

BEEF

*All our **Beef** is sourced from traditional beef herds, including rare breeds, reared in the North-West, employing only traditional methods with no artificial food supplements. The unique landscape and seasonal weather provide a lush natural diet resulting in a succulent meat that is a pleasure to eat. The beef we serve is of the finest quality, backed up by fully recognized, farm assured chain, operating to the EBLEX quality standard mark for English beefs. The beef is traditionally dry hung for 5 weeks, this helps deliver its unique depth of flavor. See the Provenance board for our farm of the month.*

LAMB

*English **Lamb**, including Texel and Suffolk breeds, is sourced from assured farms throughout the Lake District, the Lune Valley, the Trough of Bowland and the Ribble Valley. The lambs are born and reared naturally using traditional farming methods to provide a consistent quality product. Such husbandry methods, combined with the local habitat, ensures that the lambs are free to roam and forage for natural herbs and grasses. This imparts a wonderful flavour into the meat resulting in delicate, juicy and tender cuts.*

POULTRY

*Situated on the edge of the Ribble Valley, in the picturesque village of Goosnargh. Johnson and Swarbrick have been rearing **Geese, Ducklings, Turkeys and Corn Fed Chickens** for the past 3 decades. Their poultry are left free to roam and housed in secure cabins at night to avoid fox attacks, they are fed a feed which is free from additives, growth promoters, antibiotics and medication. This produces a high quality bird that develops at a natural rate.*

GAME

*We collect our **Venison** from Tatton Park on an ad hoc basis. The 500 strong herd of red and fallow deer have been reared at the stately home for over 300 years.*

FISH

Our fish come from coastal boats fishing off the North-East coast of Britain landed at Whitby and Grimsby, or from boats fishing off the West coast landed at Newlyn, Cornwall. Unlike trawlers that spend weeks and months at sea dredging the sea floor and causing irreparable damage, day boats and beamers are one of the most eco-friendly ways to fish. Delivering their catch daily means that the fish are of the highest quality, they are not frozen and are delivered to us in optimum condition.

All our fish are bought from boats that are Marine Stewardship Council (MSC) affiliated. The MSC exists to create change in the way that the seas are fished. Seeking to reverse the decline of fishing stock, safeguard livelihoods and deliver improvements to marine conservation world wide.

*Situated on the estuary of the river Lune where the canal, river and coast meet is Glasson Dock. This historic port is home to the **Port of Lancaster Smoke House** who provide us with our **Organic Scottish Salmon** and their awarding winning natural **Oak Smoked Haddock**.*

** Available on early evening menu with £1 supplement*

*** Available on the early evening menu with a £2 supplement*

**** Not available on early evening menu*

All dishes are subject to availability & change of specification.



MARMALADE

STARTERS

Freshly Baked Bread £3.50 V

Choice of warm white or granary bread, served with onion marmalade and butter.

Soup of the Day £3.50 V

Served with bread.

Marmalade's Victorian Brown Onion Soup £4.50

Made from a 100 year old recipe, taking 2 days to prepare. Served with a cheese croûton.

Char Grilled Halloumi £4.75 V

Served on houmous toast with roast thyme tomatoes and a delicious Balsamic reduction.

Goats Cheese Tart £4.95 V*

Hand rolled Kidderton Ash goats cheese with caramelized onions and a cress salad.

Poor Man's Pate £4.95

Chicken liver pate, served with toast and onion marmalade.

Roast Beef Salad £4.95*

Slices of our slow roast beef with baby gem leaves, a shallot and red wine vinaigrette and freshly grated horseraddish.

Fish Fingers £4.50*

Served with home made tartare sauce and a mixed salad.

MAINS

Toad in the Hole £8.50 V

Our home made, Lancashire cheese, veggie sausages, served with a mushroom gravy.

Roasted Root Veg and Veggie Haggis Crumble £8.95 V

Roasted parsnip, butternut squash, carrot and celeriac, served with gravy, topped with a nut, apricot and herb crumble.

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Pies - £10.95

The quintessential northern dinner, or tea, whichever way you see it, choose from;

Our Famous Veggie Pie V

A leek, cheese, mushroom and onion pie.

