

# KENDAL Festival of Food



a celebration of Kendal's food and drink...



Saturday 24<sup>th</sup> - Saturday 31<sup>st</sup> October 2009



## FREE PROGRAMME





# Three stunning hotels, three stunning locations.



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**Supporting local produce**

# KENDAL Festival of Food



## Welcome to our first Kendal Festival of Food!

**W**e are thrilled to introduce the Kendal Festival of Food. During Festival week we will be showcasing the very best in local produce available on your doorstep!

We want people to visit local producers, taste local food and buy local products. To do all this and experience local food and drink at its best, what better way is there than to visit the establishments themselves? This is why Kendal Festival of Food events will take place all over Kendal and the surrounding area.

Buying local produce makes an essential contribution to the sustainability of the countryside, the rural economy, the environment and Kendal as a market town.

The Kendal Festival of Food is organised by Kendal Futures and South Lakeland District Council. For more information on Kendal, including other events, please contact Kendal Tourist Information Centre on 01539 797516 or email [kendaltic@southlakeland.gov.uk](mailto:kendaltic@southlakeland.gov.uk) or visit [www.southlakeland.gov.uk/tourism](http://www.southlakeland.gov.uk/tourism).



*Naturally delicious, no glucose,  
no gluten, just goodness.*

Producers of hand-made award winning  
chutneys, sauces and preserves.



*Speciality Producer  
of the year 2009  
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Tel 01539 822326

[www.friendlyfoodanddrink.co.uk](http://www.friendlyfoodanddrink.co.uk)



Stonecross Manor  
HOTEL

**The Best of Cumbria**  
24th - 30th October 2009



**£10 Three Course Lunch**  
*£5 off A La Carte Evening Meal when dining on  
Monday 26th, Wednesday 28th or Friday 30th October*

For Reservations call 01539 733559  
Milnthorpe Road, Kendal, Cumbria LA9 5HP  
[www.stonecrossmanor.co.uk](http://www.stonecrossmanor.co.uk)

**Don't forget the Daily Events pages!**



# KENDAL Festival of Food



## Daily Events

### Artisan

**Booths, Wainwright's Yard, Kendal, LA9 4DP. Tel: 01539 742370**

**Food Tasting:** Come in and visit our special free tasting table, changing daily.

**Special Offer:** Check our local lunch time specials including Westmorland Tattie Pot.

### Baba Ganoush

**Berry's Yard, Finkle Street, Kendal, LA9 4AB. Tel: 01539 731072 (closed Sunday)**

**Food Tasting:** Daily free tastings of cheese, meats, cakes and biscuits.

**Special Offer:** 10% discount on purchases over £10.00.

**Special Menu:** Ploughman's lunch box - Savin Hill pie, local cheese and home cooked meat with salad, chutney and Artisan bread £4.50.

### Café 34

**34 Stramongate, Kendal, LA9 4BN. Tel: 01539 726494**

**Special Offer:** Come in and enjoy 10% off a delicious home-cooked English breakfast.

### Castle Inn

**13 Castle Street, Kendal, LA9 7AA. Tel: 01539 729983**

**Special Offer:** Look for our special priced locally sourced meals from 12.00noon - 2.00pm.

### The Cottage Kitchen

**Finkle Street, Kendal, LA9 4AB. Tel: 01539 722468**

**Special Offer:** Free drink of tea/coffee/soft drink (not smoothies) with every meal purchased from the specials board.

### County Hotel

**Station Road, Kendal, LA9 6BT. Tel: 01539 722461**

**Dine & Stay Offer:** Come and stay at the County Hotel, book for dinner, bed & breakfast and get a bottle of white/red house wine. (Minimum of 2 stay nights stay). Our food is all home-cooked and served by our friendly staff.

### Emma's - Yard 46 Coffee Shop

**Branthwaite Brow, Kendal, LA9 4TX. Tel: 01539 738080 (closed Sunday)**

**Special Offer:** Show your KFF Programme and receive 50p off lunchtime meals.

### The Farm Shop

**Berry's Yard, Kendal, LA9 4AB. Tel: 01539 799122 (closed Sunday)**

**Food Tasting:** Visit our tasting table to try local produce including meat, cheese, curries, ready meals, chutneys and more. Meet the producers and receive a free food voucher!

### Food

**Market Place, Kendal, LA9 4TP. Tel: 01539 735131**

**Special Offer:** Look out for special offer baguettes made with the best in local produce. Priced at only £2.00 during festival week.



# KENDAL Festival of Food



## Grain Store Restaurant @ The Brewery

The Brewery Arts Centre, Highgate, Kendal, LA9 4HE Tel: 01539 722833

**Special Offer:** Enjoy a special Cumbrian starter, main course and dessert with a selection of Cumbria beers at a special discounted price.

