

BOWLAND

FOOD HALL

Soups

Served with artisan white or granary cob

Holmes Made Soup	£4.95
Ballancourt Fish Soup	£5.50

Open Sandwiches & Clubs

Breads from 'All you Knead' bakery

Poached Salmon	£6.95
Lemon mayonnaise & rocket	

Avocado & Smoked Salmon	£7.25
Port of Lancaster Smokehouse	

Greenfield's Tasty Lancashire	£6.25
Crumbled Tasty Lancashire with Heritage Kitchen chilli jam with tomato & red onion salad	

Bowland Free Range Egg Mayo	£5.95
with rocket	

Bowland Club Sandwich	£8.25
Grilled chicken breast, crispy bacon, boiled free range egg, lettuce, tomato & mayonnaise	

Bowland Veggie Club Sandwich	£7.50
Grilled red pepper and courgette, spinach, griddled halloumi & houmous	

Salads

Seared Tuna Niçoise	£11.00
Baby spinach, green beans, boiled free range egg, olives & vinaigrette dressing	

Chicken Caesar	£11.00
Crisp baby gem, sourdough crostini, shaved parmesan & Caesar dressing	

Warm Mackerel and Potato	£10.50
Baby spinach and heritage tomatoes, mustard dressing	

Raw Vegan	£8.50
Avocado, cauliflower, carrot, baby spinach, tahini dressing & spicy nuts	

Caprese	£8.50
Buffalo mozzarella, vine tomatoes, fresh basil with pesto dressing	

Welcome

TO BOWLAND FOOD HALL

Fantastic food and drink from near and far –
ready to cook, ready to eat, ready to try!

Buddha Bowls

Our daily selection of salads from the deli
counter, topped with:

Grilled Chicken	£8.00
Harissa Poached Salmon	£8.95
Griddled Halloumi	£7.25
Avocado	£7.00

Nibbles

Houmous & grilled pitta	£3.95
Grissini & pesto	£3.95
Balsamic onions	£3.95
Pitta & green olives with chilli	£3.95
Char-grilled artichokes	£3.95
Cowman's caramelised onion sausages on sticks	£4.95

Small Plates

Smoked Salmon	£6.95
Sourdough toast, rocket, salted butter	

Warm Sardine Fillets	£7.50
Sourdough toast, rocket, salted butter	

Holmes Made Meatballs	£5.95
In Mutti tomato sauce	

Scotch Egg served with Chilli Jam	£5.50
Choose from;	
- Traditional	
- Sweet potato & goat's cheese (v)	
- Chicken & chorizo	
- Cumberland	
- All day breakfast	

Sides

Rosemary Salted Wedges	£2.95
Skinny Fries	£2.95
Grilled Pitta Bread	£1.95

Deli Boards

All **£8.95**

Camembert

Rocket, Hawkshead black garlic ketchup
& a selection of artisan breads

Charcuterie

Cured meat charcuterie selection with
sundried tomatoes, Pecorino cheese &
artisan breads

Cheese & Pâté

A selection of local cheeses with
Patchwork pâté of the day & artisan
breads

Fish

Smoked salmon pâté, mini
prawn cocktail, peppered mackerel
fillet, poached salmon, & olive oil
crostini

Ploughman's

Lancashire Crumbly Cheese, Stilton &
Heritage piccalilli, Porter's Pork Pie,
Tracklements apple & cider brandy
chutney & granary cob

Vegetarian Board

Holmes Made quiche, houmous,
sundried tomatoes, balsamic onions,
cornichons, Seggiano whole grain
breadsticks & olives

Burgers

All served with rosemary salted potato
wedges or skinny fries and garnish

Bowland Food Hall Butchers'

Beef Burger	£12.95
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Vegan Beetroot & Roasted Red Onion Burger	£10.95
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Salmon Fillet Burger	£12.95
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Pimp your burger

Cheese	£1.00
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Bacon	£1.00
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Skewers

Skewers served with grilled pitta bread
and mint yogurt dip

Chimichurri Steak	£8.95
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Mixed Moroccan Kofta	£8.95
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Sweet Chilli Chicken	£8.95
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Fresh Fish & Cherry Tomato	£8.95
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Halloumi & Cherry Tomato	£7.95
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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

WHITE WINE

Moko Black Sauvignon Blanc - New Zealand Marlborough

Fresh and zesty. This is a restrained Sauvignon Blanc with delicate palate and a crunchy citrus finish.

