# LUNCH

Served between 12pm and 4pm

## Salads and Light Bites

#### **Chicken Caesar Salad**

£15.50

Steamed chicken pieces, baby gem lettuce and Parmesan cheese dressed in Cardini's Caesar dressing topped with black pepper croutons and crispy Parma ham.

# Roasted Vegetable, Hummus and Beetroot Salad

£14.80

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, Blueberry and Pine Nut Salad £15.20

Grilled Halloumi on a bed of mixed leaves, cucumbers and peppers, with plum and sun blushed tomatoes, pickled radish, blueberries and pine nuts finished with a lemon and blueberry dressing.

#### Feta, Fig and Tomato Salad

£15.30

Greek feta cheese, sun blushed tomatoes, fresh fig, plum tomatoes and olives, served on a bed of mixed leaves, cucumbers and mixed peppers, dressed with a lemon olive oil and balsamic fig glaze. (Vegan feta cheese is available as a dairy free option)

#### Salmon and Crayfish Salad

£15.80

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

#### Soup of the Day

£8.00

Freshly made soup served with a bread roll and butter.

#### **Vegan Soup of the Day**

£8.00

Freshly made vegetable soup served with a bread roll and margarine.

#### Mushroom and Walnut Pâté

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Homemade mushroom and walnut pâté with a classic tomato chutney, toasted sourdough tin loaf from Lovingly Artisan and a salad garnish dressed with balsamic glaze.

### Chicken Liver Pâté

£9.20

Homemade chicken liver pâté served with a classic tomato chutney, toasted sourdough tin loaf from Lovingly Artisan and a salad garnish dressed with balsamic glaze.

#### Lancashire Cheese and Onion Quiche £14.90

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

#### **Smoked Mackerel**

£13.00

A warm fillet of smoked mackerel with a beetroot salad garnish, pickled radish and brown bread and butter.

#### Ploughman's Lunch

£17.60

A Poulton Pork Shop mini pork pie and a mini cup of homemade soup. Served with roasted ham, boiled egg, Lancashire cheese, smoked cheddar cheese, pickled radishes, a classic tomato chutney and a crusty bread roll.

#### Vegetarian Ploughman's Lunch

£17.60

Honeywell's vegan roll with a mini cup of homemade soup. Served with a mini slice of Lancashire cheese and red onion quiche, boiled egg, Lancashire cheese, smoked cheddar 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	Roast	Chicken	<b>Breast</b>		£22.40
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Chicken breast served on creamed savoy cabbage, carrots, a fondant potato and peppercorn sauce.

#### Asparagus and Wild Mushroom Risotto £21.00

Asparagus and wild mushroom risotto finished with griddled asparagus spears, Pecorino and a white truffle oil.

#### Seabass Fillets £22.60

Steamed seabass fillet served with new potatoes, green beans and carrots with an lemon and parsley butter.

#### Sausage and Mash £19.50

Altham's Cumberland sausages served on mashed potato, with creamed savoy cabbage, carrots and an onion gravy.

#### Vegan Sausage and Mash £19.50

Honeywell's vegan sausages served on mashed potatoes, with carrots, green beans and a meat free gravy.

#### **Sandwiches**

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

### Dewlay's Lancashire Cheese Sandwich £10.00

With a classic tomato chutney.

### Honeywell's Roast Ham Sandwich £12.00

With Branston pickle.

## Steamed Scottish Salmon Sandwich £12.50

In a lemon and parsley crème fraiche.

Egg Mayonnaise Sandwich £10.00

Made with free range eggs.

### Tuna Mayonnaise Sandwich £10.90

With spring onion.

## Wraps

All served with a balsamic dressed salad garnish and coleslaw.

#### BBQ Chicken and Cheese Wrap £13.60

Steamed chicken pieces, baby gem lettuce, sun blushed tomatoes and Lancashire cheese finished with a BBQ sauce.

#### Crayfish Cocktail Wrap £13.60

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

#### Roasted Vegetable and Hummus Wrap £13.20

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.