## The Greenhouse Restaurant & The Lounge

The Castle Green Hotel, Kendal, LA9 6RG. Tel: 01539 734000

**Special Offer:** The Greenhouse Restaurant - Free glass of wine per person (on production of programme) to accompany Cumbrian taster menu. This menu uses locally sourced produce and ingredients. £25 for 3-courses or £30 for 5 courses.

**Special Offer:** The Lounge - Buy one get one free (on production of programme) on cream teas between 2.00pm - 5.00pm, 2 for £6.50.

## Heaves Farm

Plumgarths Farm Shop, Kendal, LA8 8LX. Tel: 01539 736300

**Special Offer:** 10% discount on any Heaves Farm produce at Plumgarths Farm Shop on production of programme. We pride ourselves on combining generations of farming experience with the best of modern agriculture practice to rear our calves in the best conditions resulting in premium tasting veal produce.

## Heaves Hotel

Heaves, Nr. Kendal, LA8 8EF. Tel: 015395 60396

**Dine & Stay:** Just £84 per double or twin room, dinner, bed & breakfast.

Saturday 24th - Thursday 29th Oct inclusive. Choose from our locally sourced à la carte menu, finish with a hearty Cumbrian breakfast.

**Special Offer:** Choose from our locally sourced à la carte menu and receive a 10% discount on three courses or more, or alternatively a free bottle of wine per couple. Offer does not include Friday 30th or Saturday 31st Oct.

## Infusion Restaurant

24 Finkle Street, Kendal, LA9 4AB. Tel: 01539 720547 (closed Sundays)

**Special Offer:** Come along and feast on our day time specials: meal and a soft drink for £5 or meal and a glass of wine/beer for £5.99. Available 12.00noon - 6.00pm.

## Kendal Fish & Seafood

32 Stramongate, Kendal, LA9 4BN. Tel: 01539 729888

**Special Offer:** 2 free home-made crab cakes with every purchase.

## Low Sizergh Barn

Sizergh, Kendal, LA8 8AE. Tel: 015395 60426

**Special Offer:** Enjoy a free cup of tea or coffee with every purchase of a full Cumbrian or full veggie breakfast in the Tea Room. The eggs are from our own free range organic hens, the bacon from Woodall's of Waberthwaite and the sausage from Higginson's of Grange. Served 9.30am - 11.30am.

**Food Tastings:** Some of our favourite local producers will be offering tastings of their products. Sample the unexpected, the unique and the unusual from the wealth of foodie talent in our area. Available 10.30am- 3.30pm. (Except Saturday and Sunday).



There's something for everyone!





## Daily Events continued...

### Marsden Bros Butchers

New Shambles, Kendal, LA9 4TS. Tel: 01539 720033 (closed Sunday)

**Special Offer:** A variety of special offers each day; please pop in and find out more!  
We only sell the best in local meat.

### More? Artisan Bakery

Mill Yard, Staveley, LA8 9LR. Tel: 01539 822297

**Food Tasting:** An opportunity to try our award-winning products. Visit our free tasting table between 8.00am - 5.00pm and try before you buy.

### Natland Millbeck Farm & Ice Cream Parlour

Kendal, LA9 7LH. Tel: 01539 731141

**Special Offer:** Enjoy a Knickerbocker Glory made from our home-made farm fresh dairy ice cream for only £3.50.

**Food Tasting:** Free tastings! Sample our farm fresh ice cream. It's delicious!

### Organico

Mill Yard, Staveley, LA8 9LR. Tel: 01539 822200

**Wine Tasting:** Visit us at Organico where there is an excellent selection of organic wines open for you to taste. Join us between 2.00pm - 4.00pm to meet our enthusiastic team, learn about organic wines and maybe even treat yourself to lunch at our fabulous bistro.

**Special Offer:** Buy a bottle and enter our free raffle to win 6 bottles of wine.

### Plumgarths Farm Shop

Lakeland Food Park, Kendal, LA8 8LX. Tel: 01539 736300

**Special Offer:** Enjoy a 10% discount on our produce. We stock local beef, lamb, free-range pork sausages, free-range chickens and eggs, locally produced chutneys, jams, beers etc.

### Prelude

1 Library Road, Kendal, LA9 4QB. Tel: 01539 732929 (closed Sunday)

**Special Offer:** 2-course meal for £9.95. All produce bought locally and our menu features delicious home made desserts.

### Rococo Joe's

42 Stramongate, Kendal, LA9 4BD. Tel: 01539 734655 (closed Monday)

**Special Menu:** Enjoy a week of local speciality foods, from Kendal Fish & Seafoods, Plumgarths and English Lakes Ice Cream. 10% of each dish price will be donated to CancerCare.

