweet and sour sauce	£8.20	£10.20
Hand Battered Cod Fillet*(S)	£8.20	£10.20
Parmesan Crusted Chicken Escalope Chicken breast, creamy leeks & gruyere cheese crumb		£10.20
Chicken or Vegetable Fajita (V) Flour tortillas, salsa and sour cream		£10.20
Oily's Chicken or Vegetable (V) Curry Naan Bread (Choose from Jalfrezi or Korma)		£10.15

Grills

All grills are served with seasonal vegetables and a choice from our "Your Bowl" selection.

Rump Steak (10oz) (GF) Tomato, mushrooms and onion rings		£13.50
Rib Eye Steak (10oz) (GF) Tomato, mushrooms and onion rings		£17.75
Mixed Grill Gammon, pork loin, lamb steak, sausage, rump steak & black pudding, a fried egg, tomato, mushrooms and onion rings		£17.95
Sirloin Steak (10oz) (GF) Tomato, mushrooms and onion rings		£17.75
Why not upgrade your steak to a surf and turf - breaded scampi		£4.25
Cumberland Sausage Ring (S) Choose from fried egg or onion gravy	£7.80	£9.80
Gammon Steak (GF) (S) Choose from fried egg or pineapple	£8.95	£10.95
Gammon, Cumberland Sausage & Egg Tomato, mushrooms and onion rings		£11.25
Steak sauces - Pepper, Diane, Stilton, Garlic, BBQ		£1.30

Burger Bar

Oily's Hand Pressed Burger Served with chips, a salad garnish and topped with either: - Stilton & black pepper Bacon & cheese Cheese & pineapple - Mozzarella, jalapenos & salsa Goats cheese & red onion marmalade	£9.95
Southern Fried Chicken Burger Served with chips, a salad garnish and a choice of garlic mayo or BBQ sauce	£9.95

Your Bowl

(Included with the Main Courses, Grills and Oily's Finest).

**Twice Cooked Chips | Jacket Potato | Salad Bowl
Mashed Potato | New Potatoes | Rice**

Pasta Dishes

All pasta dishes are served with garlic ciabatta bread.

Spaghetti Carbonara Onions, parmesan, cream & egg yolk (choose from chicken or bacon)	£9.70
Lasagne Bolognese - Tomato sauce	£9.50
Mixed Seafood Linguine - White wine & cream	£9.25
Creamy Mushroom & Spinach Penne (V)	£9.70
Chicken & Chorizo Penne - Tomato & smoked paprika sauce	£9.70

Oily's Finest

All the dishes from this selection are served with seasonal vegetables and a choice from our "Your Bowl" selection.

Pan Fried Sea Bass (GF) Prawn & herb risotto	£12.95
Pan Fried Duck Breast Raspberry and red wine sauce	£13.45
Chicken Breast Stuffed with chorizo, mozzarella sun blushed tomatoes, tomato & pesto sauce	£13.80
Beef Wellington Steak topped with a mushroom stuffing, baked in puff pastry, finished with a red wine gravy	£13.95
Trio of Lamb Herb crusted cutlet, tenderloin cannon, pulled lamb croquette, garlic & rosemary gravy	£13.95
Asparagus and Brie En Croûte (V) Finished with a chive butter sauce	£10.95

Side Orders

Twice Cooked Chips	£2.25	Jacket Potato	£2.25
Salad Bowl	£2.30	Mashed Potato	£2.25
New Potatoes	£2.30	Garlic Bread	£2.25
Coleslaw	£1.30	Onion Rings	£2.25

Sweet Menu Available

(V) Suitable for Vegetarians. (GF) Suitable for / can be adapted for Gluten Free.
(S) Available in small portion size *May contain bones

Food allergies and intolerances

If you have any concerns relating to the allergens details below please speak to our restaurant supervisor prior to ordering, as not all ingredients are listed.
Cereals containing gluten, crustaceans, eggs, fish, peanuts, soya beans, milk, nuts, celery, mustard, sesame, sulphur dioxide and sulphites, lupin and molluscs.

At Oily's we pride ourselves in using the freshest ingredients that are sourced locally using local suppliers.

We are proud to work with the following suppliers:

**Lomas Fish Mongers, Silloth | Caterite Food Service, Embleton
Graham's Potatoes, Middletown | Haigh's Butchers, Workington
Hartley's Ice Cream, Egremont | Watson Dairies, Lamplugh,
Pioneer Food Services, Carlisle | Solway Heaters, Workington
Oil Solution's, Kirkby Stephen | John Watt Coffee, Carlisle
Firpress Design & Print, Workington | Grapevine Wines, Threlkeld**