Pan Fried Minute Steak	
with Fried Onions Panini	£13.60
Add Lancashire cheese	£1.30
Add mushrooms	£1.30
Add Garstang blue cheese	£1.30
Tuna and Spring Onion Melt Panini Topped with Lancashire cheese.	£13.20
Roasted Vegetable Panini With hummus.	£12.70
Mushroom and Cheese Panini Field mushrooms and Garstang blue cheese.	£12.70
Ham and Cheese Panini Roasted Honeywell's ham and Lancashire cheese.	£13.20

# Add a bowl of soup to any sandwich, panini or wrap for £4.50

# Add a bag of Lancashire Crisps for £1.40

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

# Sides

Potato Wedges	£5.80
Served with garlic mayonnaise.	
<b>Side Salad</b> Cucumber, peppers, plum tomatoes, sun blushed tomatoes on a be of mixed leaves dressed in either a honey and mustard or lemon of and balsamic dressing.	
Side of Vegetables Steamed carrots, creamed savoy cabbage and green beans.	£5.80
Crusty Bread Roll White or brown freshly baked crusty roll served with butter or margarine.	£1.50
<b>Buttered New Potatoes</b> Steamed new potatoes finished with salt, pepper, parsley and butte	<b>£5.80</b> er.

# **VEGETARIAN LUNCH**

Served between 12pm and 4pm

## Salads and Light Bites

# Roasted Vegetable, Hummus and Beetroot Salad

£14.80

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, Blueberry and Pine Nut Salad £15.20

Grilled Halloumi on a bed of mixed leaves, cucumbers and peppers, with plum and sun blushed tomatoes, pickled radish, blueberries and pine nuts finished with a lemon and blueberry dressing.

#### Feta, Fig and Tomato Salad

£15.30

Greek feta cheese, sun blushed tomatoes, fresh fig, plum tomatoes and olives, served on a bed of mixed leaves, cucumbers and mixed peppers dressed with a lemon olive oil and balsamic fig glaze. (Vegan feta cheese is available as a dairy free option)

#### Soup of the Day

£8.00

Freshly made soup served with a bread roll and butter.

#### **Vegan Soup of the Day**

£8.00

Freshly made vegetable soup served with a bread roll and margarine.

#### Mushroom and Walnut Pâté

£9.10

Homemade mushroom and walnut pâté with a classic tomato chutney, toasted sourdough tin loaf from Lovingly Artisan and a salad garnish dressed with balsamic glaze.

#### Lancashire Cheese and Onion Quiche £14.90

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

£17.60

Honeywell's vegan roll with a mini cup of homemade soup. Served with a mini slice of Lancashire cheese and red onion quiche, boiled egg, Lancashire cheese, smoked cheddar cheese, pickled radishes, a classic tomato chutney and a crusty bread roll.

### **Main Meals**

Served 12pm until 3pm

#### Asparagus and Wild Mushroom Risotto

£21.00

Asparagus and wild mushroom risotto finished with griddles asparagus spears, Pecorino and a white truffle oil.

#### Vegan Sausage and Mash

£19.50

Honeywell's vegan sausages on mashed potatoes, with carrots, green beans 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**

£12.70

With hummus.

#### **Mushroom and Cheese Panini**

£12.70

Field mushrooms and Garstang blue cheese.

# **VEGETARIAN LUNCH**

Served between 12pm and 4pm

#### **Sandwiches**

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

Dewlay's Lancashire Cheese Sandwich £10.00

With a tomato chutney.

Egg Mayonnaise Sandwich £10.00

Made with free range eggs.

### **Wraps**

All served with a balsamic dressed salad garnish and coleslaw.

Roasted Vegetable and Hummus Wrap £13.20

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

Add a bowl of soup to any sandwich, panini or wrap for £4.50

# Add a bag of Lancashire Crisps for £1.40

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

### Sides

Potato Wedges	£5.80
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Served with garlic mayonnaise.

Side Salad £5.80

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.

Side of Vegetables £5.80

Steamed carrots, creamed savoy cabbage and green beans.

