

# BOWLAND

FOOD HALL

## BREAKFAST

Served until 12 noon

LAKELAND MUESLI & LITTLE TOWN DAIRY YOGURT With fruit compote	£2.75
TOASTED FRUIT TEACAKE	£1.95
OAK SMOKED BACON BUTTY Bowland back bacon on a barm cake	£4.95
BOWLAND SAUSAGE BUTTY Cowman's sausages on a barm cake	£4.95
BOWLAND FREE RANGE EGGS BENEDICT Parma ham and poached eggs on sourdough with hollandaise sauce	£7.50
CRUSHED AVOCADO & POACHED FREE RANGE EGG On sourdough toast	£6.50

BOWLAND FULL ENGLISH 2 Cowman's sausage, Bowland egg, Bowland reared bacon, tomato, beans, hash brown, black pudding, mushroom and a slice of toasted bloomer	£9.50
BOWLAND VEGGIE 2 vegetarian sausages, Bowland egg, hash brown, tomato, vegan black pudding, mushroom and a slice of toasted bloomer	£8.50

BAKED SPANISH SPICY EGGS With avocado and chorizo	£7.95
BOWLAND 3 EGG OMELETTE with a choice of two toppings; Greenfields Tasty Lancashire cheese, Bowland ham, Large vine tomatoes, Flat white breakfast mushroom	£6.50
BOWLAND PANCAKES with a choice of two toppings; Bowland reared bacon, Maple syrup, Nutella chocolate spread, bananas, Reedy's strawberry jam	£6.50

## 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 Tuna flakes in a light mayonnaise with spring onion, in a panini toasted with Mrs Kirkham's Lancashire	£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

## SALADS

CHICKEN CAESAR SALAD Crisp baby gem, sourdough croutons, shaved parmesan and Caesar dressing	£6.95
HARISSA SPICED SALMON SALAD Harissa roast fillet of salmon, cucumber, red onion, plum tomato and rocket salad with a yogurt dressing	£7.50
BUDDHA BOWL Includes 1 base, 3 veg, 1 protein and a choice of toppings and dressing	£7.50

## SANDWICHES

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

ROAST BEEF & DIJON MUSTARD Prime Hereford roast beef thinly sliced with Dijon mustard mayonnaise and rocket leaf on a granary bloomer	£5.75
HOLMES MADE ROAST GAMMON Glazed gammon thinly carved with crisp gem lettuce, plum tomato, red onion and cucumber on a white bloomer	£5.25
HOUMOUS & ROASTED VEG FOCACCIA Houmous and Mediterranean vegetables on a tomato and red onion focaccia	£5.25
GREENFIELDS TASTY LANCASHIRE Crumbled Tasty Lancashire with Heritage Kitchen chilli jam on a bloomer with tomato and red onion salad	£5.85
TUNA SALAD Tuna, pin head capers, sun blushed tomato, red onion and bound with mayonnaise	£5.65
FREE RANGE HEN'S EGG & WATERCRESS Free range eggs with mustard mayonnaise and watercress	£5.25
PRAWN MARIE ROSE North Atlantic prawns, Marie Rose sauce and baby gem lettuce	£6.25

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.

# BOWLAND

FOOD HALL



## Bowland Boards

1 FOR £8.50 / 2 FOR £15

### MEAT BOARD

Cured meat charcuterie selection with sun dried tomatoes, pecorino cheese and artisan breads.

### CHEESE BOARD

Godminster Cheddar, Nicky Nook, Drunken Burt and Parlick Fell served with red onion chutney, grapes, artisan bread and a selection of cheese biscuits from the Food Hall.

### LANCASHIRE BOARD

Lancashire pie with Heritage piccalilli, Lancashire crumbly cheese on a Stockman's oat cake with Tracklements apple and cider brandy chutney, Lancashire cheese quiche and Lancashire Crisps.

### FISH BOARD

Smoked salmon pâté and crostini, mini prawn cocktail, peppered mackerel fillet, crispy whitebait and aioli dip.

### VEGETARIAN BOARD

Houmous, sun dried tomatoes, borettane onions, olives, quiche and cornichons, seggiano whole grain breadsticks, stuffed vine leaves and deli salad.

## • NIBBLES •

£2.50 EACH

VEGETABLE CRISPS

MIXED OLIVES

SOURDOUGH, OIL & BALSAMIC

SEAFOOD COCKTAIL FROM THE DELI

DELI COUNTER HOUMOUS WITH FRESHLY BAKED FOCACCIA BREAD



*Why not choose 3 to share?*

CHOOSE 3 NIBBLES AND 2 GLASSES OF 175ML WHITE, RED OR ROSÉ WINE OR GLASS OF PROSECCO FOR £16.00

*The majority of the ingredients on our menu are available to purchase in the food hall.  
Ask your server for details!*