

# LUNCH

Served between 12pm and 4pm

## Salads and Light Bites

### **Cajun Spiced Caesar Salad** £14.20

Cajun spiced chicken pieces, baby gem lettuce and Parmesan cheese and sun blushed tomatoes dressed in Cardini Caesar dressing topped with black pepper croutons.

### **Roasted Vegetable, Hummus and Beetroot Salad** £13.60

Roasted vegetables, hummus, beetroot, sun blushed tomatoes, pickled radishes, cucumber, peppers and plum tomatoes on a bed of mixed leaves finished with toasted pistachio nuts, lemon olive oil and a beetroot reduction.

### **Salmon and Crayfish Salad** £15.10

Steamed mini salmon fillet, crayfish tails, boiled egg, mini capers, cucumber, peppers and plum tomatoes on a bed of mixed leaves. Finished with honey and mustard and Marie Rose dressings.

### **Halloumi and Blueberry Salad** £13.80

Grilled halloumi, blueberries, roasted red onion, sun blushed tomatoes, pickled radishes, and plum tomatoes on a bed of mixed leaves, dressed with a blueberry and lemon dressing.

### **Soup of the Day** £7.80

Freshly made soup served with a bread roll and butter.

### **Vegan Soup of the Day** £7.80

Freshly made soup served with a bread roll and margarine.

### **Mushroom and Walnut Pâté** £8.80

Homemade mushroom and walnut pâté served with toasted sourdough bread and tomato chutney.

### **Chicken Liver Pâté** £8.80

Homemade chicken liver pâté served with toasted sourdough bread and a tomato chutney.

### **Lancashire Cheese and Onion Quiche** £13.50

Homemade Lancashire cheese and red onion quiche served warm with a tomato chutney, buttered new potatoes and either a side salad or buttered vegetables.

### **Port of Lancaster Potted Shrimps** £13.60

Served warm on a toasted crumpet with a side salad.

### **Creamy Garlic Mushrooms** £8.90

Served with toasted pine nuts and toasted Kalamata olive bread.

### **Ploughman's Lunch** £16.80

The Pork Shop of Poulton dinky pork pie served with roasted ham, boiled egg, Lancashire cheese, smoked Sandham's cheese, pickled radishes, a classic tomato chutney and a crusty bread roll.

### **Vegetarian Ploughman's Lunch** £16.80

Honeywell's vegan roll served with a slice of Lancashire cheese and red onion quiche, boiled egg, Lancashire cheese, smoked Sandham's cheese, pickled radishes, a classic tomato chutney and a crusty bread roll.

# LUNCH

Served between 12pm and 4pm

## Main Meals

Served 12pm until 3pm

### Oven Roasted Chicken Breast £20.50

Served with Dauphinoise potatoes, seasonal vegetables and a creamy wild mushroom sauce.

### Vegetable Curry, Rice and Naan Bread £18.00

Chickpea, pepper, red onion and tomato curry served with rice and a warm Naan bread.

### Seabass Fillets £21.20

Served with new potatoes, seasonal vegetables and a lemon and chive butter.

### Sausage and Mash £18.50

Altham's Cumberland sausages served with mashed potatoes, seasonal vegetables and an onion gravy.

### Vegan Sausage and Mash £18.50

Honeywell's vegan sausages served with mashed potatoes, seasonal vegetables and a meat free gravy.

## Sandwiches

All served on white or malted bloomer bread with a honey mustard dressed salad garnish and coleslaw.

### Dewlay's Lancashire Cheese Sandwich £9.90

With a classic tomato chutney.

### Honeywell's Roast Ham Sandwich £11.90

With Branston pickle.

### Steamed Scottish Salmon Sandwich £12.30

In a lemon and parsley crème fraiche.

### Egg Mayonnaise Sandwich £9.90

Free range eggs with mayonnaise.

### Tuna Mayonnaise Sandwich £10.80

With spring onion.

## Wraps

All served with a balsamic dressed salad garnish and coleslaw.

