

breakfast (available Monday to Friday until 11.30am)

TOAST CLASSIC BREAKFAST Egg, back bacon, sausage, beans, mushrooms, tomato & a slice of toast	£4.95
TOAST CLASSIC VEGETARIAN BREAKFAST v Egg, vegetarian sausage, beans, mushrooms, tomato, hash brown & a slice of toast.	£4.75
BREAKFAST BAGUETTES A small white or wholemeal baguette with a choice of filling	£2.75
EGGS BENEDICT English muffin, topped with poached eggs, back bacon & finished in a creamy hollandaise sauce	£6.45
TOAST v Jam or marmalade on two slices	£1.75
Baked beans on two slices	£3.25
Cheddar cheese on two slices	£3.25
Two eggs on two slices	£3.25

sharing platter



A selection of beer battered onion rings, breaded mushrooms, spicy chicken wings, lamb koftas, potato dippers & garlic bread served with a selection of dips & salad garnish

£12.95

brunch

ALL DAY BREAKFAST Egg, two sausages, back bacon, beans, tomato, mushrooms, hash brown & toast	£6.45
VEGETARIAN BREAKFAST v Egg, vegetarian sausage, beans, tomato, mushrooms, hash brown & toast	£5.95
LANCASHIRE RAREBIT Bowland Cheddar cheese & bacon on two slices of toast	£4.95
EXTRA PORTIONS / FILLINGS Egg, bacon, sausage, beans, mushrooms, tomato, black pudding, hash browns, fried bread or two slices of bread/toast	£0.95
TOASTED TEACAKE v Served with jam or marmalade	£1.75
SPANISH OMELETTE v Spanish tortilla omelette with chorizo green peppers, onions and potato	£6.95
OMELETTES v 3 egg omelette served with a salad garnish	
PLAIN	£4.95
CHEESE	£5.95
ROAST HAM	
CHARGRILLED CHICKEN	
BACK BACON	
PRAWNS	
TUNA	
MUSHROOMS v	
TOMATO v	
MIXED PEPPERS v	
ONION v	
CHORIZO	
Additional fillings	£0.95

jacket potatoes

Oven baked & served with a filling of your choice

Additional fillings	£0.95		
PLAIN v	£3.95	TUNA MAYONNAISE	£5.25
CHEDDAR CHEESE v	£4.95	TUNA	£5.25
COLESLAW v	£4.95	BACK BACON	£5.50
BAKED BEANS v	£4.95	CHILLI CON CARNE	£6.45
MUSHROOMS v	£5.25	ROAST HAM	£5.95
BLUE CHEESE v	£5.95	CAJUN CHICKEN	£5.95
PRAWNS	£5.50	CHICKEN TIKKA	£5.95
(in Marie Rose sauce)			

All prices include VAT at the current rate. v = suitable for vegetarians
Any changes in the VAT rate may alter the selling prices stated, the selling prices included the correct rate of VAT at the time of printing

light bites

HOMEMADE SOUP v A choice of tomato or today's special	£3.95
MARINATED OLIVES v Olives & diced feta, served with toasted ciabatta	£4.45
HOMEMADE CHICKEN LIVER PATÉ Served with toast & a salad garnish	£4.95
NACHOS v Topped with melted cheese, chillies served with salsa & sour cream dips	£4.50
Add chicken or chilli con carne?	£1.95
LOADED POTATO SKINS v Stuffed with cheese & bacon or cheese & chives, served with a BBQ or sour cream dip	£4.95
GARLIC MUSHROOMS v Roasted in garlic & cream sauce served with toasted white or wholemeal white bread	£4.95
PRAWN COCKTAIL Succulent prawns coated in Marie Rose sauce served on a bed of salad	£5.45
CHICKEN & CHORIZO SKEWER Marinated chicken pieces & spicy Spanish sausage chargrilled & served on mixed leaves with a salsa & sour cream dip	£6.25
BRUSCHETTA v Tomato, onion & basil salsa, served on a roasted garlic Croutini	£4.45
CALAMARI Golden squid served on a bed of mixed salad with mayonnaise & a slice of lemon	£5.75
LAMB KOFTAS Spiced lamb kebabs served on a bed of crisp salad with mint mayonnaise	£5.95
MUSHROOM CIABATTA v Pan fried mushrooms served on a toasted ciabatta bread	£5.45
ROASTED TOMATOES ON A POTATO ROSTI v Served with scrambled egg	£5.25



toast roast on a Sunday

Choose from one of our fresh roasts, served with Yorkshire pudding, roast potatoes, vegetables and gravy

