

CHECKS & GREYS: FULL MENU BREAKDOWN

Full Ingredients List For All Day Menu Dishes With Common Allergens In Bold

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****PLEASE NOTE THAT WE CANNOT GUARANTEE THE SAME LEVEL OF PRECISE DETAIL FOR ALLERGEN INFORMATION ON ANY SPECIAL DISHES (i.e. not from the main, a la carte menu). WE STRONGLY RECOMMEND THAT IF YOU HAVE AN ALLERGY OR INTOLERANCE, YOU CONSULT THIS GUIDE IN CONJUNCTION WITH THE ALLERGEN MATRIX AND CHOOSE A DISH FROM THE PERMANENT MENU RATHER THAN THE SPECIALS MENU****

Things To Bear In Mind:

- All battered & breadcrumbed items (e.g. Onion Rings) are gluten free, as we are using gluten free batter and a gluten free deep fat fryer. All chips & fries are also gluten free. We also have a designated Vegan Fryer, which does not come into contact with any meat, fish, or animal produce.
- Ingredients highlighted in **bold** are declarable allergens. There are 14 declarable allergens which are required by UK law to be listed in bold on any ingredients list, and these are the 14 allergens which we mark up on our Allergen Matrix – the simple chart for quick consultation. However, as this is a complete ingredient breakdown, the information provided is also designed to assist those with all other food allergies.
- **As several key ingredients are produced off-site, such as stocks and spices, we cannot guarantee that any dish is completely free from traces of any allergen, particularly nuts or peanuts. Where a producer has deemed it necessary after consultation with the FSA, they list which other allergens on are on-site in the factory – we have included any producers' notes wherever listed.**

We can substitute Gluten Free Bread for any gluten-based bread products on request. Please note that the Gluten Free Bread is NOT suitable for Vegans or Egg Allergy Sufferers as it contains egg. Please also note that swapping Gluten Free Bread for other Breads does not guarantee a dish will be gluten free – please consult this full ingredient breakdown. Here are the ingredients for the Warburton's Gluten Free Bread we use:

- Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

All of our staff are fully trained in our strict Allergen Procedure and have completed Food Safety Level 1 as a minimum requirement. However, if you have any further questions or require clarification or reassurance, a member of our management team or the senior chef on duty will be more than happy to have a chat with you

BREAKFAST

The 'Full' Lancashire Breakfast / 'Small' Lancashire Breakfast

Ingredients: **Eggs** (if Scrambled, cooked in **Butter (Milk)**; if Fried, cooked in Rapeseed Oil; if Poached, cooked in water with White Wine Vinegar (contains **Sulphites**)), Salt, Pepper

Farnsworth's Pork Sausages (Pork (75%), Water (15%), Rusk (7.5% - **Wheat** Flour (contains Calcium Carbonate, Iron, Niacin & Thiamine), Salt, Raising Agent E503(ii)), Seasoning (2.5% - Salt, Rusk (**Wheat** Flour (contains Calcium Carbonate, Iron, Niacin & Thiamine), Dextrose, Stabiliser E451(ii), Flavour Enhancer E621, Preservative E221, Flavourings, Spice, Sunflower Oil, Maltodextrin, Colour E120, Antioxidants E304 (i), E307, Acidity Regulator E330))

Bacon (Salt)

Black Pudding (Reconstituted Pigs' Blood, Cooked Pearl **Barley (Gluten)**, Pork Fat, Rusk (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine) Salt), **Oatmeal**, Onions, Salt, Herbs (including **Celery**), Spices), **Butter (Milk**, Salt, minimum 80% Fat)

Heinz Baked Beans (Beans (49%), Tomatoes (33%), Water, Sugar, Modified Cornflour, Spirit Vinegar, Salt, Spice Extracts, Herb Extract),

Mushrooms, Tomatoes

Hash Brown (Potatoes (85%), Sunflower Oil, Potato Starch, Onion, Potato Flakes, Salt, Pea Fibre, Dextrose, Natural Onion Flavouring, White Pepper), Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Toast: Choose From: White Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E232, Rapeseed Oil, Flour Treatment Agent: E300)

OR Granary Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Malted **Wheat** Grains (6.5%), Yeast, **Barley** Malt Flour, Salt, Toasted **Wheat**, **Wheat** Gluten, Emulsifier: E472e, Sugar, Preservative E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

Lurpak Spreadable **Butter (Butter** (64% - **Milk**), Rapeseed Oil, Water, Lactic Culture (**Milk**), Salt)

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

Allergens: Egg, Gluten (Wheat, Barley, Oats), Milk, Celery, (Sulphites)

Vegetarian 'Full' Breakfast

Ingredients: **Eggs** (if Scrambled, cooked in **Butter (Milk)**; if Fried, cooked in Rapeseed Oil; if Poached, cooked in water with White Wine Vinegar (contains **Sulphites**)), Salt, Pepper

Vegan 'Black Pudding' (Cooked Pearl **Barley**, Water, **Rusk (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt)**, Rolled **Oats**, Protein (Starch, **Flour, Protein**), **Oatmeal**, Rehydrated Onion, Salt, Non-Hydrogenated Vegetable Suet (Palm Oil & Sunflower Oil) with **Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine)**, Beetroot Powder, **Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine)**, Herbs (including **Celery**), Spices, Roast **Barley Malt Extract**, Natural Flavouring.), **Butter (Milk, Salt, minimum 80% Fat)**

Heinz Baked Beans (Beans (49%), Tomatoes (33%), Water, Sugar, Modified Cornflour, Spirit Vinegar, Salt, Spice Extracts, Herb Extract)

Mushrooms, Tomatoes

Hash Brown (Potatoes (85%), Sunflower Oil, Potato Starch, Onion, Potato Flakes, Salt, Pea Fibre, Dextrose, Natural Onion Flavouring, White Pepper), Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Toast: Choose From: White Bread (**Wheat Flour (with added Calcium, Iron, Niacin & Thiamine)**, Water, Yeast, Salt, Emulsifier: E472e, Preservative: E232, Rapeseed Oil, Flour Treatment Agent: E300)

OR Granary Bread (**Wheat Flour (with added Calcium, Iron, Niacin & Thiamine)**, Water, Malted **Wheat Grains (6.5%)**, Yeast, **Barley Malt Flour**, Salt, Toasted **Wheat, Wheat** Gluten, Emulsifier: E472e, Sugar, Preservative E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg White Powder**, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

