



**PROOF**  
*EXPRESS &*  
*LIGHT LUNCH*  
**2/3 COURSES**

{ DESIGNED FOR A LUNCH HOUR  
(OR A RELAXING AFTERNOON  
JUST LET US KNOW!) }

AVAILABLE MONDAY- THURSDAY 12-6PM, FRIDAY AND SATURDAY 12-4PM  
NOT AVAILABLE BANK HOLIDAYS

**2 COURSE £9.50**  
**3 COURSE £12.00**

## STARTER

- Wainwright Beer Battered Bury Black Pudding, Wholegrain Mustard Mayonnaise  
Jerk Style Goosnargh Chicken Wings, Dressed Leaf  
Crispy Fleetwood Whitebait, Homemade Tartar Sauce, Dressed Leaf Salad  
Crispy Belly Pork, Pickled Vegetables, Hot and Sour Sauce  
Salmon, Dill and Lemon Pate, Garlic Ciabatta Croutes  
Butternut Squash and Sage Arancini, Basil Pesto (V)  
Scott's Chipolata Sausages, Honey and Black Sesame Seed Glaze  
Warm Selection of Local Breads and Toasted Ciabatta, House Pesto,  
Aged Balsamic and Olive Oil (V) (add Olives and Feta for £2)  
Garlic Ciabatta with Cheese  
Locally Grown Beetroot Hummous, Pitta Bread (*Vegan*)  
Causeway Cauliflower Bhaji, Soya Yoghurt Riata (*Vegan*)

## MAIN

- Mini Lancashire Hotpot, Toasted Granary Baguette, House Pickled Red Cabbage  
Haddock Goujons, Twice Cooked Chucky Chips, Mushy Peas, Tartar Sauce  
Roasted Sweet Potato filled with Roasted Mediterranean Vegetables,  
Feta and Balsamic Glaze (V)  
Pan Seared Lambs Liver, Creamed Potatoes, Onion Gravy  
Salmon, Courgette and Pea Spaghetti  
Sesame Tempura Chicken Goujons, Dressed Leaf Salad, Skin on Fries  
or Keep it Simple; Pan Fried Chicken Goujons, Seasonal Vegetables or Salad,  
Boiled New Potatoes  
House Salad; Local Leaf, Olives, Feta, Pumpkin Seeds, Tomatoes,  
House Pesto Dressing (V) (*add Chicken Strips £3*)  
Any Omelette (*£1.50 supplement for Salmon omelette*)  
Any Sandwich  
Red Lentil, Butternut Squash, Sweet Potato and Spinach Dahl,  
Spiced and Roasted Causeway Cauliflower, Baby Herbs (*Vegan*)  
Asian Style Noodle Broth; Spring Onion, Chilli, Ginger, Julienne of Vegetables,  
Rice Noodles, Fresh Coriander (*Vegan*)  
Summer Salad; Baby Leaf, Carrot, Peppers, Mouli, Toasted Grains,  
Puffed Rice, Chilli, Lime and Ginger Dressing (*Vegan*)

## DESSERT

- Chocolate Brownie, Chocolate Orange 'Soil', Summer Berry Sauce,  
Mrs Downsons Vanilla Ice Cream  
Mango, Pineapple and Coconut Cheesecake; Coconut Cream Cheese,  
Mango and Pineapple Compote, Gingerbread Biscuit Base, Pineapple Crisp  
Sticky Toffee Pudding, Salted caramel Sauce, Vanilla Bean Ice Cream  
Mrs Dowsons Sorbet of the day; Summer Berries, Berry Coulis  
2 Scoops Mrs Dowsons Ice Cream (*Chocolate, Strawberry, Vanilla and Gingerbread*)  
Stewed Apple and Summer Fruit Crumble, Peanut Butter Crumble Topping,  
Raspberry Soya Yoghurt (*Vegan*)

Finish with an Freshly Ground Roberts and Co  
Espresso or Machiatto for £2.00