3 Courses £13.95

Vegetarian option available

mix & match (fillings & toppings)

Why not create your own sandwich, wrap or salad bowl by adding any of the selection below

PRAWNS (in Marie Rose sauce)	ROAST HAM
TUNA MAYONNAISE	CHARGRILLED CHICKEN
TUNA	CAJUN CHICKEN
TUNA & SWEETCORN	ROAST BEEF
BLUE CHEESE v	BACK BACON
GOATS CHEESE v	SAUSAGE
CHEDDAR CHEESE v	FRIED EGG v
EGG MAYONNAISE v	CORNED BEEF

Additional fillings £0.95

wraps

Warm tortilla wrap served with a salad garnish, salsa & sour cream dips

CHICKEN CAESAR WRAP Chicken & cos lettuce tossed with Caesar dressing	£6.25
CHICKEN FAJITA WRAP Chicken, roasted peppers & onions, tossed in fajita sauce	£6.45
STEAK & ONION WRAP Chargrilled Lakeland steak tossed with roasted red onion & garlic	£7.95
CHILLI BEEF WRAP Minced beef tossed in our mild Chilli sauce with mixed peppers & onions	£6.95
ROASTED VEGETABLE WRAP v Roasted vegetables tossed with dressed salad	£5.95

speciality sandwiches

CHICKEN CLUB TRIPLE DECKER Chicken, bacon, lettuce & mayonnaise on a triple decker sandwich on either white or wholemeal sliced bread, served with a salad garnish & coleslaw	£6.95
GRILLED STEAK BAGUETTE Chargrilled tender Lakeland steak sliced with red onion, served in a toasted white baguette with mayonnaise & a salad garnish	£7.95
B.L.T. Back bacon with lettuce & sliced tomato on white or wholemeal sliced bread	£5.95
TOMATO, BASIL & MOZZARELLA BAGUETTE v Sliced tomatoes, fresh basil & mozzarella in a toasted baguette with coleslaw & salad garnish	£5.95

sandwiches

Select a choice of filling from our mix & match section with salad garnish

TRADITIONAL White or wholemeal sliced bread	£4.45
BAGUETTES A large freshly baked, white or wholemeal baguette	£5.45
CIABATTAS A grilled ciabatta bread	£5.45
PANINI A freshly grilled panini	£5.95
TOASTIES White or wholemeal sliced bread toasted	£4.95
WRAPS Warm tortilla wrap with salsa & sour cream dips	£5.95

salad bowls

All our house salad bowls consist of a selection of crisp handpicked salad leaves along with tomatoes, red onion, cucumber & mixed peppers



Select fillings & toppings from the mix & match section to compliment your choice

£5.45

speciality salads

All our house salad bowls consist of a selection of crisp handpicked salad leaves along with tomatoes, red onion, cucumber & mixed peppers

CHAR GRILLED TUNA STEAK NEW Tuna steak cooked on our barbecue, finished with soya sauce & sesame seed dressing	£7.95
HONEY & CHINESE FIVE SPICED DUCK BREAST NEW Mouth melting duck breast marinated in Lancashire honey & five spices, pan seared, thinly sliced & placed on our house salad	£7.95
CLASSIC CAESAR SALAD v Crisp cos lettuce tossed in Caesar dressing with Parmesan shaving & crunchy croutons	£5.95
CHICKEN CAESAR SALAD Strips of chicken, crisp cos lettuce tossed in Caesar dressing with Parmesan shaving & crunchy croutons	£6.95
CHICKEN & CHORIZO SALAD Marinated pieces of chicken & chorizo sausage	£7.95
SPICY CHICKEN SALAD WITH BASMATI RICE Tender slices of spicy chicken set on a bed of Basmati rice lightly flavoured with turmeric, spring onions, chopped parsley & a cucumber raita dressing	£7.45
CHICKEN & BACON Strips of chicken & grilled back bacon	£7.95
CAJUN CHICKEN Strips of Cajun spiced chicken	£7.45
ROASTED VEGETABLES v A selection of roasted seasonal vegetables	£5.95