Lurpak Spreadable **Butter (Butter (64% - Milk)**, Rapeseed Oil, Water, Lactic Culture (**Milk**), Salt)

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

Allergens: Egg, Gluten (Wheat, Barley, Oats), Milk, Celery, (Sulphites)

Vegan 'Full' Breakfast

Ingredients: Avocado Mix (Avocados, Chilli Oil (Chillies, Sunflower Oil), Lime Juice, Salt, Pepper, Sugar)

Mushrooms, Tomatoes

Heinz Baked Beans (Beans (49%), Tomatoes (33%), Water, Sugar, Modified Cornflour, Spirit Vinegar, Salt, Spice Extracts, Herb Extract)

Vegan 'Black Pudding' (Cooked Pearl **Barley**, Water, **Rusk** (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt), Rolled **Oats**, Protein (Starch, **Flour**, Protein), **Oatmeal**, Rehydrated Onion, Salt, Non-Hydrogenated Vegetable Suet (Palm Oil & Sunflower Oil) with **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Beetroot Powder, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Herbs (including **Celery**), Spices, Roast **Barley** Malt Extract, Natural Flavouring.)

Hash Brown (Potatoes (85%), Sunflower Oil, Potato Starch, Onion, Potato Flakes, Salt, Pea Fibre, Dextrose, Natural Onion Flavouring, White Pepper), Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Toast: Choose From: White Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E232, Rapeseed Oil, Flour Treatment Agent: E300)

OR Granary Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Malted **Wheat** Grains (6.5%), Yeast, **Barley** Malt Flour, Salt, Toasted **Wheat**, **Wheat** Gluten, Emulsifier: E472e, Sugar, Preservative E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300)

Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

Allergens: Gluten (Wheat, Barley, Oats), Celery

Smashed Avocado with Sourdough Toast, Poached Egg & Chilli, Charred Spring Onion & Cherry Tomato Salsa

Ingredients: Avocado Mix (Avocados, Chilli Oil (Chillies, Sunflower Oil), Lime Juice, Salt, Pepper, Sugar)

Sourdough Bread (White Flour (**Wheat Gluten** - 57%), Water, **Rye** Flour (**Wheat Gluten** - 10%), Wholemeal Flour (**Wheat Gluten** - 5%), Salt)

Egg (poached in White Wine Vinegar (contains **Sulphites**))

Dried Chilli Flakes, Spring Onions

Salsa (Tomatoes, Shallots, Red Chillies, Coriander, Olive Oil, Lime Juice, Salt, Pepper, Sugar)

Allergens: Egg, Gluten (Wheat, Rye), Sulphites

Two Free-Range Eggs on Toast

Ingredients: **Eggs** (if Scrambled, cooked in **Butter (Milk)**; if Fried, cooked in Rapeseed Oil; if Poached, cooked in water with White Wine Vinegar (contains **Sulphites**)), Salt, Pepper

Butter (Milk, Salt, minimum 80% Fat)

White Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E232, Rapeseed Oil, Flour Treatment Agent: E300)

OR Granary Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Malted **Wheat** Grains (6.5%), Yeast, **Barley** Malt Flour, Salt, Toasted **Wheat**, **Wheat** Gluten, Emulsifier: E472e, Sugar, Preservative E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

Optional Ingredients: Bacon (Salt), Smoked **Salmon** (Salt)

Allergens: Eggs, (Milk), Gluten (Wheat, Barley), (Fish), (Sulphites)

Omelette with Three Free-Range Eggs & Lancashire Cheese

Ingredients: **Eggs**, **Cheese (Milk)**, **Butter (Milk)**, Salt, Pepper

Allergens: Egg, Milk

Omelette with Three Free-Range Eggs & Roast Ham

Ingredients: **Eggs**, Ham (Pork, Salt, Orange Juice, Dark Brown Sugar, Honey), **Butter (Milk)**, Salt, Pepper

Allergens: Egg, Milk

Eggs However: Two Poached Free-Range Eggs, Toasted English Muffin & Hollandaise Sauce

Ingredients (All 3 Options): **Eggs** (poached in White Wine Vinegar (**Sulphites**))

Hollandaise Sauce (**Egg** Yolks, **Butter**, White Wine Vinegar (**Sulphites**)), Salt, Pepper

English Muffin (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Dried **Wheat** Sourdough (**Wheat** Flour), Durum **Wheat** Semolina, Salt, Palm Oil, Rapeseed Oil)

Florentine: Spinach, **Butter (Milk)**

Benedict: Ham (Pork, Salt, Orange Juice, Dark Brown Sugar, Honey)

Royale: Smoked **Salmon** (Salt)

Allergens: Eggs, Milk, Sulphites, Gluten (Wheat), (Fish – Royale only)

Free-Range Fried Egg Banjo

Ingredients: Egg, Salt, Pepper, **Butter (Milk, Salt, minimum 80% Fat)**

Crystal Sourdough Bun (**Wheat** Flour, Water, Sourdough (Fermented **Wheat** Flour), Olive Oil, Salt, Yeast, **Wheat** Malt Flour. Producer's note: May contain Milk, Eggs, Sesame, Soya.)

Allergens: Egg, Milk, Gluten (Wheat)

A Proper Bacon Butty

Ingredients: Bacon (Salt), Salt, Pepper, **Butter (Milk, Salt, minimum 80% Fat)**

Crystal Sourdough Bun (**Wheat** Flour, Water, Sourdough (Fermented **Wheat** Flour), Olive Oil, Salt, Yeast, **Wheat** Malt Flour. Producer's note: May contain Milk, Eggs, Sesame, Soya.)

Allergens: Milk, Gluten (Wheat)

Farnsworth's Sausage Sandwich

Ingredients: Farnsworth's Pork Sausages (Pork (75%), Water (15%), Rusk (7.5% - **Wheat** Flour (contains Calcium Carbonate, Iron, Niacin & Thiamine), Salt, Raising Agent E503(ii)), Seasoning (2.5% - Salt, Rusk (**Wheat** Flour (contains Calcium Carbonate, Iron, Niacin & Thiamine), Dextrose, Stabiliser E451(ii), Flavour Enhancer E621, Preservative E221, Flavourings, Spice, Sunflower Oil, Maltodextrin, Colour E120, Antioxidants E304 (i), E307, Acidity Regulator E330)), Salt, Pepper

Butter (Milk, Salt, minimum 80% Fat)

Crystal Sourdough Bun (**Wheat** Flour, Water, Sourdough (Fermented **Wheat** Flour), Olive Oil, Salt, Yeast, **Wheat** Malt Flour. Producer's note: May contain Milk, Eggs, Sesame, Soya.)