125ml £4.50 / 175ml £5.95 / 250ml £7.25

Maray Chardonnay - Limari Valley Chile

This Chardonnay is a complex and intense wine with subtle mineral tones elegantly complemented with a touch of citrus & honey. Nine months in French oak barrels add well integrated toasty notes together with an appealing and refreshing finish.

125ml £4.95 / 175ml £6.50 / 250ml £7.25

Terrazze Della Luna Trentino Pinot Grigio V.V - Italy

A zesty wine with excellent concentration and depth, the palate delicate yet complex floral notes.

125ml £3.95 / 175ml £5.50 / 250ml £6.95

Tabalí Pedregoso Gran Reserva Viognier

This Viognier presents rich aromas of citrus, orange peel and dried apricot, fresh pears and white peaches, plus hints of candied fruit.

125ml £4.50 / 175ml £5.95 / 250ml £7.25

Domaine De La Motte Chablis - France

A deliciously precise expression of classic chalky Chablis terroir.

125ml £4.50 / 175ml £5.95 / 250ml £7.25

RED WINE

Sixty Clicks Shiraz Mataro - Australia

A really expressive, bright, contemporary Aussie red to enjoy glass after glass.

125ml £3.95 / 175ml £5.50 / 250ml £6.95

Turno De Noche Malbec

Malbec is king and we can't get enough of it. Turno de Noche or 'Nightshift' Malbec captures the energy and vibrancy of this infectious city.

125ml £4.50 / 175ml £5.95 / 250ml £7.25

Boutinot 'Les Coteaux' Cotes Du Rhône Villages - France

A typical Cotes Du Rhone with red berry, brambly fruit underpinned by subtle oaky nuances, lovely sweet spice, warm star anise with a touch of cinnamon.

125ml £4.50 / 175ml £5.95 / 250ml £7.25

Mucho Mas Merlot - Chile

Restrained and elegant with fresh bramble fruit flavours and hints of dark chocolate and spice, well-balanced with smooth tannins.

125ml £3.95 / 175ml £5.50 / 250ml £6.95

Maray Pinot Noir - Limari Valley - Chile

Deep in cherry colour, this pinot noir is intense and elegant to the nose, red current and strawberry are the highlighted tones.

125ml £5.50 / 175ml £6.95 / 250ml £7.95



ROSE

Gris de Gris Rosé Sable de Camargue - France

An enchantingly pale, copper coloured rosé - even more sophisticated looking than its chic cousins from Provence.

125ml £3.95 / 175ml £5.50 / 250ml £6.95

Pasión de Bobal Rosado - Spain

The most delicious bright, juicy-fruited, vibrant style of rose.

125ml £4.50 / 175ml £5.95 / 250ml £7.95

SPARKLING & CHAMPAGNE

Fontessa Prosecco V.V - Italy

Soft and delicate fruit and floral aromas give way to peach notes on the palate.

Bottle £17.95 / Glass £5.95

Le Dolci Colline Spumante Rosé

A delicate pink sparkling rosé with strawberry and raspberry aromas and soft berry characters on the palate.

Bottle £17.95 / Glass £5.95

Classic Cuvée Nv, Nyetimber - England

Fresh white breadcrumb and crisp, ripe red apple combine to create an appetizing nose.

Bottle £38.95 / Glass £7.95

Cuvee Chérie Demi-Sec, Nyetimber - England

This cuvee has the delicate sweetness of honey notes, balanced with pure citrus lemon and tangerine flavours and a refreshing minerality.

Bottle £38.95 / Glass £7.95

Laurent Perrier Cuvee Rose Brut NV Champagne - France

Using only Pinot Noir from grand cru villages and the more unusual soak-on-the-skins method, it has delicious raspberry and redcurrant flavours.

Bottle £69.95 / Glass £13.95

Veuve Clicquot Yellow Label NV - France

Full-bodied, rich and fruity with great elegance and a delightful long finish. A full, dry, rounded Champagne of high quality.

Glass 15.00 | Bottle 65.00

COFFEE

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
Mocha with Cream	£3.00 / £3.30
Hot Chocolate	£2.40 / £2.70
Hot Chocolate with Cream & Marshmallows	£2.70 / £3.00
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

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
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	£2.40
Fresh Apple	£1.50
San Pellegrino 250ml	£2.30
Acqua Panna 250ml	£2.30
San Pellegrino can 330ml	£1.50
Blood Orange	
Lemon	
Lemon & Mint	
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

Glass £4.95

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

