



Oily's

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



Oily's

Lunch Menu

Served Daily
from 11.45am
Tel : 0190066655

Starters & Sharing

| | For One | For Two |
|---|---------|---------|
| Oily's Seasonal Soup | £4.80 | |
| Bruschetta (V) Bruschetta, 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, skin on wedges, breaded mushrooms, onion rings, salsa & garlic mayo | £5.35 | £8.95 |
| Creamy Garlic Mushrooms (V) Garlic ciabatta | £4.95 | |
| Salt 'n' Pepper Chicken Strips Hoisin sauce | £4.85 | |
| Grilled Goats Cheese (V) 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 | |

Sandwiches

All our sandwiches are freshly prepared and served on your choice of sliced white or brown bread, rustic ciabatta roll, sandwich baguette or flour tortilla wrap and garnished with salad and coleslaw. (M) can be prepared as a melt.

| | Sliced Bread | Baguette/Ciabatta/Wrap |
|---|--------------|------------------------|
| Turkey & Cranberry Sauce | £5.15 | £6.60 |
| Chicken or Vegetable (V) Fajita | £5.50 | £6.95 |
| Bacon, Brie & Red Onion Marmalade | £5.25 | £6.30 |
| Southern Fried Chicken, Mixed Leaves, Sweet Chilli Sauce | £5.40 | £6.85 |
| Hot Roast Beef & Fried Onions | £5.50 | £6.60 |
| Cumberland Ham & Cheese (M) | £5.20 | £6.60 |
| Tuna Mayo | £5.50 | £6.65 |
| Prawns in Marie Rose | £5.50 | £6.95 |
| Add a cup of Soup to your Sandwich £1.20 | | |

Paninis

| | |
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| Chicken, Chorizo, Roasted Pepper & Mozzarella | £6.95 |
| Roasted Mushroom, Thyme, Red Onion & Brie (V) | £6.75 |
| Chicken, Bacon, Mozzarella & BBQ Sauce | £6.95 |
| Brie, Bacon & Cranberry | £6.75 |
| Tuna Mayo & Cheese | £6.75 |
| Goats Cheese & Red Onion Marmalade (V) | £6.75 |

Fresh Salad Selection

Our large salad bowls consist of mixed leaves, cucumber, tomato, peppers, onions and are topped with:

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| Prawn in Marie Rose (GF) | £8.60 |
| Southern Fried Chicken Strips, Sweet Chilli Dressing | £8.60 |
| Scampi | £8.60 |
| Mixed Meat (Ham, Beef & Turkey) (GF) | £8.60 |
| Grilled Goats Cheese, Oily's Picked Beetroot & Walnut (V) | £8.60 |

Main Courses

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

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| Breaded Wholetail Scampi - Lemon wedge (S) | £7.60 | £9.60 |
| Chicken Breast - with creamy leeks & gruyere cheese crumb | | £9.50 |
| Oily's Slab Pie - Steak & Ennerdale blonde ale or chicken & mushroom | | £9.60 |
| Roasted Vegetable Tart - topped with a choice of goats cheese, feta cheese or cheddar cheese (V) | | £9.60 |
| Cumberland Sausage Ring - Fried egg or onion gravy (S) | £7.45 | £9.45 |
| Battered Chicken Strips - Sweet & sour sauce (S) | £7.45 | £9.45 |
| Lamb Cutlets (2) - Mint gravy | | £9.60 |
| Gammon Steak (GF) - Fried egg or pineapple (S) | £8.95 | £10.95 |
| Hand Battered Cod Fillet* (S) | £7.95 | £9.95 |
| Rump Steak (8oz) (GF) - Tomato, mushroom and onion rings | | £10.95 |
| Add a steak sauce | | £1.00 |
| Oily's Chicken or Vegetable (V) Curry - naan bread (Choose from Jalfrezi or Korma) | | £9.45 |
| 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)

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

Pasta Dishes

All pasta dishes are served with garlic ciabatta bread.

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| Spaghetti Carbonara - Onions, parmesan, cream & egg yolk (choose from chicken or bacon) | £8.95 |
| Lasagne Bolognese - Tomato sauce | £8.85 |
| Mixed Seafood Linguine - White wine & cream | £9.30 |
| Creamy Mushroom & Spinach Penne (V) | £8.95 |
| Chicken & Chorizo Penne - Tomato & smoked paprika sauce | £9.30 |

Side Orders

| | | | |
|---------------------------------|----------------------------|--------------------------|---------------------------|
| Twice Cooked Chips £2.20 | Jacket Potato £2.20 | Onion Rings £2.20 | Garlic Bread £2.20 |
| Mashed Potato £2.20 | New Potatoes £2.20 | Salad Bowl £2.20 | Coleslaw £1.00 |

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.