

BOWLAND

FOOD HALL

COFFEE

	<i>Small</i>	<i>Large</i>
MACCHIATO	£1.80	£2.00
CAPPUCCINO	£2.30	£2.60
LATTE	£2.30	£2.60
AMERICANO	£2.20	£2.50
MOCHA	£2.50	£2.80
HOT CHOCOLATE	£2.40	£2.70
ESPRESSO	£1.65	£1.95
ESPRESSO CON PANNA	£2.95	
CORTADO	£2.10	
FLAT WHITE	£2.30	
SYRUP SHOT	£0.50	

• TEA •

Exchange Teas
(cf) caffeine free

	<i>for 1</i>
ENGLISH BREAKFAST	£2.50
DECAF ENGLISH BREAKFAST	£2.50
EARL GREY	£2.50
GUNPOWDER GREEN TEA (cf)	£2.50
PEPPERMINT GREEN TEA (cf)	£2.50
STRAWBERRY & KIWI (cf)	£2.50
FRUIT INFUSION	£2.50

BREW TEA COMPANY

LEMON AND GINGER	£2.50
FRUIT PUNCH	£2.50

BREAKFAST

GRANOLA WITH GREEK YOGHURT Fruit compote	£2.75
MARKET FRUIT POT	£2.50
TOASTED FRUIT TEACAKE	£3.25
SOURDOUGH DOORSTEP TOAST	£2.45
OAK SMOKED BACON BUTTY Back bacon on a Holmes Made barm cake	£4.95
BOWLAND SAUSAGE BUTTY Cowman's sausages on a Holmes Made barm cake	£4.95

Viennoiserie

from £1.95
please ask for today's selection

CROISSANT Pistachio, almond & raspberry
PAIN AU CHOCOLAT
CINNAMON & CUSTARD

PANINIS / TOASTIES

CROQUE MONSIEUR Toasted sourdough with smoked ham & Emmental cheese	£6.35
PORTOBELLO MUSHROOM CROQUE Toasted sourdough, Portobello mushrooms & Emmental cheese	£5.95
TUNA MELT Dolphin friendly tuna flakes in a light mayonnaise with spring onion, in a panini toasted with Mrs Kirkham's mature cheddar	£6.15
CHICKEN TIKKA Spiced free range chicken breast with plum tomato and mayonnaise in a toasted panini	£6.35
MOZZARELLA, PESTO & TOMATO Slices of mozzarella with basil pesto and plum tomato in a toasted panini	£5.95



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SANDWICHES

All served with a salad garnish, coleslaw and Lancashire crisps.

HOLMES MADE DELI TRIO	£5.75
Roast rare beef with horseradish and rocket, venistiva salami with dijon mayonnaise, bresaola and pickles	
HOLMES MADE GAMMON SALAD	£5.25
Glazed gammon, baby gem, plum tomato, red onion and cucumber	
HUMMUS ROASTED VEG FOCACCIA	£5.25
Holmes Made hummus with marinated vegetables in a tomato and red onion focaccia	
HOLMES MADE THREE CHEESE	£5.85
Tasty Lancashire cheddar with baby gem and plum tomato, Grace's goats cheese with sweet chilli jam, Garstang white with red onion chutney	
TUNA SALAD	£5.65
Tuna, pin head capers, sun blushed tomato, red onion and bound with mayonnaise	
FREE RANGE EGG & WATERCRESS	£5.25
Free range eggs with mustard mayonnaise and watercress	
PRAWN MARIE ROSE	£6.25
North Atlantic prawns, marie rose sauce and baby gem lettuce	

• SALADS •

CHICKEN CAESAR SALAD	£6.95
Crisp baby gem, watercress & rocket, sourdough croutons, shaved parmesan & Caesar dressing	
ROASTED VEGETABLE & PESTO SALAD	£6.95
Marinated roast courgette, artichoke and red onion, sun blushed tomato, orzo pasta with a pesto dressing	
HARRISA SPICED SALMON SALAD	£7.50
Harrisa roast fillet of salmon, cucumber, red onion, plum tomato and rocket salad with a yogurt dressing	

CAKES

FROM £1.95

Ask your server for today's selection of freshly baked cakes, cheesecakes and pastries.

