DESTINATION	Name, address, contact details	Opening times	What's on offer	Disabled Access	Dietary requirements	Dog friendly?
BIRSTWITH	Station Hotel. Station Road Birstwith, 01423 770254	Mon - Fri 12.00 - 2.30pm, 5pm - 9pm, Sat 12 - 9pm Sun 12 - 8pm	A full range from sandwiches to full meals. Use locally sourced produce. Also do an excellent take away fish and chips. There is also a garden area with seating.	Yes – entry from the rear car park is flat with no steps	All dietary requirements catered for	Dogs on leads are welcome in Window, Snug and Bar areas – booking is required. Please let us know you are bringing your dog when you book with us.
BISHOP THORNTON	The Chequers Hotel, Fountains Abbey Road, Bishop Thornton, Harrogate HG3 3JN 01423 771544	Every evening for residents food served between 6pm - 8.30pm Non-residents welcome Wed to Sat 6pm to 8.30pm for food, A la carte menu. Sunday lunch all welcome 12pm - 2 pm. Please ring to book.	A wide range of locally sourced main courses and starters which include a variety of steaks, fish dishes and salads. For a lighter meal or snack the Restaurant offers a 'mini menu'. Sunday lunch - famous, well established Carvery serves freshly roasted locally sourced joints of meat, served with truly generous freshly made Yorkshire Puddings, seasonal veg, potatoes, sauces and home made gravy.	Yes	Gluten free and vegetarian options	No
BLUBBERHOUSES	MacKenzies Yorkshire Smokehouse Hardisty Hill, Blubberhouses 01943 800369	Restaurant and tea rooms Mon - Sun 9 am– 4.30pm	A full range from snacks to b reakfast, lunch & dinner. All produce is locally sourced and has own smokehouse on site. There is also a well-stocked food shop.	Yes	All dietary requirements catered for	No
BRIMHAM ROCKS	National Trust	Kiosk serving hot and cold drinks and light snacks.	Picnic tables and benches. Visitors are welcome to bring their own refrshments too.	Yes	Not known	Yes on short leads

DACRE BANKS	Royal Oak Inn Dacre Banks Harrogate 01423 780200	Wed - Thurs 4 pm - 9 pm Fri - Sat 2 pm - 9 pm Sun 12 - 4 pm	A wide menu from snacks to daily specials using locally sourced produce.	Yes, but no accessible toilets.	Dietary requirements catered for, phone ahead to check.	No
DARLEY	Wellington Inn Darley Harrogate 01423 780362	10.30 booking required.	A mouth-watering selection of dishes, snacks to full meals, most with locally sourced Yorkshire ingredients.	Yes	Gluten free and vegetarian options available.	Yes – in all bar areas other than restaurant
	Darley Shop, Post Office & Café. Playing Fields, Station Road Darley, 01423 781837	Mon - Fri 8 -5.30 Sat 9 - 4 pm Sun 10 - 4 pm	Delicious snacks and pastries, famous for cakes. Indoor and outdoor tables with a stunning view.	Yes	Gluten free and vegetarian options available.	Yes on the deck.
FELLBECK	Half Moon Inn Fellbeck Nr Pateley Bridge 01423 711560	Mon - Fri 6pm - 8pm Fri - Sun 12pm - 2pm & 6pm - 8pm	Extensive range of food including our renowned Sunday Carvery	Yes	All dietary requirements catered for	Yes, but not in the dining room.
FELLISCLIFFE (near Menwith Hill)	The Outside Inn, old Millstones site Skipton Road	7 Days A Week 10am - 4pm	Open For Coffee & Snacks Eat In Or Take Away Every Day Saturday Breakfast & Lunch Menu Available Sunday - Breakfast & Carvery Sunday Lunch	Yes	Gluten free and vegetarian/vegan options available.	Yes
FEWSTON	Fewston Farm Shop & Café Upper Cobby Syke Farm, Fewston (off A59) 07855 941863	Wednesday - Sunday from 10am - 4pm.	Snacks, sandwiches and cakes. Indoor and outdoor seating.	Yes	Gluten free and vegetarian options	Dogs can sit outside
FOUNTAINS ABBEY	Fountains, Ripon, North Yorkshire, HG4 3DY 01769 608888	and Studley tearoom	Restaurant at the visitor centre serving hot and cold food and drinks with indoor and outdoor seating.	Yes	All dietary requirements catered for	Yes on short leads.