breads

GARLIC BREAD	£2.95
GARLIC BREAD WITH CHEESE	£3.45
GARLIC BREAD WITH TOMATO	£3.95

We advise you to speak to a member of staff if you have any food allergies or intolerances
*All weights are approximate before cooking. 1oz=28g uncooked weight.
Strict hygiene procedures are followed in our kitchen but due to the presence of nuts in some products there is a small possibility that nut traces may be found in any item.
An optional 10% service charge will be added to parties of 8 or more.

new winter warmers

HOMEMADE IRISH STEW **NEW** £7.95
Tender chunks of Lakeland lamb braised with onions, carrots, potatoes and accompanied with a warm bread roll

SAVOURY MINCE & HOMEMADE THYME DUMPLINGS **NEW** £7.95
Lakeland steak mince served with onions in rich gravy accompanied with puree of carrots & Savoy cabbage, topped with chef's own traditional Thyme Dumplings

BEEF BOURGUIGNON **NEW** £9.95
Prime cubes of Lakeland steak with baby pickled onions & mushrooms combined in a rich red wine & paprika sauce, accompanied with long grain rice

CHICKEN, LEEK AND BACON BAKE **NEW** £7.95
Tender pieces of chicken coated in a creamy white wine sauce tossed with sliced smoked bacon & leek rings, topped with Cheddar cheese & baked until golden brown served with a side salad & garlic bread

HOMEMADE CHICKEN & MUSHROOM PIE **NEW** £7.95
Chicken & mushrooms cooked in a creamy white wine sauce, topped with a puff pastry lid & accompanied with chips and a choice of vegetables

GOURMET FISH PIE **NEW** £8.95
White fish, salmon and prawns in a creamy cheese sauce covered with a mashed potato topping sprinkled with cheese

HUNTER'S CHICKEN MELT **NEW** £7.95
Butterflied chicken breast topped with bacon & cheese then coated with a smokey BBQ sauce, served with chunky chips & side salad

MUSHROOM & STILTON BAKE **NEW** £7.45
Sliced mushroom coated in a rich creamy stilton sauce topped with homemade breadcrumbs & baked until golden brown & served with a warm bread roll

CORNED BEEF HASH **NEW** £6.45
Cubes of corned beef in a tomato based stock with potatoes, onions & carrots, served with a crusty bread roll

BEEF GOULASH **NEW** £9.95
Peppers, onions & diced Lakeland beef simmered in a sauce of paprika, chillies & red wine & cooked until tender served with long grain rice

TRADITIONAL LANCASHIRE HOT POT **NEW** £7.95
Sliced Lancashire sausages oven roasted with onions, diced carrots & potatoes, celery, mushrooms & rosemary served with crusty French bread

THREE BEAN CASSEROLE **NEW** £6.95
Butter, haricot & kidney beans slow cooked with onions, carrots & fresh herbs splashed with tangy Worcester sauce, complimented with a toasted Italian ciabatta

CHICKEN KORMA **NEW** £8.25
Diced chicken with onions coated in a mild spiced curry sauce containing a hint of almond & cream, served with Naan bread & Pilau rice

NASI GORENG **NEW** £9.95
North Atlantic prawns pan fried with onions, peppers & garden peas, tossed with Pilau rice & topped with sliced pan fried egg

burgers

Served with lettuce, onion, tomato & mayonnaise
ADD CHEDDAR CHEESE / BACON (each) £0.95

