

NIBBLES

Selection of mixed Kalamata Olives Asian Crackers and flavoured Nuts (v)	£2.95
Grilled Cumberland Chipolata Sausages wrapped in Bacon, served with Mustard Mayonnaise	£2.95
Baked Ciabatta with Garlic and Parsley Butter (v)	£2.25
Selection of flavoured Breads with Virgin Olive Oil Basil Pesto and Balsamic Vinegar (v)	£2.95

LIGHT BITES

A bowl of home-made Soup of the Day served with dipping Bread	£3.95
Smooth Chicken Liver and Mushroom Pate with Toast and Fruit Chutney	£5.95
Salt and Pepper Squid with Sweet Chilli Sauce and Glass Noodles	£5.95
Deep fried Fish Cakes, Tartar Sauce and Garden Salad	Small £5.50 Large £8.95
Crab Quiche with Coriander and Sweetcorn Puree	£6.25
Plain Smoked Salmon, Lemon and Capers, Rye Bread	£7.50
Wild Mushrooms and Spinach on Toast with poached Hen's Egg and Truffled Hollandaise (v)	£5.95

PLATTERS

A choice of either farmhouse Cheeses, hand carved Meats or Seafood served with traditional sauces, pickles and crusty Bread	£9.50
Traditional Lancashire platter of local Cheese, hand carved Ham, Port of Lancaster Smoked Salmon, hand raised Pork Pie, hot Bury Black Pudding, served with crusty Bread, sauces and pickles	£12.50

PASTA AND RICE

Pappardelle with Smoked Salmon, Lemon, Dill and Caper Sauce	Small £4.95 Large £8.95
Risotto of Wild Mushrooms and Tarragon, with shavings of Parmesan (v)	Small £4.95 Large £8.95
Gnocchi with buttered Spinach, poached Hen's Egg and Truffle Sauce (v)	Small £4.95 Large £8.95

STEAKS

28 day matured Beef, served with chunky Chips, grilled Tomato and fried Mushroom	
8oz Sirloin	£15.95
8oz Rib Eye	£14.75
8oz Rump	£12.95
Bearnaise, Red Wine or Peppercorn Sauce	£2.25

MR FRED'S FAVOURITES

Grilled Cumberland Sausages, Mashed Potato, Green Beans and Onion Gravy	£8.95
Choice Fish Pie with Lancashire Cheese Mash	£9.95
Beer battered Whitby Haddock, chunky Chips, Mushy Peas and Tartar Sauce	£8.95
Peppered Steak and Mushroom Pie with chunky Chips	£9.95

TRADITIONAL SANDWICHES

Rare Roast Beef	£6.50
Tuna Mayonnaise	£5.95
Egg and Cress (v)	£5.95
Atlantic Prawn and Cocktail Sauce	£6.50
Creamy Lancashire Cheese and Onion (v)	£5.95
Fleetwood Smoked Salmon	£6.50
Hand carved local Ham	£5.95

AVAILABLE ON WHITE OR WHOLEMEAL BREAD
AND ACCOMPANIED BY A CRISP GARDEN SALAD,
COLESLAW AND CRISPS

SOMETHING DIFFERENT

Hickory Smoked Chicken with Apple and Walnut Mayonnaise	£6.50
Chargrilled Mediterranean Vegetables, Basil Pesto (served hot) (v)	£6.50
Sticky Pork Belly, toasted Sesame and Teriyaki glaze	£6.50

SERVED ON A CHOICE OF CIABATTA, BAGUETTE,
BAGEL OR WRAP

SALADS

Caesar Salad, poached Hen's Egg	£4.95
Caesar Salad with Chicken, poached Hen's Egg	£8.95
Tomato and Mozzarella Salad, Basil Pesto and Balsamic syrup (v)	£8.95
Chilled seasonal Melon with Parma Ham, Sun Blushed Tomato and Wild Rocket	£8.95
Mediterranean Vegetable and Goats Cheese (v)	£8.95

SIDES

Mushy Peas	£2.25
Mashed Potato	£2.25
Cheesy Mashed Potato	£2.75
Onion Rings	£2.25
Chunky Chips	£2.25
Garden Salad	£2.25
Green Beans	£2.25
Spinach	£2.25

YOUNG MR FRED'S

Fish, Chips and Mushy Peas	£4.95
Cheese and Tomato Pizza with Chips (v)	£4.95
Sausage and Mash with Onion Gravy	£4.95
Pasta in a creamy Tomato Sauce with Cheddar Cheese (v)	£4.95
Strips of breaded Chicken served with Chips	£4.95

DESSERTS

Sticky Toffee Pudding, Toffee Sauce, Clotted Cream	£3.95
Hot Chocolate Fondue with Fresh Fruit, Biscuits and Candy	£4.50
Apple Pie with Pouring Cream, Clotted Cream or Ice Cream	£3.95
Fresh Fruit Salad, Passion Fruit Sorbet	£3.95
Vanilla Creme Brulee with Shortbread Biscuit	£3.95
Selection of home-made Ice Creams and Sorbets	£3.95
Selection of English and Continental Cheeses	£6.50

COFFEES & TEAS

Cafetiere	£2.50
Cafe Latte	£2.95
Cappuccino	£2.95
Espresso	£2.50
Hot Chocolate	£2.50
A selection of Breakfast and Afternoon Teas, Fruit Teas and Herbal Infusions	£2.50

SOME OF OUR DISHES MAY CONTAIN NUTS. WHILST WE ENDEAVOUR AT ALL
TIMES TO PROVIDE GM FREE INGREDIENTS, THIS CAN NOT BE GUARANTEED.
PRICES ARE INCLUSIVE OF VAT AT THE PREVAILING RATE. (V) = VEGETARIAN