

Strands Lunch Menu

Light Bites

Bowl of Soup of the day (V)	£4.50
Small Bowl of soup of the day (V)	£3.50
Cheesy Nacho's with Guacamole & Salsa (V)	£3.95
Rustic Breads with balsamic dipping oil (V)	£3.50
Homemade Chicken Liver Pate with onion marmalade and warm toast	£4.95



Salads

Summer Superfood Salad (V) (Walnuts, Pineapple, Blueberry, Beetroot, Quinoa, Kale, Pumpkin seed & Melon	£9.50
Chicken Caesar Salad	£8.95

Sandwiches *(All sandwiches served with coleslaw and salad garnish)*

Club Sandwich with chicken, bacon, salad and mayonnaise on toasted bread	£7.50
Fish Finger Sandwich with homemade tartare sauce	£4.50
Pulled Pork with chipotle sauce	£5.95
Pulled Beef with chipotle sauce	£6.50
Lancashire cheese and ale chutney (V)	£5.50
Home baked Ham and mustard mayo	£5.95
Cumberland Sausage, Onion, Mushrooms	£5.50
Flash Fried Steak, Caramelised Onion and English Mustard	£6.95
Char Grilled Chicken, Roasted Peppers and Chorizo	£5.95

Main Dishes

12oz Ribeye Steak, Hand Cut Chips, Tomato, Mushroom and Dressed Salad	£15.95
Home Baked Ham eggs and chips	£7.95
Strands beer battered Cod fillet with hand cut chips	£9.50
Local Cumberland sausages, Creamy Mashed Potato and Strands Ale & Onion Gravy	£9.50
Home made lasagne served with garlic bread and fresh salad	£9.50
Our Famous 6 Hour Slow Cooked Steak & Strands Ale Short Crust Pastry Pie, Chips & Fresh Veg	£11.50

Panini's *(All Panini's served with coleslaw and garnish)* **Add a Portion of French Fries for £1.50**

Bacon Brie and Cranberry	£5.50
Chicken, Bacon and Mozzarella	£6.50
Tuna Rarebit	£5.95
Mediterranean Veg and Goats Cheese (V)	£5.95

Strands Burger

Strands Beef Burger served in toasted Bap with lettuce, onion and relish, hand cut chips and coleslaw	£9.50
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Sides and Extra's

Mixed Side Salad	£3.95
Crisp Garlic Bread	£2.25
Hand Cut Chips	£2.95
Crisp Garlic Bread with Cheese	£2.95
Rustic Bread & Butter	£2.50
Beer Battered Onion Rings	£2.25
Side of Vegetables	£3.50

