



lunch at the foodworks

served from 12.30pm - 2.30pm Monday - Friday

I'm proud to be a born and bred Lancastrian, and even more proud that the very best ingredients which make up a great tasting meal can be found on our very own doorstep. The Foodworks is a celebration of the produce and dishes of the Red Rose County. Lancashire has a growing band of dedicated farmers and artisan producers who use skills passed down through generations of families to give us some of the best smoked fish, meats, sausages, cheeses, ice creams and ales. Their craft is a continuous source of inspiration to me, and this menu of predominantly sourced local produce is an acknowledgement of these traditions. If by some small chance there is nothing on the menu that tickles your taste buds, let me know what you fancy and I'll do my best to meet your individual requirement. Thanks for dining, tuck in and enjoy your meal.

Damien Ng, Head Chef

"Bless o on us lord wi this gradely stuff, An nudge me when ah've ad enough"
A Lancashire "Grace"

side dishes

Broccoli	£3.00
Cauliflower Cheese	£3.00
Steamed Baby Potatoes with Herb Butter	£3.00
House Salad	£3.00
Fat Chips	£3.00
Selection of Baby Buttered Vegetables	£3.25

from the deli table

Whether you're in a hurry or you just fancy a long lazy lunch, help yourself to our deli table. Using only the best and locally sourced produce, we offer a great selection of hot and cold dishes, including traditional fayre and healthy salad options.

2 Courses	£11.95
3 courses	£14.95

starters

Soup, changing daily and prepared with the finest fresh seasonal ingredients (g)	£4.95
Locally Reared Chicken Liver and Redcurrant Pate (g) apple and plum purée with toasted brioche	£6.95
"Twice Baked" Lancashire Cheese and Broccoli Soufflé (v) landcress and beetroot vinaigrette	£6.95
Port of Lancaster Kiln Smoked Salmon (g) cherry tomato, balsamic and red onion salad with lemon mayonnaise	£6.95

main courses

Cumbrian Fell Bred Venison Steak (g) noisette potatoes, savoy cabbage and berry jus	£17.50
"Swarbrick's" of Garstang Corn-fed Chicken Breast (g) sautéed chorizo, green beans, parmentier potatoes and chorizo cream sauce	£15.95
Grilled Sea Bass Fillets and Herb Crushed Potatoes(g) herb infused cherry tomato and onion salsa	£17.95
Autumn Vegetable and Mixed Bean Casserole (v) garlic and herb buttered new potatoes and mange tout	£13.95

Dessert

"Cool Cow" Organic Milk Dairy Ice Cream Selection (g) choose from chocolate, vanilla and strawberry flavours	£5.75
Chocolate Sticky Toffee Pudding chocolate toffee sauce and clotted cream	£6.25
White Chocolate and Blackberry Cheesecake blackberry coulis	£6.25
A Selection of the Finest Local Cheeses banana and walnut loaf, celery, grapes, tomato chutney and oatcakes	£8.00
Freshly Ground Coffee and "Romneys of Kendal" fudge	£3.65

(g) Is suitable for a gluten free diet.
(v) Is suitable for a vegetarian diet.

Whilst every effort is taken to prevent nut cross contamination our kitchen is not a nut free environment. Please be aware some items on the menu may contain small bones.

Prices are inclusive of service and VAT charged at the current rate.
Gratuities are at your discretion