

BOWLAND FOOD HALL



Soups

Served with artisan white or granary cob

Holmes Made Soup	£5.25
Ballancourt Fish Soup	£5.75

Sandwiches & Salads

All sandwiches are served open

Poached Salmon Lemon mayonnaise & rocket	£7.25
Classic Prawn & Marie Rose Sandwich on granary bloomer	£7.50
Greenfield's Tasty Lancashire Crumbled Tasty Lancashire with Tracklements fresh chilli jam & tomato & red onion salad	£6.50
Bowland BLT Bowland smoked back bacon, baby gem lettuce, tomato & mayonnaise	£7.25
Grilled Chicken & Bacon Sandwich With crisp lettuce & mayonnaise	£7.95
Bowland Veggie Club Sandwich Grilled red pepper & courgette, griddled halloumi & houmous	£7.50
Traditional Greek Salad Cucumber, tomato, red onion, Kalamata olives, feta cheese and olive oil dressing	£8.95
Seared Ahi Tuna Salad Crunchy cucumber, carrot, bell pepper, sesame salad, soy dressing	£14.50
Salmon Fillet Burger Rosemary salted potato wedges or skinny fries & garnish	£13.95
Hot Steak Ciabatta With red onion & stilton	£14.95
Vegan Beetroot & Roasted Red Onion Ciabatta Rosemary salted potato wedges or skinny fries & garnish	£11.95

Buddha Bowls

Chef's choice from our amazing selection of salads topped with:

Grilled Chicken	£8.95
Harissa Poached Salmon	£8.95
Griddled Halloumi	£8.95
Avocado	£8.95

Nibbles & Small Plates

Black Olive Tapenade Houmous & grilled pitta	£3.95
Port Of Lancaster Smoked Salmon Sourdough toast, rocket, salted butter	£7.95
Warmed Sardine Fillets Sourdough toast, rocket, salted butter	£7.95
Spicy Vegetable Pakora With rocket, hot & cool dip	£5.25
Halloumi Fries Indian spiced mayo	£5.25
Crispy Falafel With mint yoghurt	£4.25

Sides

Olives	£2.95
Skinny Fries	£3.50
Grilled Pitta Bread	£2.25
Garlic bread With sun-dried tomato pesto	£3.95
Rosemary Salted Potato Wedges	£3.50

Deli Boards

1 board **£13.95** / 2 boards **£24.95**

Camembert

Rocket, balsamic vinegar, olive oil crostini & a selection of artisan breads

Charcuterie

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

Cheese & Pâté

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

Fish

Smoked salmon mousse, salmon & watercress quiche, mini prawn cocktail, peppered mackerel fillet & olive oil crostini

Ploughman's

Lancashire crumbly cheese, stilton & Tracklements piccalilli, half Porter's pork pie, quiche, Holmes glazed ham, Tracklements apple & cider brandy chutney & granary cob

Vegetarian Board

Holmes made quiche, houmous, sun-dried tomatoes, balsamic onions, cornichons, falafel, pitta, carrot & cucumber salad

Mains

Braised Beef Bourguignon Crusty bread & pickled onion	£14.50
Bowland Hot Pot Pickled red cabbage, crusty cob	£14.00
Tuscan Fish Stew Served with toasted crusty bread, rubbed with garlic	£14.50
Mexican Mixed Bean Cassoulet Mint yoghurt, soft taco wraps	£12.95

Drinks overleaf...

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 & 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



*Excludes Champagne

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 £79.95

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 £1.95 / £2.20

Cappuccino £2.65 / £2.90

Latte £2.65 / £2.90

Americano £2.50 / £2.80

Mocha £2.90 / £3.20

Mocha with Cream £3.20 / £3.50

Hot Chocolate with Cream £3.20 / £3.50

& Marshmallows

Espresso £1.95 / £2.20

Espresso Con Panna £2.95

Cortado £2.30

Flat White £2.70

Syrup Shot £0.60

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