Crusty Bread Roll £1.50

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

Buttered New Potatoes £5.80

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

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

£15.80

£14.80

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

#### Halloumi, Blueberry and Pine Nut Salad £15.20

Grilled Halloumi on a bed of mixed leaves, cucumbers and peppers, with plum and sun blushed tomatoes, pickled radish, blueberries and pine nuts finished with a lemon and blueberry dressing.

#### Feta, Fig and Tomato Salad

£15.30

Greek feta cheese, sun blushed tomatoes, fresh fig, plum tomatoes and olives, served on a bed of mixed leaves, cucumbers and mixed peppers dressed with a lemon olive oil and balsamic fig glaze. (Vegan feta cheese is avaliable as a dairy free option).

#### Soup of the Day

£8.00

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

#### Vegan Soup of the Day

£8.00

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

#### Mushroom and Walnut Pâté

£9.10

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

#### Chicken Liver Pâté

£9.20

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

#### **Smoked Mackerel**

£13.00

A warm fillet of smoked mackerel with a beetroot salad garnish, pickled radish and gluten free bread and butter.

#### Ploughman's Lunch

£17.60

Honeywell's roast ham and a mini cup of homemade soup. Served with a boiled egg, Lancashire cheese, smoked cheddar, pickled radishes, a classic tomato chutney and a gluten free roll with butter.

#### **Main Meals**

Served 12pm until 3pm

#### **Oven Roast Chicken Breast**

£22.40

Chicken breast served on creamed savoy cabbage, carrots, a fondant potato and peppercorn sauce.

## Asparagus and Wild Mushroom Risotto

£21.00

Asparagus and wild mushroom risotto finished with griddles asparagus spears, Pecorino and a white truffle oil.

#### Seabass Fillets

£22.60

Steamed seabass fillet served with new potatoes, green beans and carrots with an lemon and parsley butter.

#### Sausage and Mash

£19.50

Altham's Cumberland sausages on mashed potato, with creamed savoy cabbage, carrots and an onion gravy.

# GLUTEN FREE LUNCH

Served between 12pm and 4pm

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Potato Wedges	£5.80
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Served with garlic mayonnaise.

Side Salad £5.80

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.

Side of Vegetables £5.80

Steamed carrots, creamed savoy cabbage and green beans.

Gluten Free Bread Roll £1.50

Freshly baked white gluten free roll served with butter or margarine.

Buttered New Potatoes £5.80

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 With a tomato chutney.	£10.00
Honeywell's Roast Ham Sandwich With a tomato chutney.	£12.00
Steamed Scottish Salmon Sandwich In a lemon and parsley crème fraiche.	£12.50
Egg Mayonnaise Sandwich Made with free range eggs.	£10.00
Tuna Mayonnaise Sandwich With spring onion.	£10.90

Add a bowl of soup to any sandwich for £4.50

# Add a bag of Lancashire Crisps for £1.40

(Sea salt, Lancashire Cheese and Onion, Lancashire Sauce, Black Pudding and English Mustard or Simply Spud)

# 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	£13.60
Add Lancashire cheese	£1.30
Add mushrooms	£1.30
Add Garstang blue cheese	£1.30
Tuna and Spring Onion Melt Panini Topped with Lancashire cheese.	£13.20
Roasted Vegetable Panini With hummus.	£12.70
Mushroom and Cheese Panini Field mushrooms and Garstang blue cheese.	£12.70
Ham and Cheese Panini Roasted Honeywell's ham and Lancashire cheese.	£13.20

## Wraps

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

## BBQ Chicken and Cheese Wrap £13.50

Steamed chicken pieces, baby gem lettuce, sun blushed tomatoes and Lancashire cheese finished with a BBQ sauce.

## Crayfish Cocktail Wrap £13.60

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

### Roasted Vegetable and Hummus Wrap £13.20

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

# Add a bowl of soup to any Panini or wrap for £4.50

# Add a bag of Lancashire Crisps for £1.40

(Sea salt, Lancashire Cheese and Onion, Lancashire Sauce, Black Pudding and English Mustard or Simply Spud)