



# MADE WITHOUT GLUTEN

## NIBBLES

Gluten Free Seeded Rolls (v) <i>Dipping Oils   Whipped Butter</i>	4.00
Mistoliva Olives (v) <i>Extra Virgin Olive Oil   Garlic &amp; Parsley</i>	3.50
Smoked Ham Hock Croquettes <i>Comte Cheese   Cornichons   Saffron Aioli</i>	4.50
Pok Pok Lotus Crisps (v) <i>Thai Chilli Salt</i>	3.50
Lime, Chilli & Garlic King Prawns <i>Garlic &amp; Parsley Dipping Sauce</i>	6.00

## STARTERS

BBQ'd Tender-Stem Broccoli (v) <i>Charred &amp; Sticky Broccoli Stems   Feta Cheese Sesame &amp; Za'atar Dressing</i>	6.50
Courgette & Roast Garlic Soup (v) <i>Soured Cream   Toasted Fennel</i>	6.00
Hot Smoked Salmon <i>Scorched &amp; Smoked Salmon   Horseradish Gin Pickled Vegetables</i>	7.50
Szechuan Spiced Squid <i>Crispy Spiced Squid   WaterMelon Relish Pickled Daikon</i>	7.00
Slow Cooked Bowland Hens Egg (v) <i>Smashed Avocado   Chilli &amp; Gluten Free Toast</i>	6.00
Salt Marsh Lamb Shawarma Skewers <i>Hung Yoghurt   Mint</i>	7.50
Pâté De Campagne <i>Course Rustic Pâté   Pistachios   Fermented Grapes Toasted Gluten Free Bread</i>	7.50
Grilled Sardines on Gluten Free Toast <i>Marinated Sardines   Toast   Olive Tapenade   Aioli</i>	6.50

## SALADS

Superfood Salad (v) <i>Moroccan Spiced Charred Tender-stem Broccoli Pomegranate Wild Rice   Feta   Parsley Mint   Seeds   Ras El-Hanout Yoghurt</i>	10.00
Chicken Caesar <i>Chargrilled Chicken Breast   Bacon Parmigiano Reggiano   Gluten Free Croutons Kos Lettuce   Caesar Dressing</i>	12.00
Burrata Caprese (v) <i>Burrata Cheese   Heirloom Tomatoes Wild Rocket Leaf   Basil   Extra Virgin Olive Oil Balsamic   Olives</i>	13.00

## MAINS

Moules Frite <i>Mussels   Shallots   Garlic   White Wine Parsley &amp; Cream   French Fries   Aioli Or try mussels spiked with Gluten free Lager.</i>	14.00
Coq au Vin Jaune <i>Slow Cooked Chicken Leg   White Wine Smoked Bacon   Morel Mushrooms Dijon Mustard   Pomme Puree</i>	16.50
Gobi Manchurian (v) <i>Manchurian Cauliflower   Spinach &amp; Lentil Dahl Mango Pickle   Minted Yoghurt</i>	14.00
Briouat Fritters (v) <i>Crispy Fritter of Sweet Potato Pea &amp; Dukkha Spice   Wild Rice Preserved Lemon   Green Beans   Hazelnut</i>	14.00
Grilled Atlantic Cod <i>Sicilian Gluten Free Pasta   Cauliflower   Saffron Pecorino Cheese   Golden Sultanas Toasted Pine Nuts   Breaded Oyster</i>	17.50
Fish & Chips <i>Gluten Free Battered Haddock Holmes Mill Chunky Chips   Mushy Peas Lemon   Tartare Sauce</i>	12.00
Spinning Block Steak Burger <i>Prime Beef Patty   Club Sauce   Grilled Onions Dill Pickle   Gluten Free Bun   Aspen Fries</i>	12.00

Although we are careful to only use ingredients that do not specifically contain gluten in our dishes, some ingredients may contain traces of gluten due to their production methods. Please inform a member of staff if anyone in your party has a food allergy or intolerance before ordering. We can then advise you about our ingredients. Please note that as allergenic ingredients, including nuts, are present in our kitchen, we are not able to guarantee that any dish can be made 100% allergen free. Fish dishes may contain bones.



# MADE WITHOUT GLUTEN

## HIMALAYAN SALT CHAMBER

*Dry aged for 24 days in a specially built chamber lined with bricks cut from salt buried in the Himalayan mountains, to help the aging process and develop a well-rounded flavour.*

Rib-eye 225g (8oz) 24.00

Sirloin 225g (8oz) 24.00

*All of the above are served with a grilled mushroom, vine plum tomato, Holmes Mill chunky chips & dressed leaves.*

## BOWLAND BUTCHERY'S CHOICE

*Native Hereford pedigree prime beef, free range and grass fed, sourced from Dunbia, a leaner beef with high quality marbling.*

Hanger Steak 225g (8oz) 18.00  
*(served medium rare)*

Rump Steak 250g (9oz) 22.00

Fillet 225g (8oz) 28.00

Tomahawk for two 4.80  
*(av weight 1100g/38oz) per 100g*

*All of the above are served with a grilled mushroom, vine plum tomato, Holmes Mill chunky chips & dressed leaves.*

## SIDES 3.00

*Honey Glazed Heritage Carrots (v)*

*Charred Broccoli & Toasted Almonds (v)*

*Baked Radicchio, Capers Rapeseed Oil & Balsamic (v)*

*Buttered New Potatoes (v)*

*Skinny Fries (v)*

*Holmes Mill Chunky Chips (v)*

*Seasonal Greens (v)*

*Salad Caprice (v)*

*Gluten Free Battered Onion Rings (v)*

## BUTCHER CUTS

*All the cuts have been chosen with quality and provenance in mind, the lamb is reared on the Lancashire salt marshes, the pork is dry aged and mature.*

Spatchcock Poussin Glazed with Chimichurri 18.00

Dry Aged Pork T-Bone 400g (14oz) 19.00

Salt Marsh Lamb Saddle Chop 225g (8oz) 20.00

*All of the above are served with a grilled mushroom, vine plum tomato, Holmes Mill chunky chips & dressed leaves.*

## FISH GRILL

Grilled Fish of the Day Market Price

Charred Salmon Darn 17.00

Market Grill 24.00

*Selection from our daily fish board*

*All our fish grill dishes are served with seasonal greens & buttered new potatoes.*

## SAUCES 3.00

*Roasted Smoked Garlic Butter | Red Wine Jus  
Green Peppercorn | Bearnaise (v)  
Lemon Butter Sauce (v) | Noisette Tartare (v)*

## DESSERTS

Bowland Food Hall Sticky Toffee Pudding (v) 6.00

*Butterscotch Sauce | Vanilla Ice-cream*

Dark Chocolate Mousse (v) 6.00

*Griottine Cherries | Honeycomb*

BBQ'd Pineapple (v) 7.00

*Salted Caramel | Rum | Whipped Cream*

Food Hall Cheese Selection 10.00  
*Chutney | Gluten Free Crackers | Preserved Grapes*

Selection of Bowland Ice-Creams (v) 5.00