### Cajun Spiced Chicken Wrap £13.50

Cajun spiced chicken pieces, baby gem lettuce, sun blushed tomatoes with garlic mayonnaise.

### Crayfish Cocktail Wrap £13.50

Crayfish tails, baby gem lettuce, sun blushed tomatoes and a Marie Rose dressing.

### Roasted Vegetable and Hummus Wrap £12.50

Roast vegetables, sun blushed tomatoes, baby gem lettuce and hummus.

# LUNCH

Served between 12pm and 4pm

## Paninis

All served on warm panini bread with a honey mustard dressed salad garnish and coleslaw.

<b>Pan Fried Minute Steak with Fried Onions Panini</b>	<b>£12.60</b>
Add Lancashire cheese	£1.30
Add mushrooms	£1.30
Add Garstang blue cheese	£1.30
<b>Tuna and Spring Onion Melt Panini</b>	<b>£12.00</b>
Topped with Lancashire cheese.	
<b>BLT Panini</b>	<b>£12.20</b>
Bacon, Lettuce and tomato with mayonnaise.	
<b>Roasted Vegetable Panini</b>	<b>£11.90</b>
With hummus.	
<b>Mushroom and Cheese Panini</b>	<b>£11.90</b>
Field mushrooms and Garstang blue cheese.	
<b>Halloumi, Lettuce and Sunblushed Tomato Panini</b>	<b>£11.80</b>
With mayonnaise.	
<b>Ham and Cheese Panini</b>	<b>£12.30</b>
Roasted Honeywell's ham and Lancashire cheese.	

**Add a bowl of soup to any sandwich, panini or wrap for £4.10**

## **Add a bag of Lancashire Crisps for £1.30**

(Sea Salt, Sea Salt and Lancashire Vinegar, Lancashire Cheese and Onion, Lancashire Sauce, Black Pudding and English Mustard, Sea Salt and Cracked Black Pepper or Simply Spuds)

## Sides

<b>Potato Wedges</b>	<b>£5.50</b>
Served with vegan garlic mayonnaise.	
<b>Side Salad</b>	<b>£5.50</b>
Cucumber, peppers, plum tomatoes, sun blushed tomatoes on a bed of mixed leaves dressed in either a honey and mustard or lemon oil and balsamic dressing.	
<b>Buttered Vegetables</b>	<b>£5.50</b>
Steamed seasonal vegetables with salt, pepper and butter.	
<b>Crusty Bread Roll</b>	<b>£1.20</b>
White or brown freshly baked crusty roll served with butter or margarine.	
<b>Buttered New Potatoes</b>	<b>£5.00</b>
Steamed new potatoes finished with salt, pepper, parsley and butter.	

# VEGETARIAN LUNCH

Served between 12pm and 4pm

## Salads and Light Bites

### **Roasted Vegetable, Hummus and Beetroot Salad** £13.60

Roasted vegetables, hummus, beetroot, sun blushed tomatoes, pickled radishes, cucumber, peppers and plum tomatoes on a bed of mixed leaves finished with toasted pistachio nuts, lemon olive oil and a beetroot reduction.

### **Halloumi and Blueberry Salad** £13.80

Pan fried halloumi, roasted red and yellow peppers, pickled radishes, sun blushed tomatoes, roasted red onion, blueberries and plum tomatoes on a bed of mixed leaves, dressed with a blueberry and lemon dressing.

### **Soup of the Day** £7.80

Freshly made soup served with a bread roll and butter.

### **Vegan Soup of the Day** £7.80

Freshly made soup served with a bread roll and margarine.

### **Mushroom and Walnut Pâté** £8.80

Homemade mushroom and walnut pâté with a classic tomato chutney, toasted sourdough and a salad garnish dressed with balsamic glaze.

### **Creamy Garlic Mushrooms** £8.90

Served with toasted pine nuts and toasted Kalamata olive bread.

### **Lancashire Cheese and Onion Quiche** £13.50

Homemade Lancashire cheese and red onion quiche served warm with a classic tomato chutney, buttered new potatoes and either a side salad or vegetables.

