



**THE
OUTWARD
BOUND TRUST**

DINNER MENU

Roast Shoulder Of Cumbrian Pork

with sage, onion and Cumberland sausage stuffing,
Yorkshire pudding and gravy

Baked Fillet Of Terayki Salmon

with sesame rice noodles and stir fried vegetables

Carrot and Cream Cheese Roulade

with sweetcorn relish and mixed salad

Served with vegetables and potatoes

Homemade chocolate fudge cake

Apple, caramel and cinnamon crumble

served with custard

Allergies and intolerances

Please speak to a member of the Hospitality team,
if you require more detailed information about the
ingredients in your food

Estimated calorific values

Roast pork 1459 kcal | Salmon 1275 kcal
Carrot roulade 1000 kcal | Chocolate fudge
cake 422 kcal | Apple crumble 322 kcal