

BOWLAND FOOD HALL



Sandwiches

Served with dressed salad and available gluten free. Cold sandwiches are served as open.

Lancashire Cheese (v)	£8.25
Greenfield Tasty Lancashire cheese with brandy & apple cider chutney	
Poached Salmon	£9.95
Lemon mayonnaise & rocket	
Classic Prawn Cocktail	£9.95
Marie Rose sauce & gem lettuce	
Caprese Sandwich (v) (veo)	£8.75
Sun-dried tomato & basil pesto, beef Tomato & bocconcini mozzarella	
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Bowland BLT	£10.25
Bowland smoked back bacon, Baby gem lettuce, tomato & mayonnaise	
Grilled Chicken & Bacon Sandwich	£10.95
Gem lettuce & mayonnaise	
Hot Steak Sandwich	£12.95
Chilli jam & rocket leaves	
Bowland Veggie Club Sandwich (v) (veo)	£9.95
Tomato pesto, roast red peppers, grilled halloumi & gem lettuce	

Burgers

Thai Fish Burger	£15.95
Holmes made Thai fish patty, fries & kimchi	
Moroccan Spiced Falafel Burger (veo)	£13.50
Chilli jam, gem lettuce & grilled halloumi with skinny fries	
Holmes Butchers Hereford Steak Burger	£15.95
Tomato relish, salad garnish & skinny fries	

Buddha Bowls

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

Grilled Chicken	£9.95
Cajun Grilled Salmon	£9.95
Griddled Halloumi (v)	£9.95
Avocado (ve)	£9.95
Chilli flakes & lime	

Nibbles & Small Plates

Holmes Made Soup (gfo)	£6.25
Herb croutons and served with white bloomer	
Ham Hock Terrine (gfo)	£8.95
Pub piccalilli & dressed rocket	
Black Olive Tapenade (ve) (gfo)	£5.25
Houmous & grilled pitta	
Happy Belly Scotch Egg	£6.75
Tracklements piccalilli	
Port of Lancaster Smoked Salmon (gfo)	£9.95
Rocket leaves, warm toast & salted butter	
Crispy Falafel (ve) (gfo)	£5.95
Tracklements chilli jam	
Warmed Sardine Fillets (gfo)	£8.75
Sourdough toast, rocket, salted butter	
Tomato & Garlic Grilled Anchovy Fillets (gfo)	£8.95
White toasted bloomer, rocket leaves & lemon	
Warm Quiche of the Day	£8.25
Chutney & rocket leaves	
Garlic Wild Mushrooms (gfo)(ve)	£7.95
Truffle oil	
Garlic Bread (v)	£5.50
Sun-dried tomato pesto	

Deli Boards

1 board **£16.95** / 2 boards **£28.95**

Charcuterie Board

Cured meat charcuterie selection with sun-dried tomatoes, bocconcini mozzarella, kalamata olives & artisanal breads

Deli Cheese Board

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

Fishmonger's Board

Port of Lancaster smoked salmon, marinated anchovies, poached salmon, mini prawn cocktail, pickled fennel & artisanal breads

Ploughman's Platter

Lancashire crumbly cheese, Stilton & Tracklements piccalilli, Porter's pork pie, Holmes glazed ham, artisanal breads, apples & grapes

Vegetarian Mezze Board (v) (gfo)

Pickled beetroot, black olive tapenade, houmous, figs, marinated vegetables from the Deli & pitta bread

Salads

Classic Chicken Caesar Salad (gfo)	£14.95
Anchovies, croutons, crisp lettuce, smoked bacon & parmesan	
Greek Salad (gfo)	£13.95
Kalamata olives, sun-dried tomatoes, red onion & feta	
Smoked Salmon & Atlantic Prawns (gfo)	£15.95
Marie rose sauce & rocket leaves	
Crumbled Goats Cheese (gfo)	£14.95
Rocket leaves, honey mustard dressing, figs & pickled beetroot	

Sides

Skinny Fries (gfo) (ve)	£4.50	Halloumi Fries (gfo)(v)	£5.95
Cajun Seasoned Potato Wedges (gfo)(v) £5.50		Tracklements chilli jam	
Soured cream & tomato relish		Kalamata Olives (gfo)(ve)	£4.50

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

175ml / 250ml / Bottle

Moko Black Sauvignon Blanc - New Zealand Marlborough

Fresh & zesty. This is a restrained Sauvignon Blanc with delicate palate & a crunchy citrus finish

£7.05 / £9.20 / £26.00

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

£6.75 / £8.75 / £23.95

Terrazze Della Luna Trentino Pinot Grigio V.V - Italy

A zesty wine with excellent concentration & depth, the palate delicate yet complex floral notes.