### Savin Hill Farm

Lyth Valley, Kendal, LA8 8DJ. Tel: 015395 68410

**Special Offer:** Ring us with an order this week and receive a 10% discount and free delivery within 12 miles.



# KENDAL Festival of Food



## Stonecross Manor Hotel

Milnthorpe Road, Kendal, LA9 5HP. Tel: 01539 733559

**Special Offer:** Best of Cumbria 3-course lunch for £10 per person featuring some of Cumbria's best produce. (Not available Saturday 31st October).

## The Strickland Arms

Sizergh, Nr Kendal, LA8 8DZ. Tel: 015395 61010

**Special Menu:** Select 2 courses from a special lunch menu, for only £10. Courses are home-made favourites, using delicious local produce.

## The Watermill Inn and Brewery

Ings nr. Staveley, LA8 9PY. Tel: 01539 821309

**Beer Festival:** Up to 16 Cumbrian beers will be on the bar all week, 11.45am - 11.00pm.

**Special Menu:** The specials board will feature local dishes all week including beef from our own herd.

## Waterside Wholefoods Café (closed Sunday)

2 Kent View, Kendal, LA9 4DZ. Tel: 01539 729743

**Special Offer:** Visit our lovely waterside café and enjoy our delicious homemade vegetarian and vegan cooking. Enjoy a 10% discount on main meals on production of programme. We cater for special diets such as gluten free and we also use organic and fairtrade products where available.

## The Wheatsheaf

Brigsteer, Nr. Kendal, LA8 8AN. Tel: 015395 68254

**Dine and Stay:** £99 per couple Dinner B&B, Sun 25th - Fri 30th October only.

**Special Menu:** 2-course set lunch menu using Cumbrian ingredients, £12.00.

**Special Menu:** 3-course set dinner menu using Cumbrian ingredients, £18.00.

Our special menus highlight local produce including home bred pork/lamb, Brigsteer chicken and eggs, local damsons and apples.

## Wilf's Café

Mill Yard, Staveley, LA8 9LR. Tel: 01539 822329

**Special Menu:** Enjoy daily Cumbrian specials including hot meals and sandwiches.



The nation's local dining guide

There's something for everyone!





## Saturday 24<sup>th</sup> October

### LucyCooks Cookery School

Mill Yard, Staveley, LA8 9LR. Tel: 015394 32288

**Demo & Dine:** Lucy Cooks invites you to dinner in our lovely big Aga kitchen to watch one of our chefs demonstrate fish recipes, upon which you will then dine. This is a most enjoyable 'alternative' dining experience whether you wish to come with friends or alone. £30 per person. Bookings essential. Starts 6.30pm.

### Oddbins

31 Stricklandgate, Kendal, LA9 4LT. Tel: 01539 730016

**Whisky Tasting:** Come and taste a range of malt whisky styles. Our expert staff will be on hand to offer advice. Free tastings. 10.00am - 5.00pm.

### Relish Deli

Market Place, Kendal, LA9 4TN. Tel: 01539 727279

**Special Offer:** Using the freshest local ingredients, try Relish's superb offer of a baguette/sandwich, drink, crisps and a homemade cake for only £4.

### The Watermill Inn & Brewery

Ings, Nr Staveley, LA8 9PY. Tel: 01539 821309

**Producer Tour/Talk:** Our micro brewery will be open for visits. Enjoy a look around and chat to our staff between 11.00am - 6.00pm.

## Sunday 25<sup>th</sup> October

### LucyCooks Cookery School

Mill Yard, Staveley, LA8 9LR. Tel: 015394 32288

**Food Workshop:** Our Family Fundays encourage families to cook together - allowing time to create dishes in a relaxed and uncluttered environment that can then be recreated at home. We always cook a 3-course meal and accompaniments. It's a lot of fun and we welcome all ages. £105 for 2. Booking essential. Starts 10.00am - 4.00pm.

### Sillfield Farm

Endmoor, Nr. Kendal, LA8 0HZ. Tel: 01539 797516 (Kendal TIC for bookings)

**Food Workshop:** Visit the farm and take part in making sausages, all using fresh local produce from the farm! Peter Gott will host this interactive workshop, great for all ages; take home your sausages for tea! £5 each. Bookings essential. Starts at 12.00noon, 1.00pm, 2.00pm, 3.00pm lasting 30 minutes, up to 6 per session.

### Warehouse Café

The Brewery Arts Centre, Highgate, Kendal, LA9 4HE. Tel: 01539 722833

**Special Offer:** Come and relax in one of our comfy leather armchairs and receive a free tea or coffee with every savoury or sweet crêpe.



# KENDAL Festival of Food



## Monday 26<sup>th</sup> October

### Em's Kitchen

8 Fowl Ing Lane, Kendal, LA9 6HB. Tel: 01539 733141

**Demo & Dine:** Cookery demonstration by professional Cordon Bleu trained chef - A trio of classic french patisserie. This will be held at Em's Kitchen headquarters (my home), followed by generous tastings and coffee. £10 per person. Booking essential. Starts 2.30pm.