• SOFT DRINKS •

SAN PELLEGRINO 250ml	£2.30
ACQUA PANNA 250ml	£2.30
SAN PELLEGRINO CAN 330ml	£1.50
Blood Orange / Lemon / Lime / Orange	
COKE Btl 330ml	£2.35
DIET COKE Btl 330ml	£2.35
FENTIMANS 275ml	£1.65
Dandelion and Burdock	
Victorian lemonade / Mandarin and seville orange jigger / Ginger beer	
Cherry cola / Curiosity cola / Rose lemonade	

Juices

Visit our juice bar where Sarah and the team know exactly what it takes to make the perfect healthy raw juice!



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BOWLAND BOARDS

1 for £8.50 / 2 for £15 / 3 for £21

MEAT BOARD

Cured meat charcuterie selection with sun dried tomatoes and olives, served with artisan bread.

CHEESE BOARD

Greenfields crumbly Lancashire, Garstang white, Bluesticks Blue, Shorrocks Lancashire Bomb.

Served with red onion chutney, olives and artisan bread.

LANCASHIRE BOARD

Roy Porters pork pie, Heritage piccalilli, Lancashire cheese quiche served with Lancashire Crisps.

FISH BOARD

Salmon, smoked mackerel pate, prawns, aioli and crostini.

VEGETARIAN BOARD

Hummus, stuffed vine leaves, artichoke, sun dried tomatoes, borettane onions, olives, cornichons served with artisan bread.

NIBBLES

Olive Bowl
Crisps

£1.95
£1.00

TEA

Exchange Teas

English Breakfast	£2.50
English Decaf	£2.50
Earl Grey	£2.50
Green Tea	£2.50

Brew Tea Co.

Lemon & Ginger	£2.50
Fruit Punch	£2.50

COFFEE

	<i>Small</i>	<i>Large</i>
Macchiato	£1.80	£2.00
Cappuccino	£2.30	£2.60
Latte	£2.30	£2.60
Americano	£2.20	£2.50
Hot chocolate	£2.40	£2.70
Mocha	£2.50	£2.80
Espresso	£1.65	£1.95
Espresso con panna	£2.95	
Cortado	£2.10	
Flat white	£2.30	
Syrup shot	£0.50	

Patisseries

Gorgeous Cheesecakes	£3.60
HOLMES MADE	
Bakewell Slice	£2.25
Rocky Road	£1.95
Chocolate Brownie	£2.25
Flapjack	£2.75
Scone with Jam	£2.25
Scone with Jam & Cream	£2.95

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RED WINE

SABINA TEMPRANILLO

125ml £3.25 175ml £4.50 250ml £5.75

SIXTY CLICKS SHIRAZ

125ml £3.50 175ml £4.95 250ml £5.95

ZARABANDA RIOJA

125ml £3.50 175ml £4.95 250ml £5.95

EL INFIERNILLO PINOT NOIR

125ml £3.50 175ml £4.95 250ml £6.25

DUBOSCQ CLARET

125ml £4.00 175ml £5.50 250ml £7.00

COTES DU RHONE

125ml £4.75 175ml £6.25 250ml £8.00

ROSÉ WINE

LOS OTROS SAUVIGNON BLANC

125ml £3.50 175ml £4.95 250ml £6.25

PASION DE BOBAL ROSADO

125ml £4.00 175ml £5.50 250ml £7.00

SPARKLING

MINI ITALIA PROSECCO

125ml £5.50

CASA BURTI FLUTE ROSÉ

Glass £5.00

Fancy a bottle?

Choose any off the shelf and
add £6 corkage to enjoy here!

WHITE WINE

SIXTY CLICKS SAV. SEMILLION

125ml £3.50 175ml £4.95 250ml £5.95

HELTER SKELTER CHARDONNAY

125ml £3.50 175ml £4.95 250ml £5.95

BADAJO RUEDA

125ml £3.50 175ml £4.95 250ml £5.95

WANDERLUST N.Z SAV BLANC

125ml £4.00 175ml £5.50 250ml £7.00

DRY LANDS CHENIN BLANC

125ml £4.25 175ml £6.00 250ml £8.00

BEER / LAGER

San Miguel	£2.85
Lakeland Lager	£3.25
Estrella Inedit	£3.50
Hen Harrier	£3.00
IPA	£3.00
Pheasant Plucker	£3.00

SOFT DRINKS

Fentimans

Dandelion & Burdock	£1.65
Cherry Cola	£1.65
Victoria Lemonade	£1.65
Rose Lemonade	£1.65

Sanpellegrino

Lemon	£2.30
Orange	£2.30
Coke	£2.35
Diet Coke	£2.35
Sparkling Water	£2.30
Still Water	£2.30