

COAST

The word "COAST" is written in a black, serif, all-caps font. Above the letters "A" and "S" are five stylized birds in flight, rendered in a light gray color. The birds are arranged in a loose, upward-curving pattern, suggesting a flock or a group of birds flying over the water.

Welcome,.

to Coast at The Dunes Hotel. Situated in the picturesque location of the Duddon Estuary, with stunning views of the great mountain range of Black Coombe. We are proud to provide the finest of fresh local, and responsibly sourced seasonal produce, at a time that Mother nature intended and simply prepared,..

Why complicate things?

All of our dishes are freshly prepared. From time to time there might be a delay in delivering your food. Don't worry, it will be well worth the wait, but please advise our staff if you are unhappy with the waiting time advised on arrival, or if we have not met the standards expected during your time with us.

Afternoon Teas,.

To die for! From our 'Traditional Afternoon Teas' with Cornish clotted cream and lovingly prepared cakes and sandwiches, to our 'Savoury Afternoon Teas' with homemade Scotch Eggs, Pork Pies and Homemade chutney, and then we have our special 'Prohibition Afternoon Teas' served with our fabulous Gin Cocktails, expertly prepared by our dedicated staff.

Sunday Roasts,.

Just like Granny used to make them,..what better way to enjoy some great home from home cooking than with our Traditional Sunday Roast, served with all the seasonal trimmings, homemade Yorkshire puddings and real gravy to die for. Available every Sunday from 12:00pm until 5:00pm. Booking in advance highly recommended.

Special Events,.

We know that there are always special occasions in life that deserve to be celebrated or marked. So in the belief that these moments are as special to us, as they are to you, we offer various packages to suit your needs, from Birthday celebrations, Christenings, Weddings and Anniversary's, to celebrate the lives of loves ones who have passed. Please speak with our dedicated Events Team for further details, or leave your contact details and we'll be in touch.

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Something to nibble,..

Hummus & Sourdough	£3.95
Marinated Olives & Fresh Parmesan	£3.50
Garlic & Cheese Flat Bread Selection	£3.95
Fresh breaded scampi and fresh cockles, lemon and aioli	£4.95

Starters,.

Homemade Soup of The Day	£4.50
Homemade soup of the moment made with fresh local produce, served with fresh rustic breads	
Gorgonzola Wild Mushrooms	£5.45
Bound in a white wine and garlic cream sauce, served with fresh herb baked ciabatta	
Homemade Pressed Ham Hock Terrine	£6.25
Served with fresh peashoot salad leaves and beetroot relish	
Goats Cheese & Sundried Tomato Tartlet	£5.95
With fresh rocket, balsamic glaze and sour cream	
Highland Oak Smoked Salmon	£6.75
On toasted sourdough, with fresh salad, crispy capers with a horseradish and beetroot sour cream	
Prawn & Busara	£7.95
Pan fried prawns, sautéed with fresh chilli, garlic, lemon, tomato & fresh coriander, served with folalia bread	

*Please speak with a member of our staff if you have any special dietary requirements. We will be happy to accommodate your needs. All dishes are subject to availability and change of specification/market prices. We cannot guarantee that fish bones, nuts or traces of nuts will not be found in our food.

From the kitchen,

Real Ale Battered Fish & Chips	£12.95
North Atlantic Haddock in a light ale batter, served with minted pea puree, thick cut chips and tartar sauce	
Pork & Chorizo Sausages	£11.95
On a bed of creamed potato, savoy cabbage with a red wine & onion gravy	
Sweet Potato & Red Pepper Curry	£10.95
Served with ginger & lemon rice, chips and poppadum's	
Pan Fried Sea Bass	£15.95
Served with crushed new potatoes, lemon and garlic butter sauce and fresh seasonal vegetables	
Spatchcock poussin	£14.45
marinated in lemon, thyme and olive oil. Sautéed new Potatoes with an olive and anchovy and sun blushed tomato jus	
Rump of Cumbrian Lamb	£17.45
With fondant potato, creamed peas, bacon lardons, honey glazed Chantenay carrots, sugar snap peas with a red wine & thyme jus	

From the grill,

The Dunes Burger	£10.95
Steak burger in a toasted flowered ciabatta bun with tomato relish, bacon lardons and mozzarella cheese and chips	
Coast Burger	£9.95
Battered smoked haddock in a lightly toasted flowered ciabatta bun, served with Homemade tartar sauce, minted peas and chips	
8oz Flat Iron Steak	£16.95
8oz Rib-Eye Steak	£23.95
10oz Sirloin Steak	£25.95

All of our steaks are cooked to your preference and served with roasted vine tomatoes, confit mushroom, chunky chips, homemade onion rings and fresh garden salad.

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Our Pastas,

Dunes Pasta Speciality	£9.95
Rigatoni pasta, bacon lardons, onions, peppers, garlic, chilli, spinach and our pesto cream sauce	
Spaghetti Bolognese	£9.95
Traditional and classic dish, served with garlic or cheesy garlic bread	
Rigatoni Pancetta	£9.95
Bacon lardons, chicken, onion, white wine cream sauce with a hint of tarragon	
Smoked Chicken Risotto	£11.95
Bound with wild mushrooms, parmesan and truffle oil	
Seafood Risotto	£11.95
Fresh mussels, prawns, smoked fish, Parmesan and garlic	

Our Pizzas,

Steak, red onion and Stilton Cheese	£9.95
Goats Cheese, red onion & fresh basil	£9.95
Prawn & Smoked Salmon	£10.95
Pepperoni & Chorizo Sausage	£10.95

On the side,.

Thick Cut Chips	£2.95
Sweet Potato Chips	£3.50
Mixed Seasonal Salad	£3.50
Grilled Mushrooms	£2.00
Seasonal Garden Vegetables	£2.95
Battered Onion Rings	£2.50
Peppercorn Sauce	£2.50
Blue Cheese Sauce	£2.95

The sweet stuff,

Cheese Slate Selection	£9.95
Chefs own selection of great British cheese with our own Homemade chutney, biscuits, grapes, celery and shot of fine ruby port	
Sticky Toffee Pudding	£4.95
Our own date pudding glazed in rich toffee sauce and vanilla Ice cream	
Semifreddo	£4.95
White chocolate and raspberry Semifreddo with a wild berry glaze	
English Lakes Ice Cream	£4.95
A trio of locally sourced ice creams with a wild berry compote	
Affogato	£4.95
A scoop of English Lakes ice cream with a shot of Espresso and a Shot of rich bourbon vanilla ice cream	
Tiramisu	£4.95
Homemade sponge layers soaked in Espresso & Italian Liqueurs, Layered with sweetened Mascarpone cream	

The beans,..

We use only the best of our roasters coffee beans that have been nicely rested to ensure your coffee is as good as you would expect, but if coffee isn't your thing, we also have a range of loose leaf teas, a range of hot chocolates and iced teas.

Espresso	£2.95
Americano	£2.95
Cappuccino	£2.95
Latte	£2.95
Mocha	£2.95
Hot Chocolate	£3.25
Loose Leaf Teas	£2.25
Affogato	£4.95
Gaelic Coffee	£5.95
Irish Coffee	£5.25
Baileys Coffee	£5.95
Amaretto Coffee	£5.95
Tia Coffee	£5.95