

LUNCH MENU

STARTERS

Freshly baked bread, olives, houmous £6.50

Homemade cauliflower soup, bacon crumb, saffron and truffle oil,
toasted sourdough, salted butter **(V)(GF)** £7.00

Hot smoked salmon, poached duck egg, chive, mustard, hollandaise, watercress salad £9.50

Waldorf salad, fresh apple, celery, grapes, walnuts, blue cheese **(VE)** £8.00/14.50

SHARING PLATTER

Eden Valley smoked ham, Cumbrian air dried leg of lamb, Lakeland pancetta,
Lancashire smoked chicken, Mrs Kirkham’s Lancashire cheese, olives, crusty bread (GF) £19.00

MAINS
Steak Frites, peppercorn sauce, cherry vine tomatoes, French fries and salad **(GF)** £22.00

Beer battered haddock, hand cut chips, mushy peas, tartare sauce £16.00

Whitby Scampi, French fries, salad £15.00

Chargrilled chicken breast ciabatta, wasabi mayonnaise, French fries£11.00

Cheese, potato and onion pie, new potatoes, market vegetables **(V)** £15.00

Pumpkin and wild mushroom risotto, roasted carrot and pumpkin puree, toasted seeds
spiced honey **(VE)(GF)** £15.00

DESSERTS
Fruits of the forest cheesecake, raspberry sorbet £7.50

Cherry chocolate bread and butter pudding, vanilla crème anglaise £7.50

Baileys crème brulee, hazelnut and white chocolate shortbread **(GF)** £7.50

Sticky toffee pudding, vanilla ice cream £7.50

County trio cheese board, Flakebridge Eden smokie, Mrs Kirkham’s Lancashire
Garstang blue, apple, date and damson chutney, celery, apple, grapes **(GF)** £10.50

**GF – can be made gluten free/VE – vegan alternative available** **Please turn over for allergen information**

**FOOD ALLERGIES AND INTOLERANCES**

Some of our foods contain allergens. Please speak to a member of staff for more information.

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| Logo, company name  Description automatically generated with medium confidenceAllergens | Starters | Mains | Desserts |
| Soup | Bread & Olives | Hot Smoked Salmon | Waldorf Salad  | Sharing Platter | Steak Frites | Cheese & Onion Pie | Haddock | Scampi | Chicken Ciabatta | Pumpkin Risotto |  | FOTF Cheesecake | B&B Pudding | Brulee | Sticky Toffee Pudding | Cheese Board |
| See the source imageCelery | √ |  |  | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| See the source imageCereals containing gluten\*\* |  | √ |  | √ | √ |  | √ | √ | √ | √ |  |  | √ | √ | v | √ | √ |
| See the source imageCrustations  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| See the source imageEggs |  |  | √ |  |  |  |  |  |  |  |  |  |  | √ |  | √ |  |
| See the source imageFish |  |  | √ |  |  |  |  | √ | √ | √ |  |  |  |  |  |  |  |
| Image result for Lupin allergen imageLupin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Image result for Milk allergen imageMilk | √ |  | √ |  |  | √ | √ |  |  |  | √ |  | √ | √ | √ | √ | √ |
| Image result for molluscs allergen imageMolluscs |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Image result for Mustard allergen imageMustard |  |  |  | √ | √ | √ | √ |  |  |  |  |  |  |  |  |  |  |
| Image result for Nuts allergen imageNuts\* |  |  |  | √ |  |  |  |  |  |  | √ |  |  |  |  |  | √ |
| See the source imagePeanuts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Image result for SESAME SEED allergen imageSesame Seeds |  | √ |  | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| See the source imageSoya |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Image result for Sulphur dioxide allergen imageSulphur Dioxide  |  |  |  |  | √ |  |  |  |  |  | √ |  |  |  |  |  |  |