

Drinks

(25p extra for decaf, oat milk or soya milk)

Coffee

Mr. Duffins Artisan Coffee, Roasted in the Lake District

Double Espresso	£2.25
Americano	£2.85
Flat White	£2.95
Cappuccino	£2.95
Latte	£2.95
Mochaccino	£3.20
(Add Cream 30p)	
Cafetiere Coffee	
- for 1	£3.50
- for 2	£5.75

Tea

Pot of Tea for 1	£2.60
Herbal & Speciality Tea	£2.75
Earl Grey / Green Tea / Chamomile/Rooibos / Peppermint Tea Lemon & Ginger / Berry	

Hot Chocolate

Hot Chocolate	£2.95
Speciality Vegan Belgian Hot Chocolate	£3.20
(25p extra for oat milk or soya milk)	

Soft Drinks

Elder Flower or Apple Presse	£3.20
Fentimans (Produced in Hexham)	£3.20
Lemonade / Cola / Orange Jigger / Ginger Beer	
Cawston Press Can	£1.80
Elderflower or Rhubarb	
Orange/Apple Juice	£1.40
Still or Sparkling Spring Water	£1.90
Glass of Milk	£1.30
Milkshake with Fruit Syrup, Milk & Italian Ice Cream	£2.90
Banana / Chocolate / Strawberry	
Kids Juice Box (apple or orange)	£0.80

Alcoholic Drinks

San Miguel 330ml	£3.50
Bottle of Cider 500ml	£3.80
Locally Brewed Blonde Ale 500ml	£3.90
Locally Brewed Lager 500ml	£3.90
Small Wine 187ml Red / White / Rosé	£4.75
Bottle of House Wine Merlot / Pinot / Sauvignon	£13.50
Prosecco	£5.50

ABOUT UPFRONT

Upfront Arts Venue is a family run business which has been open for over 20 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, 10 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. (Charity Registration No. 1153089)

We are working towards full museum accreditation in 2022 for our permanent museum about the history of puppetry. This will showcase our collections of puppets and juvenile toy theatres which will also be interpreted with hands on interactive displays.

We have on-site holiday accommodation (www.upfrontholidays.co.uk). A traditional Cumbrian cottage that is a barn conversion, plus three 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



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

UPFRONT

Vegetarian Food
Served With Passion
Since 1997

Breakfast

(GF Rolls & Bread Available) **Served until 11:30**

Toast & Jam / Marmalade	£2.65
Toasted Fruit Teacake	£2.70
Scone (Cheese or Fruit) (Add Jam and Cream - 70p)	£2.40
Breakfast Roll	
- Fried Egg (2 eggs)	£3.95
- Vegetarian Sausage	£4.00
- Fried Egg & Vegetarian Sausage (Add Hashbrown - 50p)	£5.00
Beans on Toast	£4.50
Scrambled Eggs on Toast	£4.50
Creamy Garlic Mushrooms on Toast	£4.95
Breakfast Omelette with Beans & Toast	£8.60
Upfront Vegetarian Breakfast Sausage, Beans, Creamy Garlic Mushrooms, Hashbrown, Tomato, Fried Egg, Toast	£8.95

Lite Bites

(GF Rolls & Bread Available)

Soup of the Day with Multi Seeded Bread	£4.95
Soup Combo Select a Sandwich (Panini £1.50 extra)	£8.75
Sandwiches	£6.75
White or Malted Bloomer with Salad Garnish, Coleslaw & Crisps	
- Cheddar, Tomato & Hawkshead Westmorland Chutney	
- Egg Mayo & Watercress	
- Hummus Carrot & Apple	
- Cream Cheese, Celery & Walnut	
- Brie & Grape	
- Wensleydale Cheese with Damson Chutney	
Toasted Panini of the Day with Salad Garnish, Coleslaw & Crisps (Please see Specials Board or ask a member of staff)	£8.40
Croissant (served warm)	£7.25
- Brie, Salad Garnish & Cranberry	
- Mozzarella, Tomato & Pesto	
- Creamy Garlic Mushroom & Watercress	