### Farrers Coffee

9 Shap Road Industrial Estate, Kendal, LA9 6NZ. Tel: 01539 720020

**Producer Tour/Talk:** See how coffee is roasted and enjoy a talk about tea and coffee. Refreshments available - donation to Kendal Mountain Rescue. Free event. Booking essential. Starts 10.30am.

### Friendly Food & Drink Co.

Staveley Mill Yard, Staveley, LA8 9LR. Tel: 01539 822326

**Special Offer:** Visit our shop for free product tastings. Buy 3 jars and save £1.00.

### The Joshua Tree

Yard 11, Stramongate, Kendal, LA9 4BH. Tel: 01539 737223

**Special Offer:** Free regular tea/coffee or soft drink with any purchase over £5.00.

### Kitridding Farm

Lupton, Nr. Kendal, LA6 2QA. Tel: 01539 797516 (Kendal TIC for bookings)

**Food Workshop:** Come along to our farm for a sausage-making demonstration from Stewart Lambert. Then have a go - make your own and take them home for tea! Cost: £4 per person. Booking essential. Starts 2.00pm.

### LucyCooks Cookery School

Mill Yard, Staveley, LA8 9LR. Tel: 015394 32288

**Food Workshop:** We have some of the finest producers of meat, fish and game on our doorstep and we'll be using great local produce to inspire you. Our chefs have built their reputations as great champions of local food and they'll show you how to use the finest of what's on offer locally. Cost £120 per person. Bookings essential. Starts 9.30am - 4.00pm.

### Meet The Producers

Assembly Room, Kendal Town Hall, Kendal, LA9 4DL. Tel: 01539 797516

**Food Talk:** Come and meet some of our local food producers who help create the 'sense of place' which makes the area so special. We have 6 experts who will talk through how their products are made and offer delicious samples. There will be opportunities to buy and take home. Free event. Starts 6.00pm.

- John Holmes, Westmorland Damson Association - all things damson
- Roger Mason, Heaves Farm - veal farming
- Richard Metcalf, Crook Hall Farm - cows & sheep
- Peter McCafferty, Quiggins - all things minty
- David Knipe, Lane Farm - chicken trussing

This will be followed by a lighthearted demonstration on the art of cheesemaking from

- Bob Kitching of Leagrams Organic Cheese.



Don't forget the Daily Events pages!





## Staff of Life Bakery

**Berry's Yard, Kendal, LA9 4AB Tel: 01539 738606**

**Food Tasting:** Tastings of freshly baked breads and cakes.

**Special Offer:** Purchases of £5 or more will be discounted by 10% on production of programme.

## Stonecross Manor Hotel

**Milnthorpe Road, Kendal, LA9 5HP. Tel: 01539 733559**

**Special Offer:** Dine in Catherine's Restaurant and receive £5 per person off the à la carte menu during Festival week.

## The Tapestry Tearooms

**The Quaker Tapestry Exhibition, Stramongate, Kendal, LA9 4BH Tel: 01539 722975**

**Special Offer:** The Tapestry Tearooms will be featuring a variety of local produce during Festival week, including delicious homemade soups, our own Lakeland gingerbread, sticky toffee pudding and English Lakes Ice Cream. Try our home-made gingerbread for free when you buy a hot drink during festival week.

## Tuesday 27<sup>th</sup> October

### Abbot Hall Art Gallery

**Kirkland, Kendal, LA9 5AL. Tel: 01539 722464**

**Special Offer:** Enjoy 50% off Abbot Hall's delicious takeaway picnic lunch boxes. Freshly made sandwiches on traditional local farmhouse bread. Includes a free tea/coffee.

### Bridge Street Restaurant

**1 Bridge Street, Kendal, LA9 7DD. Tel: 01539 738855**

**Special Offer:** 10% off your food bill on two or more courses from the à la carte menu on production of your programme. Booking essential.

### The Gilpin Lodge Country House Hotel & Restaurant

**Crook Road, Windermere, LA23 3NE. Tel: 015394 88818**

**Demo & Diner:** Join Russell Plowman for a demonstration and lunch of his dishes published in "The Taste of Relais and Chateaux". The cookery book includes dishes from some of the UK's finest chefs, including Raymond Blanc, Heston Blumenthal and Michel and Alan Roux, with whom Russell trained for 3 years. A signed copy is included worth £30. Cost: £50 per person. Bookings advised. Starts 12.00noon.

### Growing Well Project

**Low Sizergh Barn, Sizergh, Kendal. Tel: 015395 60426**

**Farm Visit:** Enjoy a guided tour of our organic farm and visit a thriving community enterprise, Growing Well. Take a behind-the-scenes look at the vegetable growing site, see the cows and hens up close and hear about preparations for winter on the farm. Free event. Starts 2.00pm.