Allergens: Milk, Gluten (Wheat)

Toasted Fruit Loaf

Ingredients: Fruit Loaf (White Flour (**Wheat Gluten** - 47%), Water, Caster Sugar, **Butter (Milk - 7%)**, Raisins (**Sulphites** - 7%), Currants (**Sulphites** - 3%), Yeast, Citrus Peel (**Sulphites** - 1%), Salt, Cinnamon, Mixed Spice)

Lurpak Spreadable **Butter (Butter (64% - Milk), Rapeseed Oil, Water, Lactic Culture (Milk), Salt)**

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

Allergens: Gluten (Wheat), Sulphites, Milk

Toast & Preserves

Ingredients White Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E232, Rapeseed Oil, Flour Treatment Agent: E300)

OR Granary Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Malted **Wheat** Grains (6.5%), Yeast, **Barley** Malt Flour, Salt, Toasted **Wheat**, **Wheat** Gluten, Emulsifier: E472e, Sugar, Preservative E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

Lurpak Spreadable **Butter** (**Butter** (64% - **Milk**), Rapeseed Oil, Water, Lactic Culture (**Milk**), Salt)

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

Tiptree Strawberry Jam (Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid)

OR Tiptree Marmalade (Sugar, Seville Oranges, Gelling Agent: Citrus Pectin)

Allergens: Gluten (Wheat, Barley), Milk

Traditional Porridge with Wildflower Honey & Caramelised Banana

Ingredients: Oats (**Gluten**), **Milk**, Banana, Sugar, Honey

Allergens: Gluten (Oats), Milk

Traditional Porridge with Winter Berry Compote

Ingredients: Oats (**Gluten**), **Milk**, Winter Berry Compote (Winter Berries, Sugar)

Allergens: Gluten (Oats), Milk

Greek Yogurt & Winter Berries with Golden Raisin Granola

Ingredients: Granola Mix (Porridge **Oats** (**Gluten**), Honey, Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900), Vanilla Extract, Pumpkin Seeds, **Sesame** Seeds, Poppy Seeds, **Walnuts**, **Almonds**, Desiccated Coconut, Cinnamon, Golden Sultanas (**Sulphites**), Cranberries)

Winter Berries (Please check with the Chef for more detailed information)

10% Fat Greek Yogurt (Skimmed Pasteurised Cow's **Milk**, Skimmed Pasteurised Concentrated Cow's **Milk**, **Milk** Cream, **Milk** Proteins, Yogurt Culture)

Allergens: Gluten (Oats), Milk, Sesame, Nuts (Walnuts, Almonds), Sulphites

Heinz Baked Beans on Toast

Ingredients: Heinz Baked Beans (Beans (49%), Tomatoes (33%), Water, Sugar, Modified Cornflour, Spirit Vinegar, Salt, Spice Extracts, Herb Extract)

Butter (**Milk**, Salt, minimum 80% Fat)

White Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E232, Rapeseed Oil, Flour Treatment Agent: E300)

OR Granary Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Malted **Wheat** Grains (6.5%), Yeast, **Barley** Malt Flour, Salt, Toasted **Wheat**, **Wheat** Gluten, Emulsifier: E472e, Sugar, Preservative E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

Allergens: Gluten (Wheat, Barley), Milk

Local Black Pudding & Poached Free-Range Egg

Ingredients: Black Pudding (Reconstituted Pigs' Blood, Cooked Pearl **Barley** (**Gluten**), Pork Fat, Rusk (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine) Salt), **Oatmeal**, Onions, Salt, Herbs (including **Celery**), Spices), **Butter** (**Milk**, Salt, minimum 80% Fat)

Egg (poached in water with White Wine Vinegar (contains **Sulphites**), Salt, Pepper)

Allergens: Gluten (Wheat, Barley, Oats), Egg, Celery, Sulphites, Milk

SMALL PLATES

Daily Changing Soup – Please Ask For Today’s Variety, with Granary Bread

Ingredients: For the Soup: Please consult a senior staff member for details on the ingredients of today’s soup.

Granary Bread (**Wheat** Flour (with added Calcium, Iron, Niacin & Thiamine), Water, Malted **Wheat** Grains (6.5%), Yeast, **Barley** Malt Flour, Salt, Toasted **Wheat**, **Wheat** Gluten, Emulsifier: E472e, Sugar, Preservative E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300)

Lurpak Spreadable **Butter** (**Butter** (64% - **Milk**), Rapeseed Oil, Water, Lactic Culture (**Milk**), Salt)

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

Allergens: Gluten (Wheat, Barley), Milk – please consult staff for further allergen information.

Butternut Squash Tortelloni with Pumpkin Seeds, Sage & Pumpkin Oil

Ingredients: Butternut Squash Tortelloni (Pasta ((56%): Flour 00 (**Wheat**), Pasteurised Free Range **Egg** (28%), Durum **Wheat** Flour, Salt, Water), Filling ((44%): Butternut Squash (54%), Ricotta Cheese (**Milk**), Italian Grated Cheese (**Milk**, Salt, Vegetable Rennet (Preservative: **Egg** Lysozyme), Breadcrumbs (**Wheat** Flour, Salt, Yeast), Salt, Nutmeg. **Producer’s Allergy Advice:** Not suitable for Wheat, Egg, Milk, Nut, Crustacean, Fish, Celery, Mollusc & Soy allergy sufferers.)