GALPHAY	The Galphay Inn, The Galphay Inn Galphay, Ripon HG4 3NJ 01765 650002	Wed: 5.30-8pm Thurs -Sat 12-2.00pm and 5:30-8pm Sun 12 noon-5.30pm	Food is prepared with love and attention. The Head chef and his team believe in fresh, locally sourced ingredients, carefully crafting memorable seasonal dishes.	Yes	Gluten free and vegetarian options	Yes
GREENHOW	Toft Gate Barn Café, Greenhow Nr Pateley Bridge 01423 712118	Mon - Sun 9am - 4pm	Home cooked hot and cold breakfasts, lunches and snacks with indoor and outdoor seating and stunning views.	yes	Gluten free and vegetarian options	Yes
GREWELTHORPE	Grewelthorpe Village Hall and Hackfall Café		Light meals, delicious home- baked cakes and biscuits, ice creams. Ideal for walkers, cyclists etc. and local people popping in to enjoy a bit of time with friends and neighbours.	Yes	yes	n/k
HAMPSTHWAITE	The Joiner's Arms High St, Hampsthwaite, Harrogate HG3 2EU	Wed 4.30-11pm Thurs-Sat 12-11pm Sun 12 - 10.30 pm	Serving food 5 days a week and a deliciosu carvery every Sunday. Real ale and BBQs	Yes	All dietary requirements catered for	Yes
	The Nelson Inn, Skipton Rd, Harrogate HG3 2BU 01423 803620	Mon-Sat 12 -9.30pm. Sun 12 - 9pm	Quality fresh ingredients prepared in a modern but unpretentious way. Classic British dishes complemented by more exotic influences from other parts of the world	Yes	All dietary requirements catered for	In the bar and beer garden. Monthly dog walk.
	Sophie's Coffee Shop, Bistro and Bed & Breakfast. High St Hampsthwaite, Harrogate HG3 2ET 01423 779219		Well-established coffee shop and pizzeria, popular with locals and tourists. Enjoy coffee, cakes and substantial meals.	Yes	All dietary requirements catered for	Yes

HOW STEAN GORGE	How Stean Gorge, Stean, Lofthouse. HG3 5SY 01423 755666	Winter: 7 days 9am to 5pm Summer: 7 days 9am to 6pm Closed Nidderdale Show day and 3 days at Christmas	There is an outside seating area	Yes	Gluten free on request	Yes
KETTLESING	Queens Head Inn Kettlesing Harrogate	Mon- Sat 11.30am – 2pm & 6 – 9pm Sunday 12noon – 9pm	Bar snacks and full meals using locally sourced produce	Yes – via the side door which is also the entrance to the accommodation	All dietary requirements catered for	No
KIRKBY MALZEARD	The Queens Head Main St, Kirkby Malzeard, Ripon HG4 3RS 01765 658497	Mon-Fri 5 - 11pm, Sat midday - 12 Sun midday - 10.30pm	Classic british pub food.	n/k	Gluten free and vegetarian options	Yes
LOFTHOUSE	Crown Hotel, Thrope Lane Lofthouse 01423 755206	Mon - Sun 12noon - 2pm & 7 - 9pm, closed Tuesday.	Bar snacks and full meals.	Yes	Gluten free and vegatrian options.	Yes
MIDDLESMOOR	The Crown Hotel, Middlesmoor 01423 755204	Open every day, food served Tues -Sun 12-2 & 5-7 pm	Full meals and no snacks. All produce is locally sourced. There is an outside seating area.	Yes	All dietary requirements catered for	Yes
NORWOOD	The Sun Inn, Norwood Harrogate 01943 880220	Mon & Tues 12noon – 2.30pm Wed-Fri noon-2.30pm & 6-8pm Sat noon-8pm Sun noon-5pm	A full range from sandwiches to full meals.	Yes	All dietary requirements catered for	Yes