# KENDAL Festival of Food



## Infusion Restaurant

24 Finkle Street, Kendal, LA9 4AB. Tel: 01539 720547

**Cooking Demo:** Join us in our restaurant to watch our chef's demonstration of how to make delicious, fresh, filled pasta. No charge. 3.30pm - 4.30pm.

## The Joshua Tree

**Special Offer:** See Monday 26th October for details.

## Kendal College

Milnthorpe Road, Kendal, LA9 5AY. Tel: 01539 797516 (Kendal TIC for bookings)

**Cooking Demo:** 2 hours of culinary techniques by one of the award-winning chefs from the Lakes Hotel School. A chance to ask questions and taste some of Cumbria's finest ingredients. Free event. Booking essential. Starts 12.00noon - 2.30pm.

## Kitridding Farm

Lupton, Nr. Kendal, LA6 2QA. Tel: 01539 797516 (Kendal TIC for bookings)

**Farm Visit:** Visit our farm and take a guided tour with farmer Stewart Lambert. Learn about our livestock, see the animals and hear how we farm at Kitridding. Great for kids. Free event. Booking essential. Starts 2.00pm.

## LucyCooks Cookery School

Mill Yard, Staveley, LA8 9LR. Tel: 015394 32288

**Food Workshop:** Our Family Fundays encourage families to cook together - allowing time to create dishes in a relaxed and uncluttered environment that can then be recreated at home. We always cook a 3-course meal and accompaniments. It's a lot of fun and we welcome a whole range of ages. £105 for two. Booking essential. Starts 10.00am - 4.00pm.

## The New Moon Restaurant

129 Highgate, Kendal, LA9 4EN. Tel: 01539 729254

**Special Offer:** Enjoy a 2-course lunch for £7.95 or combo deal for £5 including a choice of sandwich or panini with soup and a pot of tea or house coffee.

## Staff of Life Bakery

**Special Offer:** See Monday 26th October for details.

## Stonecross Manor Hotel

**Special Offer:** See Monday 26th October for details.

## The Tapestry Tearooms

**Special Offer:** See Monday 26th October for details.



Don't forget the Daily Events pages!





## Wednesday 28<sup>th</sup> October

### Bridge Street Restaurant

1 Bridge Street, Kendal, LA9 7DD. Tel: 01539 738855

**Wine Tasting & Gourmet Dinner:** 3-course gourmet dinner using local produce and wine to go with each course provided by Organico. James from Organico will be giving a short talk on each of the wines. £35 per person for dinner and wine. Booking essential. Starts at 7.30pm.

### Burgundy's

Lowther Street, Kendal, LA9 4DH. Tel: 01539 733803

**Wine Tasting:** Come along and enjoy wines from Italy and its islands. 3 reds and 3 whites with home-made canapés. This will be a lighthearted talk covering each wine, how it's made and the foods it complements. The event will be hosted by Alan Martindale. £13.50 per person. Booking essential. Starts at 8.00pm.

### Friendly Food & Drink Co.

**Special Offer:** See Monday 26th October for details.

### Hawkshead Brewery

Mill Yard, Staveley, LA8 9LR. Tel: 01539 822644

**Producer Tour/Talk:** Brewery tours at 1.00pm, 2.00pm and 3.00pm. Take a brewery tour and find out how our beer is made. The display, taking up one wall of the beer hall, explains our brewing process from raw materials to foaming pint. If you want to see how we make beer at close quarters, we'll take you on a free guided tour of the brewery.

### Infusion Restaurant

24 Finkle Street, Kendal, LA9 4AB. Tel: 01539 720547

**Food Workshop:** Calling all kids! Join us in our restaurant to make and eat your own pizza. £3.50 per pizza. First-come-first-served. Between 3.30pm - 4.30pm.

### The Joshua Tree

**Special Offer:** See Monday 26th October for details.

### Kendal College

Milnthorpe Road, Kendal, LA9 5AY. Tel: 01539 797516 (Kendal TIC for bookings)

**Food & Wine Tasting:** Come and enjoy some fine wines and fine food with the Lakes Hotel School sommelier. Suitable for over 18s only. £5 per person. Booking essential. Starts 2.00pm - 5.00pm.

