



Available Monday to Saturday 9.30am until 12noon

Poached Haddock – topped with a free range poached egg on a slice of panfette gluten free toast	£6.75
Breakfast Muffin – Que Fresco sausage or Andertons dry cured bacon & free range egg, on toasted panfette	£3.95
Benedicts Breakfast Plate –Que Fresco sausages, Andertons of Clitheroe home cured bacon, roast mushroom, grilled tomato, Bowland free range egg, Heinz baked beans and bottomless tea or filter coffee.	£8.75
The Vegetarian Breakfast Plate - R.S Ireland’s grilled, grilled tomato, roast field mushrooms, Heinz baked beans, Bowland free range egg and toasted panfette and bottomless tea or filter coffee.	£7.95 (v)
Eggs Benedict/ Eggs Florentine/ Eggs Royale Two soft poached free range eggs, home roast ham / spinach or smoked salmon with toasted panfette, hollandaise sauce	£7.95
Scrambled Egg & Salmon - Free range Bowland scrambled egg & oak smoked salmon on g/f toast	£6.95
Homemade Granola – with a fruit compote and Little Town natural yoghurt (B)	£3.95(v) (n)
Dippy Eggs - Two soft boiled Bowland free range hens eggs, g/f soldiers and Maldon sea salt	£3.95 (v)
Eggy Bread - Two thick slices of g/f bread soaked in free range eggs & pan fried	£2.95 (v)

Anything marked with a (B) can be purchased from the delicatessen

Wine has alcohol, food may have nuts, fish may have bones, and coffee may be hot Please ask if you want advice on allergen information

(v) Suitable for Vegetarians (n) Contains Nuts

AVAILABLE FROM 12 NOON 'TIL 6:30PM

SALAD DAYS

Hot lamb Loin Salad – with char grilled baby gem, roast beets and roasted new potatoes served with a pea and mint dressing	£8.95 (v) (n)
Chicken Caesar – Smoked chicken, baby gem lettuce, anchovy, parmesan, g/f croutons, Benedicts own Caesar dressing and Prosciutto	£8.50
Roast Butternut squash – salad of spinach, butternut squash tomato and red onion dressed in house dressing	£7.95 (v) (n)

SANDWICHES

All Served Open with Dressed Baby Leaves, Marinated Cucumber Pickle and Home-Made Coleslaw on Gluten Free bread

Benedicts homemade soup of the day with g/f croutons, served with a closed sandwich of any of the fillings below:	£8.95
Egg mayonnaise with chopped chives & watercress	£5.95 (v)
Poached Scottish salmon and lemon mayonnaise	£7.75
Sandhams tasty Lancashire cheese and house chutney	£5.75 (v)
Home roasted honey & mustard glazed gammon	£6.75
Turkey, Brie and Cranberry	£6.75

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WOODEN BOARDS

A handsome size for one, but share if you must! Do ask for additional plates

Seafood – Cured and marinated fish and seafood, sweet cucumber pickle, baby leaves, tomato mayonnaise, Gluten Free Bread & Butter £9.50

Antipasti – continental charcuterie, marinated vegetables, olives, lemon, extra virgin olive oil, Gluten Free Bread & Butter £9.50

...THIS WEEKS NEWS!

Weekly Specials Plus Chefs Additional Daily Special?

Soup Of The Day – It changes every day and often twice in a day! All served with homemade g/f croutons and gluten free bread and butter.	£4.95
French onion Soup -.traditional rustic French Onion Soup served with Gruyere	£5.25
Fish Pie. – Back by demand! Ours and your favorite fish pie with a mash topping.	£8.50
Risotto of Roasted Squash – With parmesan and rocket.	£7.95
Tostada Con Tomate – Ciabatta topped with garlic, cherry tomatoes, drizzled with olive oil and topped with grilled cheese.	£6.50

PANINI & ALL THINGS TOASTED

*All Served With Tossed Baby Leaves, And Benedicts Own Coleslaw.”
“Gluten Free Bread Also Available.*

Mediterranean vegetables, basil & goats cheese	£7.50 (v)
Cajun marinated chicken, sautéed red pepper & onion, Carron Lodge cheddar & jalapeno	£7.50
Que Fresco sausage, caramelised red onion, Carron Lodge mature cheddar	£7.50
Tuna, sweetcorn and finely diced red onion in a gluten free mayonnaise	£6.95

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