



**THE HEST BANK INN**  
EST. 1554

## MAIN MENU

All prices are inclusive of VAT. All items are subject to availability. All fish dishes may contain bones. (v) these dishes are suitable for vegetarians. (gf) denotes gluten free dishes. (ve) denotes vegan dishes. Please be aware that all our dishes are prepared in a kitchen where nuts and gluten are present as well as other allergens. We cannot guarantee that any food items are completely free from allergens, due to the risk of cross contamination. Full allergen and nutritional information is available - please ask a member of the team. All our products may contain seeds, traces of nuts or nut derivatives.

## FRESHLY BAKED JACKET POTATOES

Served with a dressed house salad and your own choice of filling

GRILLED BACON AND CHEESE £6.60

CHEESE AND H.B. COLESLAW £6.60

CHEESE AND BAKED BEANS £6.60

PRAWN COCKTAIL £6.95

BEEF OR VEGETABLE CHILLI £6.60

TUNA AND SWEET CORN £6.60

## BUTTIES AND BAGUETTES

Your favourite filling in sliced white or brown bread or a warm white baguette, simply served with a few nachos  
*OR ADD HOUSE SALAD, CHUNKY CHIPS OR FRENCH FRIES FOR ONLY £1.75 EACH*

FISH FINGERS £6.80

LOCAL SAUSAGES £6.80

GRILLED STEAK £7.60

SMOKED SALMON £6.80

TUNA AND SWEET CORN £6.80

LANCASHIRE CHEESE & PICKLE £6.30

BACON & LANCASHIRE CHEESE £6.80

OUR OWN HAND CARVED HAM £6.80

PRAWN COCKTAIL £6.95

H.B CLUB BAGUETTE £7.60

Grilled chicken, bacon, lettuce and tomato

## BASKET MEALS AND LIGHT BITES

Between meals or just a bit peckish, why not try one or a combination of dishes from our light bites to share, or the ever popular 70's favourite 'The Basket Meal'

SCAMPI IN A BASKET £6.95

CHICKEN IN A BASKET £6.95

FISH FINGERS IN A BASKET £6.95

All our basket meals are served with chunky chips or French fries

MARINATED OLIVES, SUN BLUSHED TOMATOES AND FETA CHEESE £6.50

NACHOS WITH BEEF OR VEGETABLE CHILLI £6.50

NACHOS WITH CHEESE £6.50

GARLIC BREAD WITH CHEESE £3.50

GARLIC BREAD £3.00

BLACK PUDDING IN A BASKET £6.95

KING PRAWNS IN A BASKET £6.95

SAUSAGE IN A BASKET £6.95

## HEST BANK OPENERS

TODAY'S CROCK POT OF SOUP £4.95

Rustic bread and butter

KING PRAWN AND SQUID TEMPURA £6.95

House salad and sweet chilli sauce

HEST BANK MUSHROOM POT £6.95

Mixed mushrooms, white wine, cream and garlic bread

THE H.B PRAWN COCKTAIL £6.95

Cold water, prawns, lettuce, tomato and mayonnaise,

OUR OWN POTTED SHRIMPS £8.95

Toasted wholemeal bread and house salad

SMOKED AND POTTED SALMON £7.50

House salad, pickled cucumber, capers and brown bread & butter

## THE HEST BANK SIDE DISHES ONLY £2.75

CHUNKY CHIPS | FRENCH FRIES | BUTTERED NEW POTATOES | HOUSE SALAD

DEEP FRIED ONION RINGS | BUTTERED SEASONAL VEGETABLES | COLESLAW

## THE HEST BANK FAVOURITES

LANCASHIRE HOT POT £12.50

Traditionally made, served with our own spiced pickled red cabbage and mushy peas

FLASH FRIED LAMB'S LIVER £12.50

Herbed mashed potatoes, seasonal vegetables and onion gravy

HEST BANK HAM TEA £12.40

Hand carved ham, beetroot, coleslaw, fried egg, house salad and chunky chips

BEER BATTERED HADDOCK £11.95

Traditional mushy peas and chunky chips

VENISON AND BEEF COBBLER £13.70

Diced Cumbrian venison & beef gently braised in red wine, mushrooms, lardons of bacon, silver skin onions, horseradish & herb dumpling, new potatoes and seasonal vegetables

STEAK & ALE PIE £13.70

Hand diced beef, simmered in one of our guest ales finished with mushrooms and silver skin onions with chips and mushy peas

## FROM THE HEST BANK GRIDDLE

THE CLASSIC STEAK FRITES £12.95

Flash grilled slice of sirloin, garlic butter, French fries and house salad

10oz SIRLOIN STEAK £17.95

Chunky chips, house salad, onion rings and peppercorn sauce

BAR-B-QUED CHICKEN BREAST £12.95

BBQ spiced chicken breast, chunky chips, house salad, coleslaw and garlic bread

HEST BANK BURGER £11.95

Minced Cumbrian beef sirloin, brioche bun tomato, lettuce, dill pickle, house salad and French fries  
WITH BACON OR CHEESE £1.50

HB PORK GRILL £13.75

Special sausage, bacon, gammon, pork loin steak, black pudding, grilled apple, house salad and chunky chips

SUPREME OF SALMON £14.95

Tomato & chive butter sauce, crushed new potatoes, green beans and house salad

GAMMON STEAK

Served with fried egg, grilled pineapple, chunky chips and seasonal vegetables

16oz £16.95

8oz £12.50

WHY NOT ADD ONE OF OUR DELICIOUS SAUCES FOR ONLY £2.20

Red Wine | Green Peppercorn | Mushroom

## THE HEST BANK COMPLETE PLATTERS

THE CHILLI BEEF PLATTER £12.75

Braised rice, nachos, grilled cheese, sour cream and warm flour tortilla

LOCKKEEPER'S PLATTER £12.95

Our own boiled ham, pork pie, Lancashire cheese, mixed pickles & chutneys, house salad, coleslaw, celery, apple and crusty bread

THAI GREEN CURRY PLATTER £12.75

Choice of chicken or mixed vegetables served with braised rice, naan bread and poppadum

FLEETWOOD FISH PLATTER £14.75

A selection of smoked, fresh, potted and pickled fish, including salmon, prawns, herrings and mackerel, house salad and crusty bread

## THE HEST BANK VEGGIES AND SALADS

VEGETARIAN CHILLI PLATTER £12.50

Vegetarian chilli, braised rice, nachos, grilled cheese, sour cream and warm flour tortilla

LANCASHIRE CHEESE & ONION PIE £11.50

Chunky chips, mushy peas and our own pickled red cabbage

SPINACH AND FALAFEL BURGER £10.50

Toasted brioche bun, cheese, coleslaw, French fries and house salad

HEST BANK SALAD BOWL £12.95

The pick of today's salad vegetables, topped with a choice of either:

- BBQ CHICKEN

- MINUTE STEAK,

- PRAWN & SMOKED SALMON

- FETA CHEESE & OLIVES

Served with crusty bread