

# BOWLAND FOOD HALL



## Soups

Served with artisan white or granary cob

Holmes Made Soup	£4.95
Ballancourt Fish Soup	£5.50

## Sandwiches, Clubs & Salads

Poached Salmon Lemon mayonnaise & rocket	£6.95
Port Of Lancaster Smoked Salmon With avocado	£7.25
Greenfield's Tasty Lancashire Crumbled Tasty Lancashire with Heritage Kitchen chilli jam with tomato & red onion salad	£6.25
Bowland BLT Bowland smoked back bacon, baby gem lettuce, tomato & mayonnaise	£6.95
Bowland Club Sandwich Grilled chicken breast, crispy bacon, boiled free range egg, lettuce, tomato & mayonnaise	£8.25
Bowland Veggie Club Sandwich Grilled red pepper & courgette, spinach, griddled halloumi & houmous	£7.50
Traditional Greek Salad Cucumber, tomato, red onion, Kalamata olives, feta cheese and olive oil dressing	£8.95
Nicoise Salad Green beans, tomatoes, pitted olives, boiled egg with Ortiz Bonito tuna in escabeche sauce	£12.95

## Buddha Bowls

Choose one base, two cooked veg and one raw veg from our amazing selection of deli counter daily salads topped with:

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

## Welcome

TO BOWLAND FOOD HALL  
Fantastic food and drink from near  
and far - ready to eat & ready to cook!

## Nibbles & Small Plates

Black Olive Tapenade Houmous & grilled pitta	£3.95
Port Of Lancaster Smoked Salmon Sourdough toast, rocket, salted butter	£6.95
Warmed Sardine Fillets Sourdough toast, rocket, salted butter	£7.50
Happy Belly Scotch Egg with chilli jam & salad garnish Choose from; - Traditional - Sweet potato & goat's cheese (v) - Chicken & chorizo - Cumberland - All day breakfast	£6.50
Bruschetta Sun-blushed tomato pesto, cherry tomatoes, fresh basil & balsamic vinegar	£4.95
Spicy Halloumi Fries Garlic aioli dip	£4.95
Grissini Sticks With red pepper tapenade	£3.95

## Sides

Skinny Fries	£2.95
Grilled Pitta Bread	£1.95
Garlic bread With sun-dried tomato pesto	£3.95
Rosemary Salted Potato Wedges	£2.95

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.

## Deli Boards

1 board £8.95 / 2 boards £16.50

### 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 pâte, 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

## Mains

Lancashire Hot Pot With pickled red cabbage	£14.00
Butchers' Counter Beef Burger	£12.95
Vegan Beetroot & Roasted Red Onion Burger	£10.95
Salmon Fillet Burger	£12.95
Pimp your burger Cheese	£1.00
Bacon	£1.00

All our burgers are served with rosemary salted potato wedges or skinny fries & garnish

Drinks overleaf...

# BOWLAND

## FOOD HALL

### WHITE WINE

#### Moko Black Sauvignon Blanc - New Zealand Marlborough

Fresh & zesty. This is a restrained Sauvignon Blanc with delicate palate & 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

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

#### Terrazze Della Luna Trentino Pinot Grigio V.V - Italy

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

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

#### Domaine De Vedilhan Serica Viognier, France

Subtle texture & richness, rich stone fruits & lightly tannic herbs shine through

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

#### Cloudy Bay

Intense character of stone fruit, lemongrass and minerality

Bottle £29.95

### RED WINE

#### The Wishbone Shiraz Grenache, Australia

Lovely & ripe, medium to full bodied with juicy plum & raspberry on the palate

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

#### Pablo Y Walter Malbec, Argentina

A really pure expression of Malbec, bright red & juicy with rich chocolate flavours

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 oak nuances

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

#### Les Oliviers Merlot, France

A lusciously fruity red with a rich & satisfying finish

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

#### Catalina Sounds Pinot Noir, New Zealand Marlborough

Deep garnet red. An enticing mix of red & dark berry fruits, spice & underlying savoury notes

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



### ROSE

#### Gris de Gris Rosé Sable de Camargue - France

An enchantingly pale, copper coloured rosé - very chic

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

#### Domaine de La Vieille Tour, Cotes de Provence, France

A perfectly pale pink & elegant Provencal rose

125ml £5.50, 175ml £6.95, 250ml £7.95

#### Boutinot 'Les Cerisiers' Cotes du Rhone, France

A classic salmon pink rosé with aromas of rosehip syrup, wild berry blossoms & cherries on the nose

125ml £4.95, 175ml £6.50, 250ml £7.50

#### Pasión de Bobal Rosado - Spain

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

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

#### Whispering Angel, Cotes de Provence, France

A supremely drinkable rose that will have you pouring "just one more glass" for yourself & your friends

Bottle £29.95

### SPARKLING & CHAMPAGNE

#### Fontessa Prosecco V.V - Italy

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

Bottle £17.95 / Glass £5.95

#### Laurent Perrier Cuvee Rose Brut NV

##### Champagne - France

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

Bottle £69.95 / Glass £13.95

#### Veuve Clicquot Yellow Label NV - France

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

Bottle £65.00 / Glass £15.00

### COFFEE

SMALL / LRG

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 with Cream & Marshmallows £3.00 / £3.30

Espresso £1.70 / £2.00

Espresso Con Panna £2.95

Cortado £2.10

Flat White £2.50

Syrup Shot £0.50

### TEA

English Breakfast £2.50

Decaf English Breakfast £2.50

Earl Grey £2.50

Green Tea £2.50

Peppermint £2.50

Lemon & Ginger £2.50

### JUICES

Glass £4.00

Served over ice.

#### 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

San Pellegrino 250ml £2.30

Acqua Panna 250ml £2.30

San Pellegrino can 330ml £2.30

Blood Orange

Lemon

Lemon & Mint

Orange

Coke Btl 330ml £2.35

Diet Coke Btl 330ml £2.35

Fentimans 275ml £2.25

Dandelion & Burdock

Victorian Lemonade

Mandarin and Seville Orange Jigger

Ginger Beer

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