

Lunch Menu

Lighter dishes for the middle of the day

Served 12 – 4 Monday till Friday

Sandwiches all £6.95 OR add a Small Bowl of Soup £10.95

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

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, Smoked Salmon & Prawns, Fish Goujons, Little Seafood Pot, Pickled Fennel & Tartar Sauce

£16.90

Meats & Cheeses – Chicken Liver Parfait, Mortadella, Salami, Chorizo, Halloumi Sticks, Garstang Blue, Smoky Cheddar, Cumberland Sneck Lifter 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

£7.25

Chicken Liver Parfait with toast, Cumberland 'Sneck Lifter' Chutney & salad garnish

£6.50

Rice Noodles in a Ginger, Soy & Sesame sauce tossed with peppers, mange tout, courgette, baby corn, bean sprouts & pak choi £13.95

or add Teriyaki Salmon £16.95

Crispy Oat Coated Melting Goats Cheese on a mixed leaf salad with spiced squash, roquito peppers, cous cous, mint, coriander & an avocado, tahini & lemon dressing

£13.95

All dishes may contain nuts or other allergens. Please inform staff of any allergies.