Cold Fork Lunch menu

Menu 1
- Brie and sundried tomato quiche (V)
- Sliced honey roast ham and roast turkey (GF)(DF)
- Cherry tomato, artichoke and olive skewer (V)(VG)(GF)(DF)
- Served with; Riso salad with olives and peppers (V)(VG)(DF), mixed leaves (V)(VG)(GF)(DF) and homemade deli salad of the day
- Bread rolls, mayonnaise, vinaigrette
- A selection of 50% loaf cakes and 50% fresh fruit skewers
- Fair trade tea, Atkinson’s coffee and OJ

Menu 2
- Tomato and mozzarella quiche (V)
- Sliced honey roast ham and roast beef (GF)(DF)
- Onion bhaji (V)(VG)(GF)(DF)
- Served with; Sundried tomato pasta (V)(VG)(DF), mixed leaves (V)(VG)(GF)(DF) and homemade deli salad of the day
- Bread rolls, mayonnaise, vinaigrette
- A selection of 50% loaf cakes and 50% fresh fruit skewers
- Fair trade tea, Atkinson’s coffee and OJ

Menu 3
- Garstang blue cheese and red onion quiche (V)
- Sliced honey roast ham and roast chicken (GF)(DF)
- Tomato stuffed with hummus (V)(VG)(GF)(DF)
- Served with; Butternut squash couscous (V)(VG)(DF), mixed leaves (V)(VG)(GF)(DF) and homemade deli salad of the day
- Bread rolls, mayonnaise, vinaigrette
- A selection of 50% loaf cakes and 50% fresh fruit skewers
- Fair trade tea, Atkinson’s coffee and OJ

Menu 4
- Goats cheese and red onion quiche (V)
- Sliced honey roast ham and continental meats (GF)(DF)
- Vegetable Indian pakora with mango chutney (V)(VG)(GF)(DF)
- Served with; Beetroots, feta, spinach and wild rice salad with a sweet chilli dressing (V)(GF), mixed leaves (V)(VG)(GF)(DF) and homemade deli salad of the day
- Bread rolls, mayonnaise, vinaigrette
- A selection of 50% loaf cakes and 50% fresh fruit skewers
- Fair trade tea, Atkinson’s coffee and OJ
Bowl food lunch menu
Served from our hotplate

Menu 1
• Smokey aubergine stew (V)(VG)(GF)(DF)
• Slow cooked beef and chorizo stew (GF)(DF)
• Freshly baked rustic bread
• A selection of 50% loaf cakes and 50% fresh fruit skewers
• Fair trade tea, Atkinson’s coffee and OJ

Menu 2
• Italian cannellini and borlotti bean stew (V)(VG)(GF)(DF)
• Slow braised Plumgarths of Kendal pork, and apple stew (GF)(DF)
• Crusty bread
• A selection of 50% loaf cakes and 50% fresh fruit skewers
• Fair trade tea, Atkinson’s coffee and OJ

Menu 3
• Hearty seasonal vegetable stew (V)(VG)(GF)(DF)
• Irish stew with Plumgarths of Kendal lamb (DF)
• Crusty bread
• A selection of 50% loaf cakes and 50% fresh fruit skewers
• Fair trade tea, Atkinson’s coffee and OJ

Menu 4
• Seasonal vegetable and pearl barley stew (V)(VG)(DF)
• Spicy Italian chicken and olive stew with chilli (GF)(DF)
• Crusty bread
• A selection of 50% loaf cakes and 50% fresh fruit skewers
• Fair trade tea, Atkinson’s coffee and OJ

(V) Vegetarian, (VG) Vegan, (GF) Made with Gluten free ingredients, (DF) Dairy Free

Please note our kitchens handle all major allergens. If you have an allergy or food intolerance, please speak to a member of our team