Port of Lancaster Smoked Haddock & Prawn Pie

Smoked haddock, prawns, peas topped with golden melting cheddar.

Steak & Guinness Pie

Prime cuts of British beef, slowly cooked with the Irish, black, liquid gold.

Our pies are served with hand cut chips, however you may also choose from creamy mashed potatoes, boiled new potatoes. Please inform your waiter if you wish to change.

Sea Bass £13.95**

Served with Colcannon potatoes and a light cider and lemon butter sauce.

Organic Seared Salmon £12.95

Fillet of Scottish salmon served with wilted spinach, garden peas and green beans.

Tatty 'ash £10.95

Home made corned beef, mashed potatoes, served with pickled red cabbage and a poached egg (as seen on Richard and Judy).

Goosnargh Corn Fed Chicken £13.75**

Confit thigh with a pan fried breast, baby new potatoes, succulent wild mushrooms, spring peas, shallots, bacon and bread sauce.

Traditional British Beef £12.95

After being hung for five weeks our dry aged rump is slowly roasted and served with a large Yorkshire pudding, hand cut chips, gravy and a most excellent horseradish sauce, cooked pink.

Confit Leg of Goosnargh Duck £15.95

Served with celeriac mash, watercress salad and a port gravy.

*Main courses can take up to 30 minutes as everything is cooked fresh to order.
Some dishes may contain nuts, please consult a waiter.*

SIDE ORDERS

Market Veg £2.95

Baby New Potatoes £2.95

Mixed Salad £2.75

Hand Cut Chips £3.50

Rocket & Parmesan Salad £3.50

Creamy Mash £2.95

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MARMALADE

*There's no such thing as shouldn't; only will or won't...
It's entirely up to you but you'll be sorry if you don't.*

Home Made Puddings £4.75

Chocolate Mousse

A chocolate mousse that's very more'ish. Served with a scoop of vanilla ice cream and shortbread biscuits.

Citrus Tart

Served with vanilla ice cream and ginger nut crumbs.

Fruit Crumble

Our crumble fillings change daily so please ask your waiter. Served with vanilla ice cream or home made custard.

Eton Mess

Meringue, seasonal fresh fruit and fresh vanilla double cream. We collect our fruit daily so please ask for today's choice.

Cakes From Veena at Wild at Heart £4.75

Served with vanilla ice cream or fresh pouring cream, choose from:

Lemon Drizzle Cake

Zesty sponge cake with crunchy, sugary skin. Perfect with a cup of tea.

80's Chocolate Disco Cake with Edible Glitter. Gluten free.

This is just chocolate, chocolate, chocolate. Pure 80's hedonistic partying in a cake. Don't ask us how she does it, she just does. Perfect with an espresso.

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MARMALADE

Marmalade and Wild at Heart have joined forces in order to showcase some of the finest cheeses. Owner, Veena Josh, has sourced and created, exclusively for Marmalade, a cheese board that is guaranteed to inform and impress.

Cheese Selection £6.50***

Served with pickles, biscuits and fruit.

Organic Welsh Perl Wen

A scrumptious, soft white cheese developed in 2000 on a small family farm in West Wales. When young it displays the characteristics of both a Caerffili and Brie. When ripe, it is pale with an unique brown tinge, the softness of the outside blends with the fresh lemony centre.

Organic Somerset Godminster Vintage Cheddar

A fabulous creamy cheese! Wrapped in burgundy wax, this is a powerful cheese with a real edge to it. Made near Bruton in Somerset, using milk from the farm's own dairy.

Lancashire Grandma Singleton

Dubbed the strongest Lancashire in the UK! It began life 20 years ago in a farm house kitchen, in the beautiful and remote area of Lancashire known as Beacon Fell. Aged for a minimum of ten months, it is semi-soft in consistency and slightly crumbly, with an even yellow colour and a strong, tangy flavour.

Wild at Heart's Cheese of the Month.

Spanish Valdeion Picos Blue.

Hand-wrapped in Maple leaves, this cheese is made in small batches matured in caves in the mountains of the "Picos de Europa" in northern Spain. This is a strong blue cheese with a spicy, rich flavour and creamy texture; one for the true, blue cheese, connoisseur.

Why not treat yourself to a glass of Fine Ruby Port for only £3.00?