### The New Moon Restaurant

**Special Offer:** See Tuesday 27th October for details.

### Staff of Life Bakery

**Special Offer & Food Tasting:** See Monday 26th October for details.



# KENDAL Festival of Food



## Stonecross Manor Hotel

**Special Offer:** See Monday 26th October for details.

## The Tapestry Tearooms

**Special Offer:** See Monday 26th October for details.

## Wetherspoons

Allhallows Lane, Kendal, LA9 4JH. Tel: 01539 815710

**Beer Festival:** Autumn Beer Festival. Local, regional and international ales available.

## Wilf's Café

Mill Yard, Staveley, LA8 9LR. Tel: 01539 822329

**Food Tasting:** Come along and enjoy a special tasting day of sausages, bacon, meats with Lakes Speciality Foods.

## Thursday 29<sup>th</sup> October

### Bridge Street Restaurant

**Special Offer:** See Tuesday 27th October for details.

### Friendly Food & Drink Co.

**Special Offer:** See Monday 26th October for details.

### The Gilpin Lodge Country House Hotel & Restaurant

**Demo & Dine:** See Tuesday 27th October for details.

### Infusion Restaurant

24 Finkle Street, Kendal, LA9 4AB. Tel: 01539 720547

**Themed Evening:** Come and join us for dinner and stay on afterwards for a free salsa lesson for beginners followed by a salsa disco. From 8.30pm.

### The Joshua Tree

**Special Offer:** See Monday 26th October for details.

### Kendal College

Milnthorpe Road, Kendal, LA9 5AY. Tel: 01539 797516 (Kendal TIC for bookings)

**Food Workshop:** Take and Bake for Young Bakers. Come along to make some bread with the Lakes Hotel School baker and take it away for tea. Suitable for 10-14 year olds. Free event. Booking essential. Starts 12.00noon - 2.30pm.

### Kitridding Farm

Lupton, Nr. Kendal, LA6 2QA. Tel: 015395 67484

**Special Offer:** Visit our farm shop and look out for special offers. We are open Thursday - Sunday 10.00am - 5.00pm. Visit our farm restaurant for the very best in home cooking and local produce and enjoy big breakfasts to light snacks.



Don't forget the Daily Events pages!





## LucyCooks Cookery School

Mill Yard, Staveley, LA8 9LR. Tel: 015394 32288

**Food Workshop:** Whether it's dinner for 4 or a gourmet evening for 12, we'll show some of the tricks of the trade to ensure your event runs smoothly. Want to impress your guests, but not be overstressed at the mere thought? Then come and join us for an informative, fun and practical day. £110 per person. Booking essential. Starts 9.30am - 4.00pm.

## The New Moon Restaurant

**Special Offer:** See Tuesday 27th October for details.

## Pig Business

Castle Street Community Centre, Kendal, LA9 7AD. Tel: 01539 740694

**Film Showing & Food Tasting:** Come along and watch a showing of the much acclaimed film Pig Business. Join film producer Dominika Jarosz and local farmers Peter Gott of Sillfield Farm and Bill Grayson of the Morecambe Bay Conservation Grazing Company who will be on hand to answer your questions and provide free tastings of their produce. Free event. Starts 7.00pm.

## Staff of Life Bakery

**Special Offer & Food Tasting:** See Monday 26th October for details.

## Stonecross Manor Hotel

**Special Offer:** See Monday 26th October for details.

## The Tapestry Tearooms

**Special Offer:** See Mon 26th October for details.

## Wetherspoons

**Beer Festival:** See Wednesday 28th October for details

## The White Hart Hotel

Highgate, Kendal, LA9 4SX. Tel: 01539 724109

**Special Offer:** Enjoy half price bar lunches between 12.00noon - 3.00pm.

## Friday 30<sup>th</sup> October

### Bridge Street Restaurant

**Special Offer:** See Tuesday 27th October for details.

### Friendly Food & Drink Co.

**Special Offer:** See Monday 26th October for details.

### The Joshua Tree

**Special Offer:** See Monday 26th October for details.

### Kitridding Farm

**Special Offer:** See Thursday 29th October for details.



# KENDAL Festival of Food



## LucyCooks

Mill Yard, Staveley, LA8 9LR. Tel: 015394 32288

**Food Workshop:** We'll be creating a mixture of hot and cold desserts as well as some bite-sized treats for sticky fingers! A light savoury course will be supplied. Our workshops encourage families to cook together allowing time to create dishes in a relaxed and uncluttered environment that can then be recreated at home. It's a lot of fun and we welcome a whole range of ages. Bookings essential. £105 for two. Starts at 10.00am - 4.00pm.

## Market Kitchen

Market Place, Kendal, LA9 4TP. Tel: 01539 732736

**Cooking Demos:** Visit the Made In Cumbria Farmers' Market to buy straight from the Farmers' farm, see local producers at work in our special outdoor kitchen, stock up on your favourite food and try before you buy. We have five excellent demonstrations:

- 9.30am - Julian Ankers, Cookery demonstration
- 10.45am - Patrick Moore, Bakery demonstration
- 12.00noon - Nick Martin, Cookery demonstration
- 1.15pm - Peter Gott, Cumberland sausage-making demonstration
- 2.30pm - Martin Gott, Cheese-making demonstration

## Oddbins

31 Stricklandgate, Kendal, LA9 4LT. Tel: 01539 730016

**Wine Tasting:** Bored with the same bottle? We have a fantastic range of new wines. Come down and try something new with our friendly and informative staff. Free tastings. 10.00am - 5.00pm.