Sauce (Butternut Squash, **Milk**, **Butter** (**Milk**, Salt, minimum 80% Fat), Salt)

Pumpkin Seeds

Sage (deep fried in Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Pumpkin Oil (Olive Oil, Pumpkin Seeds. Producer’s note: May contain traces of **Nuts & Sesame.**)

Allergens: Gluten (Wheat), Egg, Milk. Trace: Nuts & Sesame

Halloumi Fries Breaded in Spiced Crumb, Sour Cream & Chive Dip

Ingredients: Halloumi Fries (Halloumi Cheese (**Milk**, Mint), Gluten Free Panko Breadcrumbs (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre, Salt (Contains E535 Anticaking Agent), E471 Processing Aid, Caramelised Sugar Syrup, Paprika Extract), Doves Farm Gluten Free Plain Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), **Egg**, Cajun Seasoning (Paprika, Chilli, Cumin,

Coriander, Fennel, Salt, Onion Powder, Oregano, Garlic Powder, Processing Aid: Silicon Dioxide (Anti-Caking Agent), Rapeseed Oil)

Sour **Cream (Cream (Milk)**, Skimmed **Milk** Powder, Modified Starch, **Lactic** Cultures, Preservative (Potassium Sorbate)), Chives

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: Milk, Egg

Lancashire Cheese Toastie

Ingredients: White Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour),

Lancashire Cheese (**Milk**), **Butter (Milk**, Salt, minimum 80% Fat)

Allergens: Gluten (Wheat), Milk

Lancashire Cheese & Ham Toastie

Ingredients: White Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour),

Lancashire Cheese (**Milk**), Ham (Pork, Salt, Orange Juice, Dark Brown Sugar, Honey), **Butter (Milk**, Salt, minimum 80% Fat)

Allergens: Gluten (Wheat), Milk

Crispy Chicken Wings with BBQ Sauce & Spring Onions

Ingredients: Chicken, Gluten Free Natural Batter Mix (Maize, Gram Flour, Tapioca Flour, Rice Flour, Potato Starch, Salt, Sodium Bicarbonate E500(ii), Monocalcium Phosphate Monohydrate E341, Modified Waxy Maize Starch, Xanthan Gum E415)

Sticky BBQ Sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Bramley Apple Purée (contains Preservative **Sodium Metabisulphite**), Salt, Apple Juice Concentrate, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper), Spring Onions, Salt

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: Sulphites

Freshly Baked Sausage Rolls with Marmite Salad Cream

Ingredients: Pasture Farms Cumberland Sausage Meat (Meat Mix (60% - Pork 80%, Beef 20%), Flavour Enhancer, Preservative, Antioxidants, **Wheat (Gluten)**, **Milk**, **Sulphur Dioxide**), Maître Andre Puff Pastry (**Wheat Flour (Gluten)**, Concentrated **Butter (Lactose)**, Vegetable Oils (Rapeseed & Palm Oil), Water, **Wheat Starch (Gluten)**, Concentrated Lemon Juice, Salt, Alcohol (Evaporates During

Baking), Yeast Extract, Fruit & Vegetable Concentrates (Apple, Carrot, Lemon), Natural Flavouring (Contains **Milk**), Black Onion Seeds, **Egg Wash**

Marmite (Yeast Extract (Contains **Barley, Wheat, Oats, Rye**), Salt, Vegetable Juice Concentrate, Vitamins (Niacin, Thiamine, Riboflavin, Vitamin B12, Folic Acid), Natural Flavouring (contains **Celery**)), Heinz Salad Cream (Spirit Vinegar, Rapeseed Oil (25%), Water, Sugar, **Mustard**, Pasteurised **Egg Yolks** (3%), Modified Cornflour, Salt, Stabilisers - Guar Gum and Xanthan Gum, Colour - Riboflavin)

Allergens: Gluten (Wheat, Barley, Rye, Oats), Milk, Celery, Mustard, Egg, Sulphites

Deep-Fried Cauliflower Fritters with Sriracha Mayo

Ingredients: Cauliflower, Gluten Free Natural Batter Mix (Maize, Gram Flour, Tapioca Flour, Rice Flour, Potato Starch, Salt, Sodium Bicarbonate E500(ii), Monocalcium Phosphate Monohydrate E341, Modified Waxy Maize Starch, Xanthan Gum E415)

Flying Goose Sriracha Mayonnaise (Water, Chilli (20%), **Soybean Oil (Soya)**, Sugar, Distilled Vinegar, Modified Corn Starch, Salt, Stabiliser (E415), Garlic, **Mustard** Seeds, Acidity Regulators (E260, E330), Flavour Enhancer (E621), Preservative (E202), Antioxidant (E319))

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: Soya, Mustard

Deep-Fried Tattie Dabs with Roasted Garlic Mayo

Ingredients: Potatoes, Gluten Free Natural Batter Mix (Maize, Gram Flour, Tapioca Flour, Rice Flour, Potato Starch, Salt, Sodium Bicarbonate E500(ii), Monocalcium Phosphate Monohydrate E341, Modified Waxy Maize Starch, Xanthan Gum E415)

Garlic, Free Range Premium Mayonnaise (Rapeseed Oil (78%), Water, Spirit Vinegar, Pasteurised Free Range **Egg** Yolk (2.7%), Sugar, Salt, Stabilisers (Xanthan Gum & Guar Gum), **Mustard** Flour. Producer's note: "Product made in a factory which handles Celery, Egg, Fish, Gluten, Milk, Mustard, Soya & Sulphites.)

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: Egg, Mustard

Lancashire Cheese Rarebit on Toasted Sourdough, House Pickled Onions & Balsamic

Ingredients: Lancashire Cheese (**Milk**), **Eggs**, Estrella Free Damm 0.0% ABV Gluten Free Lager (Water, Barley Malt (8%), Maize, Glucose & Fructose Syrup, Rice, Hops), Gluten Free Panko Breadcrumbs (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre, Salt (Contains E535 Anticaking Agent), E471 Processing Aid, Caramelised Sugar Syrup, Paprika Extract), Doves Farm Gluten Free Plain Flour (Potato, Tapioca, Maize, Buckwheat), Henderson's Relish (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid – Acid, Cayenne

Pepper, Cloves, Sweetener – Saccharin, Garlic Oil), Dijon Mustard (Spirit Vinegar, Water, **Mustard** Flour (10.5%), Brown **Mustard** Seeds (8.6%), Salt, White **Mustard** Husk (2.6%), Thickener (Xanthan Gum), Preservative (Sodium **Metabisulphite**). Producer's note: May contain Gluten.)