**PATELEY BRIDGE** 

The Bridge Inn Low Wath Road Pateley Bridge 01423 711484	Wed 3 pm - 8 pm Thurs 3 pm - 9 pm Fri 12:00 - 11 pm Sat 12:00 - 11 pm Sun 12:00 - 8 pm	The ultimate family friendly country pub. Serving excellent pub food and bar meals as well as a wide selection of drinks	Yes	Gluten free and vegetarian options	Yes
Cocoa Joe's 41 High Street, Pateley	Every day 10am- 5.30pm	Hot and cold gourmet chocolate drinks to take away.	No	Non-dairy milks available.	n/a
The Crown Hotel, 19 High Street, Pateley Bridge. 01423 712455	Every day: Lunch 12 to 2.30pm Dinner 5.30 to 9pm	Full range of food from sandwiches to full meals. Use local shops and produce. Specials Board daily	Yes with a little help. No disabled toilet	Gluten free and vegetarian options	Yes
Harefield Hall Pateley Bridge. HG3 5QE 01423 711429	Wed -Sat 5.30pm - 8:30pm Sunday – Please call to check if we will be open 01423 711429	Restaurant/bar menu is changed on a regular basis due to sourcing locally grown seasonal	Disabled access to the restaurant. Disabled toilet facilities in bar area only	Gluten free options available	n/k
High Street Fisheries 16 High Street, Pateley Bridge 01423 711831	Tue -Sat 11.30-1.30pm & 4.30-7pm Fri 11.30-1.30pm & 4.30-9pm Sun & Mon Bank Hols 12-6 pm Sundays during July & Aug 12-6	Take away only. Traditional fish & chip menu	No	Batter free fish available	No
Just Delicious & The Coffee House, S Kings Court, Pateley Bridge 01423 711595	Summer: Mon - Sat 9 9.30am - 4.30pm and Bank Holiday Sundays.	Delicious homemade cakes, savouries, fresh sandwiches, salads and snacks served daily. Great Taste Award winner. A warm welcome awaits you at the Coffee House	Disabled access with a little help, no adapted toilet	Gluten free and vegetarian options available	No dogs except Assistance Dogs
The Old Granary Tea Shop, 17 High Street, Pateley Bridge. 01423 711852	9 - 5 every day and as a restaurant on Friday evenings for parties of 10 or more.	Home cooked food using locally sourced ingredients where possible. Hot and cold sandwiches, homemade cakes.	1 small step at the entrance, then flat inside. Accessible toilet	Vegetarian, gluten free and dairy free options available.	No dogs.
Olley's Pizzeria and Restaurant, Bridgehousegate Pateley Bridge 01423 712200		Olley's serves authentic Italian cuisine or choose from our daily specials. We offer something to suit all tastes. Takeaway service available	No	Dietary requirements catered for	No