£6.45 / £8.60 / £23.95

Domaine De Vedilhan Serica Viognier, France

Subtle texture & richness, rich stone fruits & lightly tannic herbs shine through

£6.90 / £8.95 / £24.95

Domaine De La Motte Chablis - France

A deliciously precise expression of classic chalky Chablis terroir

£8.20 / £10.25 / £29.50

Cloudy Bay

Intense character of stone fruit, lemongrass and minerality

Bottle £38.95

RED WINE

The Wishbone Shiraz Grenache, Australia

Lovely & ripe, medium to full bodied with juicy plum & raspberry on the palate

£5.80 / £7.75 / £21.50

Pablo Y Walter Malbec, Argentina

A really pure expression of Malbec, bright red & juicy with rich chocolate flavours

£6.35 / £8.65 / £23.95

Boutinot 'Les Coteaux' Côtes Du Rhône Villages - France

A typical Cotes Du Rhone with red berry, brambly fruit underpinned by subtle

oaky nuances

£6.15 / £7.95 / £21.95

Les Oliviers Merlot, France

A lusciously fruity red with a rich & satisfying finish

£6.20 / £8.10 / £22.45

Catalina Sounds Pinot Noir, New Zealand Marlborough

Deep garnet red. An enticing mix of red & dark berry fruits, spice & underlying savoury notes

£8.20 / £10.25 / £28.50

125ml is available on request.

Fancy a bottle?

Choose any off the shelf and add £8 corkage to enjoy here!*

*Excludes Champagne



ROSÉ

175ml / 250ml / Bottle

Gris de Gris Rosé Sable de Camargue - France

An enchantingly pale, copper coloured rosé - very chic

£5.95 / £7.95 / £21.95

Domaine de La Vieille Tour, Côtes de Provence, France

A perfectly pale pink & elegant Provencal rose

£7.65 / £9.95 / £27.95

Boutinot 'Les Cerisiers' Côtes du Rhone, France

A classic salmon pink rosé with aromas of rosehip syrup, wild berry blossoms & cherries on the nose

£6.75 / £8.15 / £22.50

Pasión de Bobal Rosado - Spain

The most delicious bright, juicy-fruited, vibrant style of rosé

£6.40 / £8.85 / £24.50

Whispering Angel, Côtes de Provence, France

A supremely drinkable rose that will have you pouring "just one more glass" for yourself & your friends

Bottle £34.95

SPARKLING & CHAMPAGNE

Fontessa Prosecco V.V - Italy

Soft and delicate fruit & floral aromas give way to peach notes on the palate

Glass £6.95 / Bottle £24.95

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

Glass £15.00 / Bottle £67.95

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 £87.95

COFFEE

SMALL / LRG

Macchiato	£2.50 / £2.80
Cappuccino	£3.10 / £3.50
Latte	£3.10 / £3.50
Americano	£3.00 / £3.30
Mocha	£3.10 / £3.50
Mocha with Cream	£3.30 / £3.70
Hot Chocolate with Cream & Marshmallows	£3.70 / £4.10
Espresso	£2.50 / £2.80
Espresso Con Panna	£3.10
Cortado	£2.90
Flat White	£3.50
Syrup Shot	£0.80

TEA All £2.75

English Breakfast

Decaf English Breakfast

Earl Grey

Green Tea

Peppermint

Lemon & Ginger

JUICES

Glass £4.50

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	£3.25
San Pellegrino 250ml	£2.50
Acqua Panna 250ml	£2.50
San Pellegrino can 330ml	£2.60
Blood Orange	
Lemon	
Lemon & Mint	
Orange	
Coke Btl 330ml	£2.75
Diet Coke Btl 330ml	£2.75
Fentimans 275ml	£2.95
Dandelion & Burdock	
Victorian Lemonade	
Mandarin & Seville Orange Jigger	
Ginger Beer	
Rose Lemonade	

SMOOTHIES

Glass £6.50

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

Soothe

Pineapple, mango, coconut milk, ginger, lemon