Sourdough Bloomer (White Flour (**Wheat Gluten** - 65%), Water, **Rye** Flour (**Wheat** Gluten - 5%, Salt)

Pickled Onions (Onions, White Wine Vinegar (contains **Sulphites**), Water, Sugar)

Balsamic Glaze (Cooked Grape Must (55%), Balsamic Vinegar of Modena IGP (39%), White Wine Vinegar (**Sulphites**), Cooked Grape Must, Concentrated Grape Must, Colour: **Sulphite** Ammonia Caramel, White Wine Vinegar (**Sulphites**), (Stabiliser) Modified Potato Starch)

Allergens: Milk, Egg, Sulphites, Mustard, Gluten (Wheat, Rye)

Onion Rings

Ingredients: Onions, Gluten Free Natural Batter Mix (Maize, Gram Flour, Tapioca Flour, Rice Flour, Potato Starch, Salt, Sodium Bicarbonate E500(ii), Monocalcium Phosphate Monohydrate E341, Modified Waxy Maize Starch, Xanthan Gum E415)

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: No declarable allergens

Bartlett's Rooster Chunky Chips

Ingredients: Bartlett's Rooster Potatoes, Salt

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: No declarable allergens

Skinny Fries

Ingredients: Clearcoated Potato Fries (Potatoes (89%), Sunflower Oil (6%), Coating (5%) [Modified Starch, Rice Flour, Starch, Salt, Raising Agents (E450, E500), Thickener (E415), Spice Extracts (Turmeric & Paprika), Dextrose]), Salt

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: No declarable allergens

Sweet Potato Fries

Ingredients: Seasoned Sweet Potato Fries (Sweet Potatoes (84%), Coating (11%) [Modified Potato Starch, Sugar, Rice Flour, Corn Starch, Dextrin, Salt, Raising Agents (E450, E500), Thickener (E415)], Rapeseed Oil (5%)), Salt

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: No declarable allergens

Seasonal Side Salad

Ingredients: Please consult a senior member of staff for details on today's salad as the fresh produce may vary.

House Salad Dressing (Dijon **Mustard** (Spirit Vinegar, Water, **Mustard** Flour (10.5%), Brown **Mustard** Seeds (8.6%), Salt, White **Mustard** Husk (2.6%), Thickener (Xanthan Gum), Preservative (Sodium **Metabisulphite**). Producer's note: May contain Gluten.), White Wine Vinegar (contains **Sulphites**), Rapeseed Oil)

Allergens: Mustard, Sulphites

LUNCH PLATES

Battered Fillet of Fresh Haddock with Chips, Mushy Peas, Fresh Lemon & Tartare Sauce

Ingredients: Haddock Fillet, Gluten Free Natural Batter Mix (Maize, Gram Flour, Tapioca Flour, Rice Flour, Potato Starch, Salt, Sodium Bicarbonate E500(ii), Monocalcium Phosphate Monohydrate E341, Modified Waxy Maize Starch, Xanthan Gum E415), Salt, Lemon

Bartlett's Rooster Potatoes, Salt

Mushy Peas (Processed Peas (95%), Water, Sugar, Salt, Colours (E101, E133))

Tartare Sauce (Free Range Premium Mayonnaise (Rapeseed Oil (78%), Water, Spirit Vinegar, Pasteurised Free Range **Egg** Yolk (2.7%), Sugar, Salt, Stabilisers (Xanthan Gum & Guar Gum), **Mustard** Flour. Producer's note: "Product made in a factory which handles Celery, Egg, Fish, Gluten, Milk, Mustard, Soya & Sulphites.), White Onion, Capers (Capers, Water, Salt, Sherry Vinegar, Acidity Regulator: Acetic Acid, Firming Agent: Calcium Chloride, Antioxidant: Ascorbic Acid), Gherkins (Gherkins, Water, Salt, Sugar, Acidity Regulator: Acetic Acid, Firming Agent: Calcium Chloride, Spirit Vinegar (0.8%), Preservative: Potassium **Metabisulphite**), Coriander, Lemon Juice, Salt)

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: Fish, Egg, Mustard, Sulphites

Sandham's Tasty Lancashire Cheese & Onion Pie, Salted Skinny Fries & Creamed Leeks

Ingredients: Pie (Pastry (**Wheat** Flour, Vegetable Oil (Palm, Rapeseed in varying proportions), Water, Margarine (Vegetable Oil (Palm, Rapeseed in varying proportions), Water, Salt, Emulsifier: Mono- and Di-glycerides of Fatty Acids), Sugar, Salt)), Pie Filling (Sandham's Tasty Lancashire Cheese (**Milk**), Onions, Butter (**Milk**), Salt, Pepper, Henderson's Relish (Water, Spirit Vinegar, Sugar, Colour – Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid – Acid, Cayenne Pepper, Cloves, Sweetener – Saccharin, Garlic Oil), **Mustard** Powder, Diced Potatoes)), **Egg** Wash

Clearcoated Potato Fries (Potatoes (89%), Sunflower Oil (6%), Coating (5%) [Modified Starch, Rice Flour, Starch, Salt, Raising Agents (E450, E500), Thickener (E415), Spice Extracts (Turmeric & Paprika), Dextrose]), Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Leeks, Cream (**Milk**), Salt, **Butter** (**Milk**, Salt, minimum 80% Fat), Lancashire Cheese (**Milk**)

Allergens: Gluten (Wheat), Milk, Mustard, Egg

Open Club Sandwich of Panko-Crumbed Chicken Breast, Egg Mayo & Fried Free-Range Egg with Skinny Fries

Ingredients: Chicken Breast, Gluten Free Panko Breadcrumbs (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre, Salt (Contains E535 Anticaking Agent), E471 Processing Aid, Caramelised Sugar Syrup, Paprika Extract), Doves Farm Gluten Free Plain Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Salt, Pepper, **Egg**)

Fried **Egg**, Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Hard-Boiled **Eggs**, Free Range Premium Mayonnaise (Rapeseed Oil (78%), Water, Spirit Vinegar, Pasteurised Free Range **Egg** Yolk (2.7%), Sugar, Salt, Stabilisers (Xanthan Gum & Guar Gum), **Mustard** Flour. Producer's note: "Product made in a factory which handles Celery, Egg, Fish, Gluten, Milk, Mustard, Soya & Sulphites.)

Sourdough Bread (White Flour (**Wheat Gluten** - 57%), Water, **Rye** Flour (**Wheat Gluten** - 10%), Wholemeal Flour (**Wheat Gluten** - 5%), Salt)

Clearcoated Potato Fries (Potatoes (89%), Sunflower Oil (6%), Coating (5%) [Modified Starch, Rice Flour, Starch, Salt, Raising Agents (E450, E500), Thickener (E415), Spice Extracts (Turmeric & Paprika), Dextrose])

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: Gluten (Wheat, Rye), Egg, Mustard

6oz Lancashire Cheese Burger with Crystal Sourdough Bun, Hash Brown, Baby Gem & Tomato Chutney, Salted Skinny Fries

Ingredients: Pasture Farms Beef Burger (Beef (66%), Preservative, Flavour Enhancer, Colour, **Soya**, Rusk (Prepared from: **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt, E503), Onion Powder, Salt, Wheat Starch, Pea Protein, Spices (Black Pepper, Ginger, White Pepper), Sugar, Dried Onion, Dextrose, Preservative (E221), Yeast Extract, Sunflower Oil, Antioxidant (E301), Flavouring), **Sulphur Dioxide, Milk**)

Lancashire Cheese (**Milk**)

Crystal Sourdough Bun (**Wheat** Flour, Water, Sourdough (Fermented **Wheat** Flour), Olive Oil, Salt, Yeast, **Wheat** Malt Flour. Producer's note: May contain Milk, Eggs, Sesame, Soya.)