## Sillfield Farm

Endmoor, Nr. Kendal, LA8 0HZ. Tel: 015395 67609

**Farm Visit:** Come to our farm to see our piglets, rare breed sheep, wild boar and chickens. Peter Gott will talk about farming of rare breed animals. Look round the farm shop during your visit. Free event. Starts 10.30am and 3.30pm.

## Staff of Life

**Special Offer:** See Monday 26th October for details.

## Stonecross Manor Hotel

**Special Menu:** See Monday 26th October for details.

## The Tapestry Tearooms

**Special Offer:** See Monday 26th October for details.

## Wetherspoons

**Beer Festival:** See Wednesday 28th October for details.

## Wilf's Café

Mill Yard, Staveley, LA8 9LR. Tel: 01539 822329

**Themed Evening:** Come along to our special Cumbrian themed evening, and enjoy a starter, main (fish, veggie, meat) pudding & coffee. Cost £19.95 per person. Bookings essential. Starts 7.30pm, 8.00pm or 8.30pm.



Don't forget the Daily Events pages!





## Saturday 31<sup>st</sup> October

### Apple Day

**The Birdcage, Kendal Town Centre. Tel: 01539 740694**

**Food Tasting:** Come and celebrate the diversity and abundance of local apples. A juicing press will be on hand to provide free apple juice tastings. There will also be advice on bottling apples and other fruits and on identifying that mystery apple tree in your back garden. Free event. Between 11.00am - 3.00pm.

### Em's Kitchen

**Demo & Dine:** See Monday 26th October for details.

### The Gilpin Lodge Country House Hotel & Restaurant

**Demo & Dine:** See Tuesday 27th October for details.

### The Joshua Tree

**Yard 11, Stramongate, Kendal, LA9 4BH. Tel: 01539 737223**

**Themed Evening:** Free glass of wine or beer for every customer in fancy dress for Halloween dinner! From £12.95 per person. 7.00pm - 9.00pm, booking essential. Prize for the best outfit.

### Kitridding Farm

**Special Offers:** See Thursday 29th October for details.

### LucyCooks Cookery School

**Mill Yard, Staveley, LA8 9LR. Tel: 015394 32288**

**Food Workshop:** Always longed to use some of the cuts of meat that sit beckoningly in the butchers? Turning great meat into fabulous dishes is not difficult once you know how. This day gives you the opportunity to be inspired as to what to serve with what and to enjoy a little bit of experimentation. £135 per person. Booking essential. Starts 9.30am - 4.00pm.

### Oddbins

**31 Stricklandgate, Kendal, LA9 4LT. Tel: 01539 730016**

**Wine Tasting:** See Friday 30th October for details.

### Relish Deli

**Special Offer:** See Saturday 24th October for details.

### Riverside Hotel

**Beezon Road, Stramongate, Kendal, LA9 6EL. Tel: 01539 734861**

**Themed Evening & Dinner Dance:** A celebration of 'Slow Food' using the best of Cumbrian produce with an after-dinner speech from Peter Gott. A 3-course menu prepared using ingredients from our own farm and kitchen garden in Grange-over-Sands and other local organic produce. Prepared by the Riverside Hotel's Michelin Star-awarded chef, Mike Wilson. £25 per person. Booking advisable. Starts 7.00pm for 7.30pm.



# KENDAL Festival of Food



## Sillfield Farm

Endmoor, Nr. Kendal, LA8 0HZ. Tel: 01539 797516 (Kendal TIC for bookings)

**Food Workshop:** See the basics of butchery from our own Peter Gott, long-standing promoter of the slow food movement. Learn about different cuts of meat, how to prepare it and how to cook it. Free event. Bookings essential. Starts at 11.00am and 1.00pm. Up to 12 per session, lasts 45 mins.

## Wetherspoons

**Beer Festival:** See Wednesday 28th October for details.

### Important Notice

All tours and events at farms or other outdoor venues that involve animals may be subject to certain restrictions. For all events of this type, please call the establishment direct to check that the details are still valid.

It is important that whilst on public property, private farms or other venues, small children are accompanied and supervised at all times by an adult. When on group tours, please stay near the guide/ owner at all times.

The information contained in this brochure is correct at the time of going to press. Details may be subject to change. Whilst every care has been taken in the production of this guide, no responsibility can be accepted by the organisers of Kendal Festival of Food for errors or omissions.

### as part of the Kendal Festival of Food Em's Kitchen presents... a demonstration of 3 classic French desserts

This is an informal display in Em's kitchen, on how to make Tarte au Citron, Tarte Tatin & Pithivier.

