

LUNCH MENU

WHILE YOU WAIT

Bowl of crisps (v,vg)	£3.00
Nuts and crackers (v, vg)	£3.50
Chargrilled pitta bread & dip (v, vg)	£4.50

STARTERS

Salmon & haddock fish cake, chive veloute, pickled shallots	£7.50
Chargrilled lamb pitta, yoghurt, salad & sumac	£8.50
Chicken liver parfait, pear & saffron chutney, croutons	£7
Roasted butternut squash, kale salsa, hazelnuts (v, vg, gf)	£8
Carrot & ginger soup, fresh bread roll (v)	£6.00

SALADS

Chicken or poached salmon Caesar salad, lettuce, bacon, anchovies, croutons, soft hen's egg, parmesan and Caesar dressing	£8 / £15
Superfood salad of quinoa & roasted sweet potato with nuts (v, vg, gf)	£7 / £14
Mixed salad with a choice of	
Crispy beef & sweet chilli sauce (gf)	£8 / £15
Crispy squid & lemon mayo (gf)	£7 / £14
Grilled halloumi, honey & black sesame seeds (v,gf)	£6 / £13

SANDWICHES

Available on white bloomer, seeded brown or gluten free bread, open or closed with garden salad, coleslaw & crisps.

Prawn & avocado	£7	Roast beef, horseradish & watercress	£7.50
Smoked salmon, cream cheese	£7.50	Classic club, chicken, bacon, lettuce, tomato & hen's egg served between three slices of toasted bread	£8.50
Lancashire cheese, salad, dill sauce (v)	£6.50		

MAINS

Fred's fish pie. Smoked salmon & prawns bound in a creamy fish veloute, with dill & vegetables topped with haddock & cheesy mash potato (gf)	£16
Tempura battered fish & chips, mushy peas, tartare sauce (gf)	£16
Fred's burger, toasted brioche bun, salad, blue or Lancashire cheese, relish, onion rings & chunky chips	£16
Thai green chicken curry, steamed rice (gf)	£16
Linguine, mixed wild mushrooms, parmesan emulsion (v)	£14

SIDES

Mash potato / Chunky chips / Onion rings / Spinach in tomato sauce / Buttered kale / Rocket, parmesan & balsamic salad	EACH £3
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