Hash Brown (Potatoes (85%), Sunflower Oil, Potato Starch, Onion, Potato Flakes, Salt, Pea Fibre, Dextrose, Natural Onion Flavouring, White Pepper)

Baby Gem Lettuce

Tomato Chutney (Sunblush Tomatoes (33%), Tomato Puree, Paprika, Sugar, Onion, Distilled Malt Vinegar (from **Barley**; contains **Sulphites**), Raisins, Salt, Spice Mix. Producer's note: Packed in a plant which handles Peanuts, Tree Nuts, Sesame Seeds, Wheat, Gluten, Soya & Mustard Seed.)

Clearcoated Potato Fries (Potatoes (89%), Sunflower Oil (6%), Coating (5%) [Modified Starch, Rice Flour, Starch, Salt, Raising Agents (E450, E500), Thickener (E415), Spice Extracts (Turmeric & Paprika), Dextrose]), Salt

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Allergens: Gluten (Wheat, Barley), Milk, Soya, Sulphites

Salad of Goat's Cheese & Early Spring Produce: Peas, Broad Beans, Edamame, Baby Gem Lettuce & Garden Mint Dressing

Ingredients: Goat's Cheese (**Milk**)

Peas, Broad Beans, Edamame (**Soybeans**), Baby Gem Lettuce

Fresh Mint, House Salad Dressing (Dijon **Mustard** (Spirit Vinegar, Water, **Mustard** Flour (10.5%), Brown **Mustard** Seeds (8.6%), Salt, White **Mustard** Husk (2.6%), Thickener (Xanthan Gum), Preservative (Sodium **Metabisulphite**). Producer's note: May contain Gluten.), White Wine Vinegar (contains **Sulphites**), Rapeseed Oil)

Allergens: Milk, Soya, Mustard, Sulphites

PIZZAS

Pizza Bases: 12" Hand-Rolled Sourdough Pizza, Finest Quality Tomato Sauce, Topped with Checks & Greys Mozzarella & Cheddar Cheese Blend

Ingredients: Pizza Base (**Wheat** Flour, Water, Rapeseed Oil, Salt, **Wheat** Sourdough Powder (**Wheat** Flour, Starter), Natural Yeast (Type 'O' Common **Wheat** Flour, Natural Yeast, Malted **Wheat** Flour, Glutathione), **Barley** Malt Flour, Yeast, Malted **Wheat** Flour (**Wheat** Flour Type 'O', Malted **Wheat** Flour, Amylase, Flour Treatment Agent L – Ascorbic Acid)

Tomato Sauce: Tomato, Water, Salt, Black Pepper, Thickener: Xanthan Gum)

Grated Cheese (Mozzarella (**Milk**) (70%), Mild White Cheddar Cheese (**Milk**) (30%), Anti-Caking Agent (Potato Starch))

Allergens: Gluten (Wheat, Barley), Milk

Basil Free-Range Mayo Dip

Ingredients: Free Range Premium Mayonnaise (Rapeseed Oil (78%), Water, Spirit Vinegar, Pasteurised Free Range **Egg** Yolk (2.7%), Sugar, Salt, Stabilisers (Xanthan Gum & Guar Gum), **Mustard** Flour. Producer's note: "Product made in a factory which handles Celery, Egg, Fish, Gluten, Milk, Mustard, Soya & Sulphites.), Pine Nut-Free Basil Pesto (Basil (63%), Pomace Oil, Regato Cheese (**Milk**, Salt, Vegetarian Rennet, Lysozyme from **Egg**), Garlic, Salt)

Allergens: Egg, Mustard, Milk

'Margherita'

Ingredients: Pizza Base (see above), Basil Mayo (see above)

Allergens: Gluten (Wheat, Barley), Milk, Egg, Mustard

Four Cheeses

Ingredients: Pizza Base (see above), Basil Mayo (see above)

Goat's Cheese (**Milk**), Lancashire Cheese (**Milk**)

Allergens: Gluten (Wheat, Barley), Milk, Egg, Mustard

BBQ Chicken & Charred Sweetcorn with Sour Cream & Chives

Ingredients: Pizza Base (see above), Basil Mayo (see above)

Chicken, Sticky BBQ Sauce (Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Bramley Apple Purée (contains Preservative **Sodium Metabisulphite**), Salt, Apple Juice Concentrate, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper)

Sweetcorn

Sour **Cream (Cream (Milk)**, Skimmed **Milk** Powder, Modified Starch, **Lactic** Cultures, Preservative (Potassium Sorbate)), Chives

Allergens: Gluten (Wheat, Barley), Milk, Egg, Mustard, Sulphites

Honey-Roast Ham with Flat Mushrooms

Ingredients: Pizza Base (see above), Basil Mayo (see above)

Ham (Pork, Salt, Orange Juice, Dark Brown Sugar, Honey), Mushrooms

Allergens: Gluten (Wheat, Barley), Milk, Egg, Mustard

STEAKS

Pan-Fried Flat Iron Steak with Grilled Mushrooms, Plum Tomatoes & Onion Rings, Salted Skinny Fries, Peppercorn Sauce & Watercress Salad

Ingredients: Flat Iron Steak, Salt, Pepper, **Butter** (Milk, Salt, minimum 80% Fat)

Mushrooms, Tomatoes

Onion Rings (Onion, Gluten Free Natural Batter Mix (Maize, Gram Flour, Tapioca Flour, Rice Flour, Potato Starch, Salt, Sodium Bicarbonate E500(ii), Monocalcium Phosphate Monohydrate E341, Modified Waxy Maize Starch, Xanthan Gum E415))

