

# BOWLAND FOOD HALL



## Soups

Served with artisan white or granary cob

<b>Holmes Made Soup</b>	<b>£5.50</b>
<b>Ballancourt Fish Soup</b>	<b>£5.95</b>

## Sandwiches

Cold sandwiches are served open

<b>Poached Salmon</b> Lemon mayonnaise & rocket	<b>£7.65</b>
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<b>Classic Prawn Cocktail</b> With Marie Rose sauce & gem lettuce	<b>£7.95</b>
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<b>Greenfield's Tasty Lancashire (v)</b> Crumbled Tasty Lancashire with Tracklements chilli jam & tomato & red onion salad	<b>£6.95</b>
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<b>Caprese Sandwich (v) (veo)</b> Sundried tomato & basil pesto, beef tomato & bocconcini mozzarella	<b>£6.95</b>
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<b>Bowland BLT</b> Bowland smoked back bacon, baby gem lettuce, tomato & mayonnaise	<b>£7.50</b>
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<b>Grilled Chicken &amp; Bacon Sandwich</b> With gem lettuce & mayonnaise	<b>£8.50</b>
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<b>Bowland Veggie Club Sandwich (v) (veo)</b> Tomato pesto, roast red peppers, grilled halloumi & gem lettuce	<b>£7.50</b>
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<b>Port of Lancaster Smoked Salmon Bagel</b> Black pepper, lemon mascarpone, rocket leaves & pickled gherkin	<b>£8.95</b>
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<b>Salmon Fillet Burger</b> Rosemary salted potato wedges or skinny fries & garnish	<b>£14.95</b>
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<b>Hot Steak Ciabatta</b> Seared steak, chilli jam & rocket leaves with skinny fries	<b>£14.95</b>
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<b>Moroccan Spiced Falafel Burger (ve)</b> Chilli jam, gem lettuce & grilled halloumi with skinny fries	<b>£12.50</b>
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## Buddha Bowls

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

<b>Grilled Chicken</b>	<b>£8.95</b>
<b>Harissa Poached Salmon</b>	<b>£8.95</b>
<b>Griddled Halloumi (v)</b>	<b>£8.95</b>
<b>Smashed Avocado (ve)</b> With chilli & lime	<b>£8.95</b>

## Nibbles & Small Plates

<b>Black Olive Tapenade (ve)</b> Houmous & grilled pitta	<b>£3.95</b>
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<b>Happy Belly Scotch Egg</b> Tracklements piccalilli	<b>£5.95</b>
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<b>Port Of Lancaster Smoked Salmon</b> Sourdough toast, rocket, salted butter	<b>£8.95</b>
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<b>Crispy Falafel (ve)</b> Tracklements chilli jam	<b>£4.25</b>
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<b>Warmed Sardine Fillets</b> Sourdough toast, rocket, salted butter	<b>£7.95</b>
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<b>Bresaola Beef Carpaccio</b> Toasted pine nuts, sun-dried tomatoes, pickled walnuts & truffle oil	<b>£7.95</b>
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<b>Quiche of the Day</b> Chutney & rocket leaves	<b>£4.95</b>
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<b>Sage &amp; Onion Sausage Roll</b> Piccalilli & rocket leaves	<b>£5.25</b>
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## Sides

<b>Kalamata Olives</b>	<b>£3.50</b>
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<b>Skinny Fries</b>	<b>£3.95</b>
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<b>Garlic Bread</b> With sun-dried tomato pesto	<b>£4.75</b>
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<b>Rosemary Salted Potato Wedges</b>	<b>£4.95</b>
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<b>Halloumi Fries</b> Tracklements chilli jam	<b>£5.25</b>
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## Deli Boards

1 board **£14.95** / 2 boards **£26.95**

### Charcuterie Board

Cured meat charcuterie selection with sundried tomatoes, feta cheese, kalamata olives & artisanal breads

### Deli Cheese Board

A selection of locally sourced cheeses with apple, figs, grapes, chutney, piccalilli & artisanal breads

### Fishmongers Board

Port of Lancaster smoked salmon, peppered mackerel pâté, poached salmon, mini prawn cocktail, pickled fennel & olive oil crostini

### Ploughman's Platter

Lancashire crumbly cheese, stilton & Tracklements piccalilli, Great Northern pork pie, Holmes glazed ham, quiche & artisanal breads

### Vegetarian Board (v)

Holmes made quiche of the day, houmous, harissa chickpeas, bocconcino mozzarella, sundried tomatoes, pearl couscous & olive oil crostinis

## Salads

<b>Traditional Greek Salad (v) (veo)</b> Red onion, Kalamata olives, feta cheese, sundried tomatoes & olive oil dressing	<b>£10.95</b>
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<b>Seared Ahi Tuna Salad</b> Crunchy vegetable & sesame salad, soy dressing	<b>£15.95</b>
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<b>Honey Soy Marinade</b> <b>Duck Breast Salad</b> Pickled vegetables, rocket leaves & citrus syrup	<b>£14.95</b>
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<b>Colston Blue Cheese, Pickled Walnut &amp; Apple Salad (v)</b> Rocket leaves, figs & a honey mustard dressing	<b>£12.95</b>
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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.