



BOWL AND LAND

FOOD HALL

BREAKFAST & BRUNCH

Served until 12 noon

Coffee & Croissant	£3.50
Any regular coffee and choice of croissant	
Coffee & Portuguese Tart	£3.25
Any regular coffee and Portuguese tart	
Overnight Oats	£3.75
Chia, vanilla, honey, natural yogurt & rolled oats. Soaked overnight & topped with berries, crunchy spelt flakes and local honey	
Pancakes	£6.50
American pancakes topped off with your favourite topping;	
- Streaky bacon & maple syrup	
- Fresh berries & vanilla crème fraîche (v)	
- Fresh banana, peanut butter and Nutella (v)	
Rainbow Smoothie Bowl	£6.90
Spinach, avocado, mango, almond milk, topped off with banana, mixed berries and seeds (Ve)	
Tropical Smoothie Bowl	£6.90
Mango, pineapple, coconut milk, topped off with blueberries, passion fruit and coconut	
Filled Croissant	£3.75
Roast ham & Emmental cheese	
Marshmallow & Berry French Toast	£7.50
Cinnamon and vanilla, drizzled in berry compote and toasted marshmallows	

BUDDHA BOWL

£7.50

Fresh, colourful, beautifully balanced and absolutely delicious... Buddha Bowls are full of vegetables, grains and proteins and so much more!

Choose a base, three veggies, a protein and dressing and seeds to finish.



BOWL AND LAND 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, La Guildive sardines, crostino, XV olive oil.

Vegetarian Board

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

NIBBLES

All £2.50 each

Vegetable Crisps

Mixed Olives

Sourdough, Oil & Balsamic

Seafood Cocktail from the Deli

Deli Counter Houmous

with linguette flat crisp 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

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

COFFEE

	regular / large
Macchiato	£1.75 / £2.00
Cappuccino	£2.45 / £2.70
Latte	£2.40 / £2.70
Americano	£2.30 / £2.60
Mocha	£2.70 / £3.00
Hot Chocolate	£2.40 / £2.70
Espresso	£1.70 / £2.00
Espresso Con Panna	£2.95
Cortado	£2.10
Flat White	£2.50
Frappe Coffee	£3.25
Syrup Shot	£0.50
Baileys Shot	£3.00
Cointreau Shot	£3.00

TEA for 1 *Exchange Teas (cf) caffeine free*

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	
Fruit Punch	£2.50



JUICES

Glass £4.95

Ginger Blast	Apples, carrots, lemon, ginger
Energiser	Beetroot, carrots, apple, orange
Green Machine	Apple, spinach, courgette, lime
Sunshine Kick	Carrots, sweet potato, pineapple, ginger



SOFT DRINKS

Freshly Squeezed Orange	£1.95
Fresh Apple	£1.50
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 & Burdock	
Victorian Lemonade	
Mandarin and Seville Orange Jigger	
Ginger Beer	
Cherry Cola	
Curiosity Cola	
Rose Lemonade	

SMOOTHIES

Indulgence

Pineapple, coconut milk, banana, coconut flakes

Protein Powerhouse

Banana, peanut butter, cacao, honey, almond milk

Antioxidant

Berries, banana, almond milk, oats, goji berries

Cleanser

Pineapple, banana, orange, lemon

Soother

Pineapple, mango, coconut milk, ginger, lemon

Glass £4.95