Clearcoated Potato Fries (Potatoes (89%), Sunflower Oil (6%), Coating (5%) [Modified Starch, Rice Flour, Starch, Salt, Raising Agents (E450, E500), Thickener (E415), Spice Extracts (Turmeric & Paprika), Dextrose]), Salt

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Peppercorn Sauce (Essential Cuisine Rich Vegetable Premier Jus (Vegetable Stock (Water, Carrot, **Celery**, Leek, Onion, Tomato, Garlic), Modified Tapioca Starch, Maltodextrin, Yeast Extract, Salt, Flavourings, Colour (Caramel), Dextrose, Glucose Syrup, Vegetable Oils (Sunflower, Rapeseed), Sugar, Herbs, Spice.), Cracked Black Peppercorns, Tomato Juice, Henderson's Relish (Water, Spirit Vinegar, Sugar, Colour – Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid – Acid, Cayenne Pepper, Cloves, Sweetener – Saccharin, Garlic Oil), Tabasco (Red Chilli Peppers, Vinegar (may contain **Sulphites**), Salt), Onion)

Watercress, House Salad Dressing (Dijon **Mustard** (Spirit Vinegar, Water, **Mustard** Flour (10.5%), Brown **Mustard** Seeds (8.6%), Salt, White **Mustard** Husk (2.6%), Thickener (Xanthan Gum), Preservative (Sodium **Metabisulphite**). Producer's note: May contain Gluten.), White Wine Vinegar (contains **Sulphites**), Rapeseed Oil)

Allergens: Milk, Sulphites, Mustard, Celery

Celeriac 'Steak' with Grilled Mushrooms, Plum Tomatoes & Onion Rings, Salted Skinny Fries, Peppercorn Sauce & Watercress Salad

Ingredients: **Celeriac**, Tomato Juice, Essential Cuisine Vegetable Stock Powder (Water, Onion, Carrot Extract, Tomato, **Celeriac**, Herbs, Garlic, Spice, Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil)

Mushrooms, Tomatoes

Onion Rings (Onion, Gluten Free Natural Batter Mix (Maize, Gram Flour, Tapioca Flour, Rice Flour, Potato Starch, Salt, Sodium Bicarbonate E500(ii), Monocalcium Phosphate Monohydrate E341, Modified Waxy Maize Starch, Xanthan Gum E415))

Clearcoated Potato Fries (Potatoes (89%), Sunflower Oil (6%), Coating (5%) [Modified Starch, Rice Flour, Starch, Salt, Raising Agents (E450, E500), Thickener (E415), Spice Extracts (Turmeric & Paprika), Dextrose]), Salt

Rapeseed Oil (Rapeseed Oil, Anti-foaming Agent: E900)

Peppercorn Sauce (Essential Cuisine Rich Vegetable Premier Jus (Vegetable Stock (Water, Carrot, **Celery**, Leek, Onion, Tomato, Garlic), Modified Tapioca Starch, Maltodextrin, Yeast Extract, Salt, Flavourings, Colour (Caramel), Dextrose, Glucose Syrup, Vegetable Oils (Sunflower, Rapeseed), Sugar, Herbs, Spice.), Cracked Black Peppercorns, Tomato Juice, Henderson's Relish (Water, Spirit Vinegar, Sugar, Colour – Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid – Acid, Cayenne Pepper, Cloves, Sweetener – Saccharin, Garlic Oil), Tabasco (Chilli Peppers, Vinegar (may contain **Sulphites**), Salt), Onion)

Watercress, House Salad Dressing (Dijon **Mustard** (Spirit Vinegar, Water, **Mustard** Flour (10.5%), Brown **Mustard** Seeds (8.6%), Salt, White **Mustard** Husk (2.6%), Thickener (Xanthan Gum), Preservative (Sodium **Metabisulphite**). Producer's note: May contain Gluten.), White Wine Vinegar (contains **Sulphites**), Rapeseed Oil)

Allergens: Celery, Sulphites, Mustard

SANDWICHES

Sandham's Tasty Lancashire Cheese with Caramelised Onion Chutney

Ingredients: Sandham's Tasty Lancashire Cheese (**Milk**)

Red Onion Chutney (Red Onion (58% - contains **Sulphites**), Unrefined Sugar, Distilled Malt Vinegar (from **Barley** – contains **Sulphites**), Dates, Salt, Spice Mix (Cinnamon, Cumin, Chilli, Star Anise, Black Pepper. Producer's note – packed in a plant which handles Peanuts, Tree Nuts, Sesame Seeds, Wheat, Gluten, Soya & Mustard Seed.))

Summer Meadow Soft Spread (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring (**Milk**))

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

White Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour)

OR Malted Granary Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Malted **Wheat** Flakes (9.0%), **Wheat** Bran (2.3%), Yeast, Malted **Barley** Flour (1.0%), Salt, Vegetable Oils (Rapeseed, Palm), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E472(e), E471), Malted **Wheat** Flour, Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract)

(Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron),

Allergens: Milk, Gluten (Wheat, Barley), Sulphites

Free-Range Egg & Cress with Mayonnaise

Ingredients: **Egg**, Free Range Premium Mayonnaise (Rapeseed Oil (78%), Water, Spirit Vinegar, Pasteurised Free Range **Egg** Yolk (2.7%), Sugar, Salt, Stabilisers (Xanthan Gum & Guar Gum), **Mustard** Flour. Producer's note: "Product made in a factory which handles Celery, Egg, Fish, Gluten, Milk, Mustard, Soya & Sulphites.), Cress

Summer Meadow Soft Spread (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring (**Milk**))

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

White Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour)

OR Malted Granary Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Malted **Wheat** Flakes (9.0%), **Wheat** Bran (2.3%), Yeast, Malted **Barley** Flour (1.0%), Salt, Vegetable Oils (Rapeseed, Palm), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E472(e), E471), Malted **Wheat** Flour, Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob

& Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

Allergens: Egg, Mustard, Gluten (Wheat, Barley), Milk

Our Own Honey-Roast Ham with a Little Pot of Lancashire Piccalilli

Ingredients: Ham (Pork, Salt, Orange Juice, Dark Brown Sugar, Honey)

Heritage Piccalilli (Cauliflower, Courgettes, Onions, Red Capsicum, Green Beans, Cider Vinegar, White Wine Vinegar (Preservative **Sodium Metabisulphites**), Sugar, Salt, Cornflour, Ground Turmeric, **Mustard** Seed, Cumin Seeds, Coriander Seeds)

Summer Meadow Soft Spread (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring (**Milk**))