Emma McMahon is a Cordon Bleu trained chef who has been in the business for 20 years. Emma now produces desserts and cakes for local businesses, buffets, celebration cakes and dinner parties.

With a maximum of 6 people per session this is an ideal opportunity to watch a professional at home. These exclusive demonstrations will take place on Monday 26th October and Saturday 31st October 2.30-5.30

For the fantastic price of £10 per person, you will get refreshments, tasters, recipe sheets & a goody box to take home with you.

Call 01539 733141 to  
book a place and for  
directions!



#### • SPECIAL PRICE MEAL

#### • COOKING DEMO

#### • DINE AND SALSA

#### • KIDS WORKSHOP



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## Don't forget the Daily Events pages!



# KENDAL Festival of Food



## Heaves Farm Veal

redeem this voucher to receive a further

### 10% discount

on any Heaves Farm Veal produce at  
**Plumgarths Farm Shop!**

valid 24/10/09 - 31/10/09

# Cumbrian Rosé Veal

Reared in welfare-friendly conditions on our traditional family run Lakeland farm

Available from:

Plumgarths Farm Shop, Kendal  
Stuart Smith Butchers, Milnthorpe  
Higginsons & Daughter, Grange  
Dales Butchers, Kirkby Lonsdale  
Steadmans Butchers, Sedbergh  
Cumbrian Fellbred, Milnthorpe  
Greenlands Farm Village, Carnforth  
Cranstons Cumbrian Food Hall, Penrith

For more information, contact

**Roger Mason**  
015395 60200

[www.heavesfarmveal.co.uk](http://www.heavesfarmveal.co.uk)



- Ice Cream •
- Light Snacks •
- Cakes •
- Jacket Potatoes •
- Hot Meals •
- Sandwiches •
- Childrens' Menu •
- Hot & Cold Drinks •

Natland Millbeck Farm, Ice Cream Parlour,  
Natland Millbeck Lane, Kendal, Cumbria LA9 7TH  
Tel: 01539 731141

Food Lovers  
Festival



great  
day for  
all the  
family

Music  
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Wedding Fayre  
Food Theatre  
Beer Festival  
Archery Demo  
Dog Show

**COUNTRY  
FEST**  
KENDAL

*A feast for all senses*

**Saturday 29th May  
Sunday 30th May**

County Showground  
Crooklands



ADVANCE  
TICKETS  
AVAILABLE  
BOOK NOW  
& SAVE



For online booking details visit our website

[www.westmorlandshow.co.uk](http://www.westmorlandshow.co.uk)

Lane Farm, Crooklands, Milnthorpe, Cumbria LA7 7NH  
015395 67804 015395 67011 manager@westmorland.org.uk



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## Supporting local produce

# KENDAL Festival of Food



## FOOD AND DRINK at the



**Open Daily 10am – 9.30pm**

**Lunches 11.30am – 2.30pm**

**Evening Meals 5.00pm – 9.30pm**

**Pizzas all day at the weekend**

Enjoy a fantastic meal made from the finest, freshest local produce in our beautiful Grain Store Restaurant.

**FIVE  
EAT FOR FREE!**



### Famous Five Lunch Menu

Why not sample our brand new Famous Five lunch menu, offering everything from fresh sandwiches and salads to traditional steak and ale pie, all for £5! Complete our Famous Five Loyalty Card and exchange it for a cinema ticket or get your sixth lunch FREE!\*



**10%  
OFF**

### SHOW SUPPERS

Book a meal in our fantastic Grain Store Restaurant at the same time as buying your ticket to any event or film at the Brewery and you will receive 10% discount on your food bill!\*. Ask at Box Office.



**Open Daily 9am – 6pm**

Our arts café bar and cinema is one of the most original venues in town. Shabby chic meets arthouse, meets cool comfort – a meeting place for artists, audiences and anyone who wants to feel at home, read or share thoughts, ideas and time with friends and colleagues.

The Warehouse transforms into an arthouse cinema at night and can also be hired as the perfect space for a private party.



### LUCKY 13 FREE CINEMA TICKETS!!!

Buy 12 coffees in the Warehouse Café and get a FREE Brewery Cinema Ticket.



**Free Wi-Fi**



Available at the Warehouse Café with any purchase.\*

**Brewery Arts Centre**  
Highgate Kendal LA9 4HE  
[www.breweryarts.co.uk](http://www.breweryarts.co.uk)

\*Terms and conditions apply. Please ask for details.  
To book a table at the Grain Store Restaurant phone:

**Box Office: 01539 725133**

**Don't forget the Daily Events pages!**



# LOW Sizergh BARN



farm shop • tea room • craft gallery • farm trail



## THE REAL TASTE OF THE COUNTRY

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