

ABOUT UPFRONT

Upfront Gallery & Coffee Shop has been open for 20 years and most of our dedicated staff have been with us for several years. The property was a working farm which we have converted and landscaped over the years.

We knocked down the original lean-to milking parlour/extra gallery space/temporary theatre, 5 years ago to build a new entrance, dedicated puppet theatre and a multi-purpose arts venue which had been a long term ambition. The new building was designed and built by ourselves and it has a low carbon footprint – steel was re-used from the original building and it is insulated with air blown re-cycled paper. The exterior is clad with locally sourced larch and we have photo voltaic panels on the roof.



The new Arts building has charitable status to promote the art form of puppetry, mask and mime. Concerts are held to raise money for the puppet theatre which receives no regular funding. We have an education/seminar room which is available to hire. We are now trying to attain museum status and funding to have a permanent exhibition/museum about the history of puppetry and to showcase the puppets from our collection and the other historical collections that have been offered to us. We have on-site holiday accommodation (www.upfrontholidays.co.uk). A traditional Cumbrian cottage that is a barn conversion, plus two larch clad timber Lodges that we have designed and built with a low carbon footprint. Please enquire or check the website.



UPFRONT ARTS VENUE

Near HUTTON IN THE FOREST, PENRITH
CUMBRIA, CA11 9TG

Tel: 017684 84538
www.up-front.com

Open Tuesday to Sunday 10am – 4:30pm
(Closed Mondays except Bank Holidays)

FREE WI-FI AVAILABLE Password: guest123



The Gallery/Coffee Shop and Puppet Theatre are both on trip advisor. Please leave us a review about your visit and experience at Upfront



UP FRONT Menu

FOOD ALLERGIES AND INTOLERANCES

Please speak to our staff about any dietary requirements, allergies or ingredients.

Gluten and wheat free options are available, but we are not a gluten/wheat free kitchen area.

Some salads may also contain wheat, so please talk to us.

HOT DRINKS	
Cappuccino – double espresso, hot milk & foam	£2.60
Latte – double espresso & hot milk	£2.60
Flat White – double espresso & micro foam milk	£2.60
Americano – double espresso, hot water, milk	£2.60
Double Espresso	£2.20
Cafetiere of Ground Coffee for one	£2.80
Cafetiere of Ground Coffee for two	£4.90
Filter Coffee – free refill	£2.25
Hot Chocolate – regular size	£2.50
Hot Chocolate – large, cream & marshmallows	£2.95
Mochaccino – cappuccino, hot chocolate, cream	£2.95
Pot of Tea	£2.00
Herbal & Speciality Teas	£2.50
Decaffeinated tea & coffee options available Soya milk available	
COLD DRINKS	
Orange or apple juice	£1.40
Fruit Squash	£1.00
Elderflower Presse, Fentimans drinks, Coke, Appetizer	£2.50
Still or Sparkling Mineral Water	£1.80
Glass of Milk	£1.30
Milk Shake (fruit syrup, milk & ice cream)	£2.75
ALCOHOLIC DRINKS	
Small Bottle of White, Rose or Red Wine	£3.50
Large Bottle of Merlot, Pino or Sauvignon	£10.50
Bottle of locally brewed beer	£3.90
Bottle of Lager	£3.30
Bottle of Cider	£3.70

BREAKFAST – served until 11:30am

2 slices toast with jam or marmalade	£2.30
Toasted Teacake	£2.30
Beans on Toast	£3.95
Scrambled Egg on Toast (2 eggs)	£4.00
Fried Egg Sandwich (2 eggs)	£4.00
Breakfast Omelette & Beans (3 eggs)	£5.50

STARTERS, SNACKS & SANDWICHES

PRAWN COCKTAIL with brown bread	£5.80
SOUP & ROLL	£4.90
SOUP COMBO (select a sandwich or toasty / £1 extra for prawns – no salad)	£7.60
SANDWICHES white or wholemeal bread with side salad & crisps. Egg Mayo; Cheese with tomato, onion, chutney or apple; Cheese Savoury; Tuna Mayo; Brie & Grape; Cream Cheese, Celery & Walnut; Prawn Mayo or Houmous & Carrot.	£5.60 - £6.95
TOASTED CHEESE SANDWICH – with onion, tomato or pickle. White or brown bread with side salad & crisps	£6.00
GRILLED PANINI – with side salad & crisps. See menu board for the daily specials	£7.95
TOASTED TEACAKE	£2.30
SCONES, JAM & CREAM	£2.95

GF available for toast, toasties & soup (additional charge)

Some snacks from the breakfast menu may be available after the busy lunch period.

