

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

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 & artisinal 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
Kamalata 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

Cajun Seasoned Potato Wedges (gfo)(v) £5.50
Soured cream & tomato relish

Halloumi Fries (gfo)(v) £5.95
Tracklements chilli jam

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.

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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
- Soother
Pineapple, mango, coconut milk, ginger, lemon