BEEF BURGER £5.45
6oz* steak burger

SAUCY BURGER £6.95
6oz* steak burger topped with either chilli con carne or bolognese sauce

BLUE & BLACK BURGER £6.95
6oz* steak burger seasoned with Cajun spices & topped with blue cheese

CHICKEN BURGER £5.95
Whole chargrilled chicken fillet

MEDITERRANEAN VEGETABLE & MOZZARELLA QUARTER POUNDER **v** £5.45
A seasoned mix of vegetables with cous cous, coated in golden herby breadcrumbs

main meals

ROAST OF THE DAY £7.95
Served with seasonal vegetables, roast potatoes, gravy & Yorkshire puddings

STEAK & ALE PIE £7.95
Chunks of steak slowly cooked in ale topped with a puff pastry pie lid, served with chips & fresh vegetables

SHEPHERDS PIE £7.95
Our own recipe shepherd's pie served with chips & fresh vegetables

CHILLI CON CARNE £7.95
Chilli served with rice & tortilla chips

CHICKEN TIKKA £8.25
Served with rice & naan bread

GAMMON & EGG £7.95
8oz gammon steak topped with a fried egg, half a grilled tomato served with chips & fresh vegetables

HOMEMADE LASAGNE £7.95
Our own recipe bolognese sauce between layers of pasta & a creamy cheese sauce, served with a side salad & garlic ciabatta

ROASTED VEGETABLE LASAGNE **v** £7.45
Roasted Mediterranean vegetables layered between pasta & a creamy cheese sauce, served with side salad & garlic ciabatta

HALF ROAST CHICKEN £8.95
Served with chunky chips, salad garnish & coleslaw

BEER BATTERED HADDOCK & CHIPS £7.95
Fresh Fleetwood haddock coated in beer batter, served with chips & a choice of garden peas or mushy peas

WHOLE TAIL SCAMPI £8.95
Served with chips & a choice of peas or fresh vegetables

FILLET OF SALMON £11.95
Fresh salmon fillet sat on a bed of rosemary roasted new potatoes & roasted vegetables, drizzled with a pesto sauce

steaks

Chargrilled Lakeland steak served with chips, battered onion rings, mushrooms, tomato, & salad garnish or fresh vegetables

8oz* **SIRLOIN STEAK** £14.95
8oz* **FILLET STEAK** £18.95

sauces

Peppercorn, Diane, Mushroom £3.00

speciality pasta

Al dente Penne Pasta with Italian cheese shavings
TUNA & SWEET CORN £7.95
Flakes of tuna with sweet corn in our own recipe tomato sauce with Penne Pasta

TOMATO & BASIL **v** £6.95
Fresh basil in our own recipe tomato sauce with Penne Pasta

CAJUN CHICKEN £8.45
Strips of Cajun chicken & peppers in our own recipe tomato sauce with Penne Pasta

CHICKEN & BACON £7.95
Chicken, onion, peppers & bacon in a creamy cheese sauce with Penne Pasta

SALMON & PRAWN £9.95
Salmon & prawns in our own recipe tomato sauce with Penne Pasta

ROASTED VEGETABLE **v** £6.95
Roasted vegetables in our own recipe tomato sauce with Penne Pasta

BOLOGNAISE PASTA £7.95
Our own recipe bolognese with Penne Pasta

PESTO PASTA **v** £6.95
Pasta lightly flavoured with pesto mixed through with baby spinach leaves, cherry tomatoes, toasted pine nuts & sprinkled with grated Parmesan

side orders

FRESH VEGETABLES v	£2.50	JACKET POTATO v	£2.50
ONION RINGS v	£2.50	NEW POTATOES v	£2.50
MUSHROOMS v	£2.50	CHUNKY CHIPS v	£2.50
COLESLAW v	£2.50	MASH v	£2.50
SIDE SALAD v	£2.50	CURLY FRIES v	£2.50

café menu

autumn / winter 2011/12



Taste
LANCASHIRE
HIGHEST QUALITY ASSURED

TOAST

CAFÉ - BAR - GRILL