

BITS & BOBS

Individual rye loaf & butter	£1.95
Creamy garlic mushrooms, cheesy toasts	£3.50
Deep fried blue cheese fritters, celery salt mayonnaise (v)	£2.95
Howarth's award winning sausage, Colman's English mustard	£3.50

STARTERS

White onion & thyme soup, crusty bread (v)	£3.95
Frosts' game sausage, slow cooked lentils & poached free range egg	£5.50
"Kedgerie" natural smoked haddock, eggs, peas & spiced rice	£5.50
Home made rustic paté, pork belly, liver & bacon, hot buttered toast & parsley salad	£6.25
Cheshire smoked salmon, garnished with shallots, capers, soft herbs & grated egg	£6.95
Delamere goats cheese & roasted red pepper crostini, celery, apple & walnut salad (v)	£4.95
Grilled sardines on toasted bloomer, tomato, chilli & coriander sauce	£4.95

CHEFS TASTING PLATE

Howarths sausages, Helers blue cheese fritters, rustic pork terrine, Cheshire smoked salmon crostini, pickled vegetables, rye loaf & butter	£12.50
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MAIN COURSES

Butterflied seabass, sweet & sour peppers, white anchovies, sauté potatoes, tomato & coriander seed dressing, chat moss herbs	£15.50
Roast Gressingham duck breast, fondant potato, sauté sprouts with bacon & chestnuts, cranberry & plum compote	£14.95
Joseph Helers blue cheese & creamed leek pie, jacket potato mash & mustard sauce (v)	£10.95
Braised lamb shank, spring onion & pancetta potato cake, buttered carrots, & lamb gravy	£12.95
Fillet of Pollock, herb crust, leek & mushroom dauphinoise, juniper & meat gravy	£13.25
Local game pie, venison, pheasant, rabbit & mallard, braised red cabbage & pickled vegetables	£13.50
Baked herb pancakes, stuffed with roast butternut squash, spinach, feta & pine nuts, vine tomato sauce (v)	£9.95

GREAT BRITISH GRILLS

All served with thick cut chips, Lancashire mushrooms,
slow roast tomato, spinach, watercress & rocket

8oz char grilled rib eye steak £15.95
aged for minimum 4 weeks *£1.50 supplement on offer

Skirt steak marinated for 24 hours in soy,
garlic & thyme, cooked to medium £12.50

Fat Loaf Mixed Grill
marinated skirt steak, Bury black pudding,
wrapped chipolata sausage,
sage & apricot stuffed chicken thigh £12.95

"Chicken kiev" breaded free range breast,
filled with garlic & parsley butter £11.95

Sauces
Green peppercorn, mushroom stroganoff
or Cheshire blue cheese £1.95

Fish & chips, battered North Sea cod, mushy peas
& proper tartare sauce £9.95

Minced lamb burger, spiced & char grilled,
pickled red cabbage, house ketchup
& thick cut chips £9.95

Offer Grill, Sauce & Drink £12.00
Mon - Sat 12 - 7 : Sun 6 - 10
Selected house drinks

At **THE FAT LOAF** we pride ourselves on the basic philosophy
of provenance.

To us this means authenticity, assurance and rigorous attention to
obtain the finest quality ingredients locally.