

V. Fresh

Menu



Light Bites

Soup of the Day £3.00

- served with crusty bread

Boreck £3.00

- cheese, red onion & spinach leaves in filo pastry, served with sweet chilli dip & salad

Dips & Things £3.00

- pitta bread or tortilla chips served with a choice of 3 dips

Courgette Fritters £3.00

- with a choice of one of the dips and salad

Baked Lancashire

Goats Cheese £3.00

- served on a crouton with salad & homemade chutney

Mixed Bean Salad Bowl £2.50

Garlic Mushrooms or Creamy Curried Mushrooms £3.00

- served on a crouton with salad

Cherry Tomato & Basil Bruschetta £3.00

- served with salad

Half & Half £3.50

- soup and a sandwich

Dips

Howich Esme

- yoghurt based carrot & walnut dip

Hummus

- ground chick peas, oil, lemon & coriander

Tsatsiki

- yoghurt with shredded cucumber & garlic & mint

Salsa

- fresh tomato, onion, garlic, herbs & lime

Olives

- green & black

Guacamole

- traditional avocado dip

Sour cream & chives

Main & Larger Dishes

V Fresh Veg Lasagne	£4.50	Plain Jacket Potato	£3.00
<i>- made with seasonal vegetables served with garlic bread & salad</i>		<i>- served with salad</i>	
Wild Mushroom Risotto	£4.50	Jacket with Toppings per filling 30p	
V Fresh Pasta of the Day	£4.50	<i>- cheese, baked beans, onions, sweetcorn, coleslaw, or cottage cheese</i>	
<i>- please check specials board</i>		Add V. Fresh Quorn	
Roasted Butternut Squash	£4.50	Mince Chilli	£1.00
<i>- with seasonal vegetables & goats cheese</i>		Nachos	£3.50
Vegetable Chilli Bowl	£4.50	<i>- refried beans, salsa, guacamole & sour cream</i>	
<i>- served with crusty bread & crème fraiche</i>		Loaded Mexican	
Vegetable Fajitas	£4.50	Potato Skin	£4.50
<i>- served with 2 flour tortillas, sour cream, salsa & guacamole</i>		<i>- filled with quorn chilli & cheese served with salad, salsa & soured cream</i>	
Quiche of the Day	£4.50	Cous Cous Salad	£3.50
<i>- served with salad & new potatoes</i>		<i>- lemon & coriander with nuts & seeds served with hummus & pitta</i>	
Classic Spanish Omelette	£4.50	Caesar Salad	£3.00
<i>- served with salad</i>		<i>- Cos lettuce, chopped boiled eggs, parmesan cheese, croutons with a garlic & lemon dressing served with pitta</i>	
Plain Omelette	£3.00	Greek Salad	£3.50
<i>- served with salad</i>		<i>- tomatoes, onion, cucumber, olives, feta cheese, coriander, parsley served with an olive oil & vinegar dressing & pitta</i>	
Omelette Fillings	per filling 30p	3 Cheese Ploughmans	£3.50
<i>- cheese, mushroom, sweetcorn, onion, baked beans, tomato</i>			
Spicy Bean Burger	£3.50		
<i>- served on a brown bap with salad & salsa</i>			

The Sandwich Bar

Choose from a choice of breads and fillings

Breads

White or brown bread	- £1.50
Ciabatta	- £2.50
Panini	- £2.50
Flour tortilla	- £2.50
Pitta	- £2.00

Fillings – 50p each

Farhouse Cheddar
French Brie
Hummus
Homemade Coleslaw
Mozzarella
Feta
Roast Vegetables
Quorn Chilli
Mushrooms

Additional 30p each

Apple
Walnuts
Salad
Olives
Avocado
Spinach
Pesto
Cranberry

Hot Drinks

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Tea	90p	£1.00
Herbal Teas	80p	£1.00
<i>- many flavours available</i>		
Espresso	£1.00	£1.50
Americano	£1.20	£1.50
<i>- with or without cold milk</i>		
Cappuccino	£1.50	£2.00
Latte	£1.50	£2.00
Mocha	£1.50	£2.00
Hot Chocolate	£1.50	£2.00
<i>- topped with whipped cream</i>		

Cold Drinks

Mineral Water - still or sparkling	£1.00
Fruit Juices	80p
Pure Fruit Smoothies	£1.50
<i>- see board for today's creation</i>	
Milkshakes	£2.00
<i>- with fresh fruit & ice cream</i>	
Iced Coffee	£1.50
<i>- vanilla ice cream, V.Fresh trappe</i>	

Desserts

Ice Cream Sundae	£3.00
<i>- fresh fruit & lashings of ice cream</i>	

Pancakes

Choc Nut	£2.00
<i>- choc fudge ice cream & toasted hazelnuts</i>	
Go Bananas	£2.00
<i>- vanilla ice cream, bananas & honey</i>	
Wimbledon	£2.00
<i>- strawberries & cream</i>	
Sweet & Sour	£1.50
<i>- lemon & sugar</i>	

Pastries, Cakes & Biscuits
<i>- please ask for today's selection</i>

Childrens Menu Available

Take Away Service

Buffets and Lunches catered for
01254 844550

Themed Nights
watch out for posters