



# THREE SHIRES

— INN —

## Lunch Menu

### Light bites and Salads

Homemade soup of the day, locally made bread	gf df v	£5.50
Twice baked Lancashire cheese soufflé, locally made bread	gf v	£7.00
Homemade lamb & black pudding sausage roll, black garlic ketchup		£7.95
Cumbrian ham hock, pea & broad bean salad, chutney & sour dough crisp	gf df	£7.95
English heritage tomato, mozzarella & olive salad, croutes & pesto	gf v	£8.00
Cumbrian chicken and bacon salad, egg, anchovies, Caesar dressing	gf	£10.95

### Sandwiches

Cumbrian ham & chutney	Gf <sup>1</sup> df	£6.95
Lancashire cheese & pickle	gf <sup>1</sup>	£6.95
Tuna & sweetcorn mayonnaise	gf <sup>1</sup> df	£6.95
Egg & watercress mayonnaise	gf <sup>1</sup> df	£6.95
Smoked salmon & prawn Marie Rose	gf <sup>1</sup> df	£6.95
<b>Soup &amp; sandwich special with any of the above sandwiches</b>		<b>£8.60</b>

*1 – Gluten free bread is available on request*

### Mains

Cumbrian beef burger, bacon & smoked cheese, chips, onion ring & tomato salsa		£14.50
Ploughman's board (Cumbrian ham, pork pie, cheese, pickles, chutney & sourdough)		£12.95
Fisherman's board (smoked salmon, prawns, smoked mackerel, crevette)		£12.95
Moroccan spiced vegetable & chickpea tagine, couscous, riata & coriander	df v	£13.95
Fish finger & tartar sauce butty, salad & chips	gf df	£9.95
Cumbrian smoked bacon, smoked cheese & caramelized onion butty & chips		£8.95
Cumberland sausage, mash potato, vegetables & onion gravy		£13.95

### Children's Meals

Chicken goujons, salad & chips	£7.25	Ham & Cheese salad with crisps	£6.50
Sausage, mash, peas & gravy	£7.25	Cheesy pasta & garlic bread	£6.50
Fish goujons, chips & peas	£7.25		

**Sides:** Chips, House salad, Seasonal vegetables, Bread & butter £3.25

*gf – Gluten Free, df - Dairy Free, v – Vegetarian*

*Allergen information available, please ask when ordering your meal.  
Unfortunately, we cannot guarantee against cross contamination for people with severe allergies.*