Salads

Served with dressing & multi seed bread (GF available)

Upfront Salad Platter	£9.50
Mezze Plate with Artichokes, Feta, Olives, Red Pepper, Hummus, Sourdough & Salad Garnish	£9.25

Main Meals

Served with a selection of freshly prepared salads

Jacket Potato	£7.60
- Carrot, Apple & Hummus	
- Cheese & Beans	
- Cheese & Hawkshead Westmorland Chutney	
- Brie & Cranberry	£8.50
- Stilton & Apple	
3 Free Range Egg Omelette (GF) Served with Salad or Chips	£8.60
Choice of 1 cheese: Cheddar/Mozzarella/Goats Cheese Choice of 3 fillings: Mushrooms/Spinach/Red Onion/ Sun Dried Tomatoes/ Peppers/Fresh Tomatoes	
Quiche of the Day Made with local free range eggs	£9.75
Flatbread Wrap with Falafel, Halloumi, Hummus, Sweet Chilli Sauce and salad Garnish	£8.75
Lentil Chilli (GF/V) with Wild Rice or Jacket Potato	£9.50
Mushroom Stroganoff (GF) with Wild Rice or Jacket Potato	£9.75
Mixed Bean Casserole (GF/V) with Wild Rice or Jacket Potato	£9.75
Sweet Potato, Spinach & Butterbean Curry (GF/V) with Wild Rice, Naan Bread & Chutney	£9.75
Unthank Farm Homity Pie (since 1997) made with Cheese, Potato, Onion, Garlic, Parsley	£10.25
Mushroom & Spinach Lasagne	£10.25
Leek & Tomato Nut Roast	£9.50

Kids Menu

Beans on Toast	£4.50
Veggie sausages with Beans and Chips	£5.25
Kids Meal Deal	£5.50

- 1/2 Sandwich (Jam/Cheese/Peanut Butter)
or Upfront Pizza Slice
- Friut & Vegetable Sticks
- Natural Yogurt & Honey
- Carton of Juice (Orange or Apple)

Sides

Chunky Chips	£3.00
Sweet Potato Fries	£3.50
Halloumi Fries (with Sweet Chilli Sauce)	£4.20

Cakes

Cakes	£2.95 - £4.25
Traybakes	£2.40 - £3.20
Scone (Fruit or Cheese) (Add Jam and Cream - 70p)	£2.30

Afternoon Tea (per person) **£17.50**

- Selection of Sandwiches, Mini Quiche, Special
Cakes, Scones Jam & Clotted Cream, Lemon
Posset, Tea & Coffee
- 24 hours notice needed -

Puddings

Served with cream, ice cream or custard

(GF available extra 25p / Dairy Free Ice Cream extra 50p)

Fruit Crumbles	£5.25
- Pear & Chocolate	
- Apple & Sultana (V)	
- Apple & Blackcurrant (V)	
- Rhubarb & Raspberry (V)	
- Apricot, Honey & Coconut	
Warm Chocolate Cake & Cream	£4.20
(Ice Cream available extra £1)	
Sticky Toffee Pudding (GF available)	£5.25
Ice Cream Sundaes	
- Choc Nut (Chocolate Sauce, Salted Peanuts)	£5.40
- Lemon Meringue (Homemade Lemon Curd)	£5.60
- Eton Mess (Forest Fruits, Meringue)	£5.95
- Amaretto Espresso (Amaretto Liqueur, Amaretto Biscuits, Shot of Espresso)	£5.95
(Dairy Free Ice Cream available extra £1)	

Sweet Pancake & Ice Cream	
- Forest Fruits	£5.40
- Maple Syrup	£5.00

English Lakes Ice Cream Tubs	£1.80
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Sorbet (2 Scoops, Lemon or Raspberry)	£2.70
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Ice Cream (3 Scoops Vanilla Ice Cream with maple Syrup or Strawberry Sauce)	£3.75
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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 do not have a gluten/wheat free kitchen area.

Some salads may also contain wheat, so please ask.

(V) - Vegan (GF) - Gluten Free