The Pancake House, 1 The High Street, Pateley Bridge. 01423 313435	Winter: 10am - 5pm (Closed Wed) Summer: 9am - 6pm every day	Homemade sweet and savoury waffles and pancakes, ice- cream, milkshakes and hot drinks. Eat in or take away	No	Gluten free available	Yes
Pateley Pizza 2b High Street Pateley Bridge HG3 5AW 01423 391946	Sun - Thurs 3 - 10 pm Fri - Sat 3 - 11 pm	Takaway pizza, kebabs, wraps and burgers.	Yes	Food allergies caterd for if advance notice given.	n/a
	Mon - Sat 7.00am to 2.00pm	Take away only.	No	Gluten free and vegetarian options available	No
The Royal Oak, Bridgehouse Gate, Pateley Bridge 01423 711577	12 - 9 pm every day	Good home cooked food served every day. Extensive menu and specials board. Wherever possible local produce is used	No	Gluten free and vegetarian options available	Yes
The Talbot House Tea Room 27 High Street, Pateley Bridge. 01423 711597	17.00 - 21.00	Toasted sandwiches, soup, homemade cakes, tea and coffee. Outside seating area	Yes disabled access and toilet	Dietary requirements catered for	Yes
The Willow Restaurant, 6 Park Road, Pateley Bridge 01423 711689	Daily 10am - 2.30pm and Wed - Sat 6pm - 9pm	Traditional English food sourced locally. 2 course lunch-time special, Early Bird evening menu or full A La Carte. All cakes and desserts homemade	Disabled access	Gluten free options available	Yes
Wildings Tea Room and Riverside Terrace, Nidd Walk, Pateley Bridge. 01423 711152	Winter: 10 - 4.30 (closed Mon/Tues) Summer 31/3 to 31/10 Tues to Friday 9.30 - 5 and Sat/Sun 9 - 5.30	A superb location next to the River Nidd. Homemade baking at its best. Hot home cooked snacks and full meals. Award winning teas and coffees	Yes disabled access and toilet	Gluten free and vegetarian options available	Dogs allowed on outside patio
Wildish High Street Pateley Bridge	Thurs - Mon 9.30 - 3 pm Fri & Sat 9.30 - 4 pm.	Coffee shop · Boutique Store · Bags/Luggage	No	n/k	Yes
G & T's Ice Cream Parlour Home Farm, Risplith, Nr Ripon 01765 620101	Winter: 7 days 10am - 4.30pm Summer: 7 days 10am - 5 or 5.30pm	Ice cream, cakes, hot and cold food	Disabled access and toilet	Gluten free options available	Yes

RISPLITH

SAWLEY	The Sawley Arms Sawley Fountains Abbey Ripon, HG4 3EQ, UK 01765 620642	Mon to Sat Breakfast 8.00am - 12.00pm Main Menu from 12.00pm Sunday Breakfast 8.00am - 12.00pm Sunday Lunch from 12.00pm	All our dishes are freshly prepared & cooked specifically to order	Yes	Gluten free and vegetarian available	Assistance Dogs Only on Carpeted Areas
STUDFOLD	Nidderdale Way Café Studfold Lofthouse HG3 5SG		Serving homemade breakfasts, lunches, picnics, and everything in between, including, of course, cake! The cafe team use locally sourced products for all their delicious, freshly prepared meals and treats. There are also specials every day, that you can check the board for in the cafe when you arrive, as well as the cake counter.	Disabled-friendly, and has disabled parking immediately outside the entrance.	Gluten free options available	Yes
SUMMERBRIDGE	The Firs Tearoom, Summerbridge 01423 781715	Wednesday -Sunday 10:30-4pm CLOSED Mondays and Tuesday Closed Fridays til spring	This charming tearoom serves a variety of tasty home cooked food, locally sourced, including morning brunches, mouthwatering lunchtime meals (steak pies, quiches, ham and eggs, salmon and much more from our extensive menu) and a full afternoon tea with delicious home made cakes and scones for cream teas	Yes	Gluten free options available	n/k

TIMBLE	The Timble Inn Timble Nr Fewston 01943 880530	Breakfast Thurs - Sun 9 -10am Brunch Tues - Sat 10.30 - 12.30am Lunch Tues – Sat 12noon -3pm Sunday 12noon - 5.30pm Evening meal Wed -Sat 5.30 – 9pm	Full meals and no snacks. All produce is locally sourced.	No	All dietary requirements catered for	No
WATH	The Sportsman's Arms Wath-in-Nidderdale Pateley Bridge 01423 711306	Wed - Sat 12 - 2pm, 6.30 - 8.30pm Sun 12 - 2.30pm	Dine on our locally sourced produce, drink by the fire in our bar or relax in one of our characterful cosy rooms.	Yes	All dietary requirements caterd for	Yes