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

White Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour)

OR Malted Granary Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Malted **Wheat** Flakes (9.0%), **Wheat** Bran (2.3%), Yeast, Malted **Barley** Flour (1.0%), Salt, Vegetable Oils (Rapeseed, Palm), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E472(e), E471), Malted **Wheat** Flour, Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

Allergens: Sulphites, Mustard, Milk, Gluten (Wheat, Barley)

Coronation Chicken with Golden Raisins & Light Curry Spices

Ingredients: Coronation Chicken Filling (Chicken (Cooked in **Butter** (**Milk**, Salt, minimum 80% Fat)), Thyme, Garlic, Golden Raisins (**Sulphites**), Free Range Premium Mayonnaise (Rapeseed Oil (78%), Water, Spirit Vinegar, Pasteurised Free Range **Egg** Yolk (2.7%), Sugar, Salt, Stabilisers (Xanthan Gum & Guar Gum), **Mustard** Flour. Producer's note: "Product made in a factory which handles Celery, Egg,

Fish, Gluten, Milk, Mustard, Soya & Sulphites.), Chef William Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Black Pepper, Fennel, Chilli Powder), Onions)

Summer Meadow Soft Spread (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring (**Milk**))

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

White Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour)

OR Malted Granary Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Malted **Wheat** Flakes (9.0%), **Wheat** Bran (2.3%), Yeast, Malted **Barley** Flour (1.0%), Salt, Vegetable Oils (Rapeseed, Palm), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E472(e), E471), Malted **Wheat** Flour, Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

Allergens: Gluten (Wheat, Barley), Milk, Sulphites, Egg, Mustard

Oak Smoked Salmon, Cream Cheese & Cucumber

Ingredients: Smoked **Salmon**, Cucumber, Cream Cheese (Skimmed **Milk**, **Cream**, Salt)

Summer Meadow Soft Spread (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Colour (Annatto, Curcumin), Acidity Regulator (Citric Acid), Flavouring (**Milk**))

OR Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

White Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Vegetable Oils (Rapeseed, Palm), Yeast, Salt, Dextrose, **Wheat** Protein, Spirit Vinegar, Emulsifiers (E471, E472(e)), Palm Fat, Flour Treatment Agent (E300), **Wheat** Flour)

OR Malted Granary Bloomer Bread (**Wheat** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamine), Water, Malted **Wheat** Flakes (9.0%), **Wheat** Bran (2.3%), Yeast, Malted **Barley** Flour (1.0%), Salt, Vegetable Oils (Rapeseed, Palm), **Wheat** Protein, Spirit Vinegar, Emulsifiers (E472(e), E471), Malted **Wheat** Flour, Flour Treatment Agent (E300), Palm Fat, **Wheat** Flour)

OR Warburton's Gluten Free Bread (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, **Egg** White Powder, Stabiliser: E464, Sugar, Vegetable Fibre (Psyllium), Fruit Extract (Carob & Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine; Rice Flour, Preservative: Calcium Propionate; Natural Flavouring, Iron)

Allergens: Gluten (Wheat, Barley), Milk, Fish

Sides for Sandwiches

See: Seasonal Side Salad

See: Skinny Fries

See: Daily Changing Soup

SWEET TREATS

Apple & Raspberry Crumble with Raspberry Sorbet

Ingredients: Quaker Gluten Free Oats, Doves Farm Gluten Free Plain Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Flora (Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavours, Vitamin A), Demerara Sugar

Apples, Raspberries, Caster Sugar

Northern Bloc Raspberry & Sorrel Sorbet (Water, Raspberry Puree (30% (Raspberry (90%), Sucrose)), Sugar, Glucose Syrup Dry, Dextrose, Sorrel (0.83%), Vegetable Fibre, Vegetable Protein, Lemon Peel Extraction, Ground Carob Seed. Producer's note: May contain Nuts. Made in a facility which handles Milk, Peanuts & Soya.)

Allergens: No declarable allergens [Trace: Nuts, Peanuts, Milk, Soya]

Yorkshire Rhubarb & Custard Choux Bun with White Chocolate

Ingredients: **Butter (Milk, Salt, minimum 80% Fat), Eggs, Milk, Plain Flour (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1))), Salt, Water**

Demerara Sugar, **Butter (Milk, Salt, minimum 80% Fat), Flour (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)))**

White Chocolate Custard (Double Cream (**Milk**), **Eggs, Egg** Yolk, Sugar, Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel, Flavours), Belcolade White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soy** Lecithin (E322), Natural Vanilla Flavouring), Bronze Leaf Gelatine (from Pork))

Allergens: Milk, Gluten (Wheat), Eggs, Soya

Dark Chocolate Mousse with Salted Caramel Ice Cream

Ingredients: Silken Tofu (Water, **Soya** Beans (10%), Acidity Regulator: E575, Firming Agent: E509), Belcolade Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soy** Lecithin, Natural Vanilla Flavouring), Maple Syrup

Gruetine (Fondant (Sugar, Glucose Syrup, Water), Coconuts, Glucose Syrup), Raspberries

Northern Bloc Caramel Sea Salt Vegan Ice Cream (Water, Sugar, Dextrose, Rice Syrup, Coconut Fat (Coconut Oil, Maltodextrin, Vegetable Protein), Coconut Milk Powder, Caramel (3% - Natural Caramel Syrup, Sugar Syrup, Thickener: Pectin, Natural Flavours), Inulin, Maltodextrin, Tapioca Starch, Thickener: Pectin, Vegetable Fibre, Emulsifier: Sunflower Lecithin, Vegetable Protein, Citrus Fibre, Sea

Salt (0.5%). Producer's note: May contain traces of Nuts, Peanuts, Milk & Soya as made in a facility that handles these allergens.)

Allergens: Soya [Trace: Nuts, Peanuts, Milk]

Fruit Scone with Jam, Butter & Clotted Cream

Ingredients: Scone (Strong Flour (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1))), Baking Powder (Producer's note: May contain Celery, Gluten, Mustard, Sesame), Caster Sugar, Butter (**Milk**), Raisins (**Sulphites**), **Milk**, Cream (**Milk**), **Egg** Wash

Lurpak Spreadable **Butter** (**Butter** (64% - **Milk**), Rapeseed Oil, Water, Lactic Culture (**Milk**), Salt)

Tiptree Strawberry Jam (Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid)

Clotted Cream (**Milk**)

Allergens: Gluten (Wheat), Sulphites, Milk, Egg