



BIG BLUE HOTEL

## DINNER MENU

To share...Olives and Sourdough Breadboard, Olive Oil, Balsamic Vinegar & Butter (319kcal) £4.95

### APPETISERS

<b>Soup of the Day</b>	<b>£5.95</b>	<b>Morecambe Bay Shrimps (404kcal)</b>	<b>£8.25</b>
Sourdough bread, butter		Mace butter & grilled sourdough	
<b>Chicken &amp; Chorizo Arancini (402kcal)</b>	<b>£8.45</b>	<b>Classic Prawn Cocktail (441kcal)</b>	<b>£8.45</b>
Deep fried risotto balls & roasted red pepper aioli		Greenland prawns, dressed iceberg & Marie Rose sauce	
<b>Chicken Liver Parfait (888kcal)</b>	<b>£8.55</b>	<b>Pan-fried King Scallops (268kcal)</b>	<b>£8.25</b>
Homemade chutney & toasted sourdough		Bacon lardons & garlic, herb, lemon butter	
<b>Chicken Strips (381kcal)</b>	<b>£6.95</b>	<b>Beer Battered King Prawns (422kcal)</b>	<b>£8.45</b>
Marinated in cajun spice, Panko breaded, sweet chilli dipping sauce		Homemade sweet chilli sauce	
<b>Panko Breaded Goat's Cheese (V) (408kcal)</b>	<b>£7.45</b>	<b>Wild Mushroom Tartlet (V) (357kcal)</b>	<b>£7.45</b>
Lambs leaf & plum purée		Asparagus spears	
<b>Twice Baked Grandma Lancashire Cheese Soufflé (335kcal)</b>	<b>£8.25</b>	<b>Roasted Pimento &amp; Asparagus Terrine (VG) (250kcal)</b>	<b>£8.25</b>
Shredded beetroot & toasted pine nuts (V)		Wilted spinach & light chilli olive oil, chargrilled ciabatta	

### SALADS

<b>Salad Niçoise (443kcal)</b>	<b>£14.25</b>	<b>Classic Caesar Salad   Grilled Chicken (425/692kcal)</b>	<b>£12.45   £14.55</b>
Classic tuna salad		Cos lettuce, Parmesan, croutons & crisp Parma ham	
<b>Tomato &amp; Mozzarella Salad (V) (571kcal)</b>	<b>£12.95</b>	<b>Panko Breaded Moroccan Couscous Salad (V) (VG) (865kcal)</b>	<b>£11.45</b>
Sundried tomatoes, mozzarella, rocket, basil pesto & balsamic reduction		Herb & dried fruits, panko breadcrumb coated, dressed rocket	
<b>Quinoa Salad (VG) (506kcal)</b>	<b>£13.45</b>		
Red peppers, tomatoes, cucumber, edamame beans, sweetcorn, carrot			

### MAINS

<b>Roast Lancashire 8oz Lamb Rump (693kcal)</b>	<b>£25.45</b>	<b>Chicken   Fillet of Beef Stroganoff (1155/1138kcal)</b>	<b>£18.95   £20.45</b>
Minted new potatoes, pureed carrots & redcurrant port reduction		Made with cream, Dijon mustard, paprika & brandy, basmati rice	
<b>Slow Braised Beef (717kcal)</b>	<b>£21.55</b>	<b>Oven-roasted Salmon Steak (605kcal)</b>	<b>£18.95</b>
Potato rösti, baby spinach, honey roasted carrots, thyme & Shiraz sauce		Crushed new potatoes, buttered asparagus & garlic herb butter	
<b>Crispy Pork Belly (1324kcal)</b>	<b>£18.95</b>	<b>Grilled Sea Bass Fillets (609kcal)</b>	<b>£21.95</b>
Mashed potato, creamed cabbage & bacon		Crushed new potatoes, green beans, crayfish, spiced Napoli cream sauce	
<b>Oven-roasted Chicken (1000kcal)</b>	<b>£18.45</b>	<b>Macaroni Cheese (V) (914kcal)</b>	<b>£12.95</b>
Dauphinoise potatoes, petit pois & a chive, garlic, mushroom cream sauce		Topped with crispy Parma ham / Asparagus	<b>£13.95</b>
<b>Pan-roasted Goosnargh Duck Breast (1116kcal)</b>	<b>£18.25</b>	<b>Aubergine Tagine (VG) (631kcal)</b>	<b>£14.95</b>
Fondant potato, pak choi & spiced plum puree		Lightly flavoured with spices, herb couscous	

### GRILL

<b>Char-grilled 12oz. Pork T-Bone Steak (1296kcal)</b>	<b>£19.95</b>	<b>Char-grilled 10oz. Ribeye Steak (1591kcal)</b>	<b>£26.95</b>
<b>Char-grilled 8oz. Sirloin Steak (1027kcal)</b>	<b>£24.95</b>	<b>Char-grilled 8oz. Fillet Steak (814kcal)</b>	<b>£28.50</b>

Served with grilled flat mushrooms, air-dried plum tomatoes, onion rings & hand-cut chips

### SAUCES

Peppercorn Sauce (V) (102kcal)	£3.45	Diane Sauce (V) (126kcal)	£3.45
Béarnaise Sauce (V) (147kcal)	£3.95	Marsala Wine Cream Sauce (V) (98kcal)	£3.45

### SIDES

Zucchini Fries, Grated Parmesan, Béarnaise Sauce (513kcal)	£6.45	Pureed Carrots (VG) (57kcal)	£3.95
Panko Breaded Onion Rings (V) (487kcal)	£4.55	Mixed or Green Salad (VG) (94kcal)	£3.45
Tomato & Red Onion Salad (VG) (401kcal)	£3.95	Garlic Ciabatta (V) (620kcal)   Add Cheese (767kcal)	£4.25   £4.95
Creamed Cabbage & Bacon (237kcal)	£4.95	Shoestring Fries (V) (234kcal)	£3.95
Green Beans (V) (25kcal)	£3.25	Sweet Potato Fries (V) (210kcal)	£4.45
Petit Pois (VG) (66kcal)	£3.25	Hand-cut Chips (V) (194kcal)	£4.25
Creamed Spinach with Toasted Pine Nuts (V) (289kcal)	£4.25	Mashed Potato (V) (233kcal)	£3.95
Buttered Asparagus (94kcal)	£5.45	Buttered, Minted New Potatoes (V) (213kcal)	£4.45

WHERE POSSIBLE ALL OUR PRODUCTS ARE LOCALLY SOURCED

(V) Suitable for vegetarians. (VG) Suitable for vegans. Fish products may contain bones.

Gluten free options available upon request.

\*\*\*Adults recommended daily intake is 2000 kcal\*\*\*

\*\*\*PLEASE INFORM A MEMBER OF OUR TEAM IF YOU HAVE ANY FOOD INTOLERANCES OR ALLERGENS\*\*\*