

Lunch Menu

Lighter dishes for the middle of the day
Served 12 – 4 Monday till Friday

Sandwiches all £6.50

All made fresh to order & served with our homemade coleslaw & salad garnish
Choose your bread – Brown, White or Ciabatta

Tuna Mayonnaise & Spring Onion
Cumbrian Ham & Celeriac Slaw
Smoked Salmon, Prawns & Lemon Mayonnaise
Red Pepper Hummus, Peppers, Sun Blush Tomato & Rocket

Add a small soup to your Sandwich £9.95

BOARDS – great for sharing

All served with salad garnish & artisan breads

Veggie Board – Chargrilled Vegetables, Courgette Fritters, Halloumi Sticks, Celeriac Slaw & Red Pepper Hummus	15.90
Fish Board – Smoked Mackerel Pate, Beetroot Gravadlax, Fish Goujons, Little Seafood Pot, pickled fennel & a teriyaki dip	15.90
Meats & Cheeses – Chicken Liver Parfait, Serrano Ham, Salami, Chorizo, Halloumi Sticks, Garstang Blue, Smokey Cheddar, Cumberland Sneck Lifer Chutney & Red Pepper Hummus	16.90

LIGHT BITES & MORE

Today's Soup with Crusty Bread	5.20
Courgette Fritters with teriyaki dip & salad garnish	5.95
Little Seafood Pot with crusty bread – flaked salmon, haddock, prawns in creamy curried leeks with a parmesan & herb crust	6.95
Chicken Liver Parfait with toast, Cumberland 'Sneck Lifter' Chutney & salad garnish	6.50
Ginger, Soy & Sesame Rice Noodles with peppers, mangetout, courgettes, baby corn & bean sprouts	12.95
Grilled Halloumi with Beetroot & roasted root vegetables in a honey, thyme & balsamic dressing	13.50