### **Vegetarian Ploughman's Lunch** £16.80

Honeywell's vegan roll served with a slice of Lancashire cheese and red onion quiche, boiled egg, Lancashire cheese, smoked Sandham's cheese, pickled radishes, a classic tomato chutney and a crusty bread roll.

## Main Meals

Served 12pm until 3pm

### **Vegetable Curry, Rice and Naan Bread** £18.00

Chickpea, pepper, red onion and tomato curry served with rice and a warm Naan bread.

### **Vegan Sausage and Mash** £18.50

Honeywell's vegan sausages served with mashed potatoes, seasonal vegetables and a meat free gravy.

## Paninis

All served on a warm panini bread with a honey mustard dressed salad garnish and coleslaw.

### **Roasted Vegetable Panini** £11.90

With hummus.

### **Mushroom and Cheese Panini** £11.90

Field mushrooms and Garstang blue cheese.

### **Halloumi, Lettuce and Sunblushed Tomato Panini** £11.80

With mayonnaise.

# VEGETARIAN LUNCH

Served between 12pm and 4pm

## Sandwiches

All served on buttered white or malted bloomer bread with a honey mustard dressed salad garnish and coleslaw.

**Dewlay's Lancashire Cheese Sandwich** £9.90

With a tomato chutney.

**Egg Mayonnaise Sandwich** £9.90

Free range eggs with mayonnaise.

## Wraps

All served with a balsamic dressed salad garnish and vegan coleslaw.

**Roasted Vegetable and Hummus Wrap** £12.50

Roast vegetables, sun blushed tomatoes, baby gem lettuce and hummus.

**Add a bowl of soup to any sandwich, panini or wrap for £4.10**

**Add a bag of Lancashire Crisps for £1.30**

(Sea Salt, Sea Salt and Lancashire Vinegar, Lancashire Cheese and Onion, Lancashire Sauce, Black Pudding and English Mustard, Sea Salt and Cracked Black Pepper or Simply Spuds)

## Sides

**Potato Wedges** £5.50

Served with vegan garlic mayonnaise.

**Side Salad** £5.50

Cucumber, peppers, plum tomatoes, sun blushed tomatoes on a bed of mixed leaves dressed in either a honey and mustard or lemon oil and balsamic dressing.

**Buttered Vegetables** £5.50

Steamed seasonal vegetables with salt, pepper and butter.

**Crusty Bread Roll** £1.20

White or brown freshly baked crusty roll served with butter or margarine.

**Buttered New Potatoes** £5.00

Steamed new potatoes finished with salt, pepper, parsley and butter.

# GLUTEN FREE LUNCH

Served between 12pm and 4pm

## Salads and Light Bites

### **Roasted Vegetable, Hummus and Beetroot Salad** £13.60

Roasted vegetables, hummus, beetroot, sun blushed tomatoes, pickled radishes, cucumber, peppers and plum tomatoes on a bed of mixed leaves finished with toasted pistachio nuts, lemon olive oil and a beetroot reduction.

### **Salmon and Crayfish Salad** £15.10

Steamed mini salmon fillet, crayfish tails, boiled egg, mini capers, cucumber, peppers and plum tomatoes on a bed of mixed leaves. Finished with honey and mustard and Marie Rose dressings.

### **Halloumi and Blueberry Salad** £13.80

Grilled halloumi, blueberries, roasted red onion, sun blushed tomatoes, pickled radishes, and plum tomatoes on a bed of mixed leaves, dressed with a blueberry and lemon dressing.

### **Soup of the Day** £7.80

Freshly made soup served with a gluten free brioche roll and butter.

### **Vegan Soup of the Day** £7.80

Freshly made soup served with a gluten free brioche roll and margarine.

### **Mushroom and Walnut Pâté** £8.80

Homemade mushroom and walnut pâté served with gluten free toasted white bread and tomato chutney.

### **Chicken Liver Pâté** £8.80

Homemade chicken liver pâté served with gluten free toasted white bread and a tomato chutney.

### **Port of Lancaster Potted Shrimps** £13.60

Served warm on a gluten free toasted white bread with a side salad.

