



Lunch menu  
12pm - 4.30pm

## Soup

Soup of the day (see board) (v) £4.5  
- served with bread

## Flatbreads

served with side salad  
gluten free bread available

Slow-cooked pork and 'slaw £7  
Harissa chicken, avocado, lime & coriander £7  
Falafel, slaw, leaves, pomegranate, chilli (vg) £6  
Halloumi, harissa, capers, spinach (v) £7  
Loving Food fish finger, tartare, iceberg £7

## Sandwiches

served with side salad  
gluten free bread available

Egg, cheddar, tomato, leaves, chilli jam (v) £7  
Steak sandwich, onions, mushrooms and chips with gravy £9.5  
Sloppy Joe burger: beef, cheese, pickles with salad and chips £12  
Loving Food vegan burger and bun (vg) £10  
add cheddar cheese - £1 (v)

## Tacos

**Carnitas pork** (gf) £5  
pickled cabbage, pico de gallo, crispy pork skin  
**Chicken & chorizo** (gf) £5  
pickled cabbage, toasted seeds, chipotle mayo  
**Baha smoked fish** £6  
pickled cabbage, pico de gallo, seaweed flakes, chipotle mayo  
**Lemon buttered asparagus** (vg) (v) £5  
iceberg lettuce, pea puree, Lancashire cheese, oregano crumb

## Plates

Mac and cheese (v) £6  
- add garlic bread £1  
- add bacon £2  
Salmon, crab & haddock fish cakes - small served with salad £8  
- large with samphire and capers £14  
Salad of the day (see board) (vg) £7.5  
- add chicken or halloumi - £2

## Sides

Awesome chips (vg) £3  
Green salad (vg) £3  
Seasonal greens (vg) £3  
Boston beans £3

## Desserts

Selection of cakes from counter £4  
Brownie and ice cream £5  
Seasonal sorbet £3  
Ice cream - ask server £4

## Kids

For under 12s. Two courses for £5.5. One for £4  
Mac and cheese with garlic bread (v)  
Beans and sausage  
Falafel with salad or chips (vg)  
Chicken & bacon or fish finger flatbread with salad  
Sandwich, 2 fillings (cheese, egg, tomato, ham) with salad  
-----  
Brownie and scoop of ice cream  
Sorbet (2 scoops)  
Ice cream (2 scoops)  
Apple & Pear juice, Apple & Strawberry juice, Orange juice, Apple juice, semi-skimmed milk £1.2

