



## STARTERS

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### **Soup of the day £5.00 (v)**

Served with rustic bread (see specials).

### **Sautéed Wild Mushrooms £6.25**

Cooked in a creamy garlic & smoked bacon sauce glazed with Stilton served with rustic bread.

### **Crab & Sweetcorn Spring Roll £6.45**

Flavoured with coriander, spiced pickled onions, sweet chilli crème fraiche.

### **Grilled Bury Black Pudding £6.15**

With a crisp salad, deep fried Robinsons free range egg, grain mustard cream.

### **Prawn & Crayfish Salad £6.45**

Bound with Marie Rose sauce, toasted walnut oil, brown cobbler.

### **Deep Fried Brie Wedge £6.15 (v)**

With balsamic salad, plum and lime relish.

## LITES

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### **Brushetta £6.95**

Roasted vine tomatoes with garlic, Parma Ham, basil & olive oil on toasted ciabatta.

### **Wild Mushroom Tagliatelle - Sm. £6.95 Lg. £9.50 (v)**

Cooked in a red onion, garlic and parmesan cream with basil oil.

### **The Plate's BLT £7.95**

On toasted teacake, chunky chips & salad.

### **Steak Sandwich £8.25**

Fried minute steak with sticky red onions, toasted focaccia, chunky chips and salad.

### **Chicken & Bacon Club £8.45**

Succulent chicken breast, bacon, juicy tomatoes, crisp lettuce between three slices of toasted bread and mayonnaise, chunky chips and salad.

### **Chicken & Sweet Pepper Focaccia - £8.15**

Chicken breast and sweet peppers in a sweet chilli sauce, chunky chips and salad.

## SPECIALS

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We are pleased to offer a range of daily specials. Please see the main blackboard for today's selection.

## MAIN COURSES

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### **Beef Burger £9.95**

Home made Lancashire beef burger on toasted muffin, tomato relish, onion rings and salad.

### **Our own cooked Honey Roast Ham £9.25**

With two Robinsons free range eggs and chunky chips.

### **Hotpot of Haddock and Leeks £10.25**

Glazed with mozzarella cheese, with a piquant lemon salad and buttered new potatoes.

### **Butterflied Chicken Breast £9.95**

Served on pesto creamed tagliatelle, Sunblush tomatoes and parmesan.

### **Fillet of Beef Stroganoff £11.95**

Strips of beef fillet cooked in a brandy and paprika cream sauce with pilau rice.

### **Lancashire Rib Eye Steak £14.95**

8oz chargrilled to your liking, sautéed chestnut mushrooms, vine tomato, chunky chips with an optional peppercorn sauce

### **Risotto £9.75**

Chef's risotto (see specials board)

### **Quiche £8.50**

With salad, coleslaw and chunky chips (see specials board)

## SALADS

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### **Caesar Salad £9.95**

Warm Cajun chicken on a classic Caesar salad with fresh anchovies, parmesan, bacon and red onions.

### **Hot Chicken & Bacon Salad £9.75**

Strips of chicken and bacon glazed with a Balsamic dressing, ciabatta croutons, Sunblush tomato and red onion salad.

### **Niçoise Salad £10.45**

Seared Seabass fillet on a classic Niçoise salad with a grain mustard dressing.

## SIDES

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### **Home made chunky chips £2.95 (v)**

### **Mixed Salad £2.95 (v)**

### **Caesar Salad £3.15**

### **Bowl of Mixed Olives £3.00 (v)**

### **Homemade Coleslaw £1.95 (v)**



## HANDMADE SANDWICHES

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**Choose white or brown bread served with salad, coleslaw and chunky chips**

**Our own cooked Honey Roast Ham £5.95**

With a tomato relish

**Dewlay Creamy Lancashire Cheese £5.95 (v)**

With a plum and apple chutney

**Roast Beef £6.25**

With horseradish cream and rocket

**Smoked Salmon and Cream Cheese £6.95**

With a hint of lime and dill

**Freshwater Prawn £6.95**

With a Marie Rose sauce

**Chicken £6.25**

With Sunblush tomato and a tangy mayonnaise

**Tuna Mayonnaise £6.15**

With sweet pepper, spring onion and sweetcorn

## FOOD PROVENANCE

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**The Plate sources the finest ingredients from the following artisan producers and suppliers of Lancashire:**

Milk and cream from Gornalls of Goosnargh

Meat from Andertons of Longridge

Fruit and vegetables from Thomas Moss of Goosnargh

Fish from Wellgate Fisheries of Clitheroe

Bread from Sandersons of Blackburn

Free range eggs from Robinsons of Slaidburn

Chutneys, relishes and honey from Crossmoor Farm of Preston

Wine from the Whalley Wine Shop

Ice cream from Whallings in Cockerham

Coffee from Coffee Concept of Blackburn

Loose teas from the Exchange Coffee Co. of Clitheroe

**All prices include VAT at 20%**

**Service charge is not included**