### **Ploughman's Lunch** £16.80

Honeywell's roast ham served with pulled ham hock, boiled egg, Lancashire cheese, smoked Sandham's cheese, pickled radishes, a classic tomato chutney and gluten free crusty panini bread.

## Main Meals

Served 12pm until 3pm

### **Oven Roasted Chicken Breast** £20.50

Served with Dauphinoise potatoes, seasonal vegetables and a creamy wild mushroom sauce.

### **Seabass Fillets** £21.20

Served with new potatoes, seasonal vegetables and a lemon and chive butter.

### **Vegetable Curry, Rice and Naan Bread** £18.00

Chickpea, pepper, red onion and tomato curry served with rice and a warm Naan bread.

### **Sausage and Mash** £18.50

Altham's Cumberland sausages served with mashed potatoes, seasonal vegetables and an onion gravy.

# GLUTEN FREE LUNCH

Served between 12pm and 4pm

## Sides

**Potato Wedges** £5.50

Served with vegan garlic mayonnaise.

**Side Salad** £5.50

Cucumber, peppers, plum tomatoes, sun blushed tomatoes, black olives on a bed of mixed leaves dressed in either a honey and mustard or lemon oil and balsamic dressing.

**Buttered Vegetables** £5.50

Steamed seasonal vegetables with salt, pepper and butter.

**Crusty Panini Bread** £1.20

Gluten free crusty panini bread served with butter or margarine.

**Buttered New Potatoes** £5.00

Steamed new potatoes finished with salt, pepper, parsley and butter.

## Sandwiches

*All served on white gluten free bread with a honey mustard dressed salad garnish and coleslaw.*

**Dewlay's Lancashire Cheese Sandwich** £9.90

With a tomato chutney.

**Honeywell's Roast Ham Sandwich** £11.90

With a tomato chutney.

**Steamed Scottish Salmon Sandwich** £12.30

In a lemon and parsley crème fraiche.

**Egg Mayonnaise Sandwich** £9.90

Free range eggs with mayonnaise.

**Tuna Mayonnaise Sandwich** £10.80

With spring onion.

**Add a bowl of soup to any sandwich for £4.10**

**Add a bag of Lancashire Crisps for £1.30**

(Sea salt, Black pudding and English mustard, Sea salt and cracked black pepper or Simply spuds)

# GLUTEN FREE LUNCH

Served between 12pm and 4pm

## Paninis

All served on warm gluten free panini bread with a honey mustard dressed salad garnish and coleslaw.

**Pan Fried Minute Steak with Fried Onions Panini** £12.60

Add Lancashire cheese £1.30

Add mushrooms £1.30

Add Garstang blue cheese £1.30

**Tuna and Spring Onion Melt Panini** £12.00

Topped with Lancashire cheese.

**BLT Panini** £12.20

Bacon, Lettuce and tomato with mayonnaise.

**Roasted Vegetable Panini** £11.90

With hummus.

**Mushroom and Cheese Panini** £11.90

Field mushrooms and Garstang blue cheese.

**Halloumi, Lettuce and Sunblushed Tomato Panini** £11.80

With mayonnaise.

**Ham and Cheese Panini** £12.30

Roasted Honeywell's ham and Lancashire cheese.

## Wraps

Gluten free wrap served with a balsamic dressed salad garnish and coleslaw.

**Cajun Spiced Chicken Wrap** £13.50

Cajun spiced chicken pieces, baby gem lettuce, sun blushed tomatoes with garlic mayonnaise.

**Crayfish Cocktail Wrap** £13.50

Crayfish tails, baby gem lettuce, sun blushed tomatoes and a Marie Rose dressing.

**Roasted Vegetable and Hummus Wrap** £12.50

Roast vegetables, sun blushed tomatoes, baby gem lettuce and hummus.

**Add a bowl of soup to any  
brioche roll or wrap for £4.10**

**Add a bag of Lancashire  
Crisps for £1.30**

(Sea salt, Black pudding and English mustard,  
Sea salt and cracked black pepper or Simply spuds)