MAIN MEALS Served with a selection up to four freshly prepared salads

JACKET POTATOES - Cheese & Beans, Cheese Savoury, Prawn, Apple & Stilton, Brie & Grape, Cheese	£5.50 – £8.95
THREE CHEESE PLOUGHMAN'S PLATTER, with Bread Roll	£8.75
SALAD PLATTER, with Bread Roll	£8.75
PRAWN SALAD PLATE, with Bread Roll	£9.25
MUSHROOM & SPINACH LASAGNE	£9.25
LENTIL CHILLI with rice or Jacket Potato	£8.75
OMELETTE with a choice of 3 fillings (see menu board)	£7.75
LEEK & TOMATO NUT ROAST	£8.95
HOMINY PIE (pastry case with potato, garlic, onion, cheese & parsley)	£8.95
QUICHE OF THE DAY – see menu board	£9.20
MUSHROOM STROGANOFF with Rice or Jacket Potato	£9.20
MIXED BEAN CASSEROLE with Jacket Potato or Rice (mixed beans, sundried tomato, black olives, sweet potato)	£9.25
BUTTERBEAN, SPINACH & SWEET POTATO CURRY (rice, naan bread & chutney – no salad)	£8.95
PIZZA (scone base with cheese, tomato, olives, peppers, onions & capers)	£8.75
GRILLED GOATS CHEESE & balsamic glaze on a toasted sourdough roll & mixed salad.	£8.25
CHIPS (add to your meal or replace the salads on a main meal)	£2.60

PUDDINGS

FRUIT CRUMBLES – see menu board for daily choice *GF available (additional charge)*	£4.95
STICKY TOFFEE PUDDING (Served with cream, ice cream or custard)	£4.95
GF available (additional charge)	
ICE CREAM SUNDAES:	£5.25
• Choc Nut (ice cream, chocolate sauce, salted peanuts)	
• Amaretto Espresso (amaretto liqueur, ice cream, amaretto biscuits with a shot of warm espresso to pour over the top)	
• Eton Mess (forest fruits, meringue & cream)	
Any specials may be on the board	
SWEET PANCAKES (forest fruits & ice cream or maple syrup & ice cream)	£4.20 -£4.60
VANILLA ICE CREAM & SAUCE – 3 scoops	£3.20
ENGLISH LAKES ICE CREAM TUBS	£1.60
SORBET – Lemon or Raspberry (2 scoops)	£2.60
Dairy Free Options We have a dairy free ice cream & soya options available at an additional charge. Our crumbles are also made with a dairy free/vegan margarine.	

CAKES

Scones – fruit or cheese (jam extra)	£2.20
Fruit Scone, Jam & Cream	£2.95
Large Cakes	£2.45 - £3.60
Tray Bakes	£2.20 - £2.60
Warm Chocolate Cake, Cream/ice cream	£3.90 - £4.75

POSSIBLE VEGAN OPTIONS*

Any soup without cream or cheese
Jacket Potato with suitable filling
Salad Plate with suitable salads
Lentil Chilli
Mixed Bean Casserole
Butterbean, Spinach & Sweet Potato Curry
Fruit Crumble – dairy free ice cream/soya cream
*PLEASE ALWAYS TELL US THAT YOU ARE VEGAN SO THAT YOU GET SUITABLE SALADS WITH YOUR MEAL

POSSIBLE WHEAT/GLUTEN FREE OPTIONS*

Wheat free sliced bread and rolls available for toasted sandwiches and soup.

MAIN MEAL OPTIONS:

Jacket Potato with suitable topping
Salad Platter with suitable salads & roll
Omelette
Lentil Chilli
Three Cheese Ploughman & Wheat Free Roll
Mushroom Stroganoff (contains cream, mustard & wine)
Mixed Bean Casserole
Butterbean, Spinach & Sweet Potato Curry
PUDDINGS & CAKE:
Wheat free options available for fruit crumbles and sticky toffee pudding.
Ice Cream Sundae
We usually have 2 or 3 of wheat free tray bakes. Flapjack is wheat free but the oats are not gluten free. Sticky Jack contains rice crispies and a high quality dark chocolate.

*PLEASE ALWAYS TELL US THAT YOU ARE INTOLERANT TO WHEAT/GLUTEN SO THAT YOU GET SUITABLE SALADS WITH YOUR MEAL

CHILDREN'S MEAL DEAL

1/2 Sandwich (jam, cheese, tuna) or pizza slice; fruit & vegetables; flapjack; yogurt stick & carton of juice	£4.95
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AFTERNOON TEA

Selection of sandwiches; mini quiche; special cakes; scone, jam & cream; lemon posset; tea/coffee (24 hours notice please)	£14.99
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GENERAL COFFEE SHOP INFORMATION

- Our kitchen is not a gluten/wheat free environment but we do make some of our recipes using wheat free products.
- Most of our cakes, tray bakes and fruit crumbles are made with a dairy free/vegan margarine.
- We have soya milk available.
- Any wheat free main meals are thickened with cornflour.
- We use a wheat free vegetable bouillon for the stock in all of our meals and soup.
- The mayonnaise we use in salads is also suitable for wheat/gluten intolerance.
- We know the ingredients contained in all of our recipes so please talk to us so that we can try to accommodate your needs.

PLEASE ORDER AND PAY AT THE COUNTER

Your table number is logged into our till system to enable you to add to your order. Good food takes time to prepare so we apologise for any delay on busy days. Staff should advise you when ordering if the kitchen has a large volume of orders.

Thank you for visiting Upfront!