

Lakeside Alfresco Dining Menu

Sandwiches

All our sandwiches are homemade by our chefs using locally sourced ingredients.

North Atlantic prawns with lemon mayonnaise on granary	£9.25
Piri Piri chicken with peppers, spring onions and a citrus mayonnaise on rustic ciabatta	£8.95
Garstang mature cheddar cheese with watercress and caramelised red onion chutney on Italian white bread (V)	£8.75
Bents honey glazed roast gammon with watercress and cherry tomato pickle on granary bread	£8.95
Line caught tuna mayonnaise and sweetcorn on rustic ciabatta	£8.95
Roasted vegetables, vegan feta cheese and harissa yoghurt in a tortilla wrap (vegan)	£8.75

***Hot Sandwich** - served with salad and seasoned fries

Pulled lamb shoulder on sourdough with pickled red onions and pomegranate seeds	£11.95
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***not included in soup and sandwich offer**

Salads

All our salads are freshly prepared daily.

Classic chicken Caesar with kos, parmesan pancetta and croutons	£10.95
Roasted cajun salmon niçoise salad with lemon dressing	£10.95
Greek salad with marinated feta cheese and lemon dressing (V)	£10.95
Superfood salad - Brown basmati rice and quinoa combined with kale, sweet pickled beets, cauliflower and cranberries, drizzled with a maple and lemon dressing (vegan)	£10.95
Add crumbled vegan feta cheese, roasted Cajun salmon or slices of piri piri chicken	£1.50

Hot Salad

Chargrilled chicken shawarma served with Tabbouleh salad, feta, lemon dressing and toasted seeds	£10.95
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Soup

Soup of the day served with croutons and artisan breads	£7.25
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Soup of the day with your choice of sandwich served on speciality bread	£11.50
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Please ask your server for details of today's soup

Hot from our Kitchen

Bents traditional daily special Please see separate menu	£12.95
Soy and sesame glazed salmon with stir fried oriental vegetables and soy dressing	£12.95
French trimmed chicken with a lemon, garlic and cream sauce with roasted herb new potatoes and summer greens	£12.95
Bents homemade quiche served with traditional vegetables and potatoes or salad and coleslaw	£9.95
Tagliatelle pasta with chorizo, roasted plum tomatoes and chilli	£11.95
Linguine with sauteed wild mushrooms and tenderstem broccoli in a creamy sauce (V)	£11.95
Baked aubergine filled with leeks and ricotta served with garlic bread and house salad (V)	£11.25

Jacket Potato

Choice of fillings from Cheese (GF) Beans (GF) Tuna and sweetcorn mayonnaise (GF) Cottage cheese (GF)	£9.95
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All served with coleslaw and seasonal salad garnish
Available from 12 noon

Sides

Skin on fries (seasoned)	£3.25
Sweet potato fries (seasoned)	£3.45
Garlic ciabatta (2 slices)	£3.50
Garlic ciabatta with cheese (2 slices)	£3.95

Bents Bakery

All cakes and patisseries are expertly created by our chefs in our on-site bakery using only the freshest of local ingredients.

Bents famous scones: Cherry, fruit, plain or cheese	£2.55
Pot of jam	55p
Clotted cream	£1.25
Custard tart	£2.75
Apricot and almond slice	£2.95
Vegan chocolate brownie (vegan)	£2.95
Fairy bun	£2.95
Viennese whirl	£2.50
Triple chocolate chip cookie	£2.30
White chocolate and raspberry flapjack	£2.65
Carrot cake muffin (GF)	£2.75
Triple chocolate muffin	£2.75
Jam cookie	£1.95
Jammy Dodger blondie	£2.95
Granola slice (vegan)	£2.95
Gluten free scone (GF)	£2.55
Red velvet gâteaux	£4.45
Chocolate fudge gâteaux	£4.45
Victoria sponge	£4.45
Carrot cake	£4.45
Gluten free victoria sponge (GF)	£4.45

Bents Patisserie

Bents famous jam and cream scone	£4.95
Vanilla mascarpone cheesecake	£5.25
Belgian chocolate and hazelnut tart	£5.25
Fresh fruit pavlova with chantilly cream (GF)	£4.95
Lemon meringue	£5.25
Strawberry tart filled with vanilla cream	£4.95
Fresh cream and berry roulade	£4.95
Vegan meringue with a selection of seasonal fresh berries (vegan)	£4.95

If you have any **allergens** or **intolerances**, please ask a colleague for assistance.

Lakeside Alfresco Dining Menu

Childrens Dining

Suggested menu for under 8's

Sausages

Seasoned pork sausages
or vegetarian sausages **£5.95**

Market fish goujons

Hand breaded white fish goujons
in a golden crispy crumb **£5.95**

Chicken goujons

Hand breaded tender Honeywell's
chicken fillets cooked until golden **£5.95**

**All served with mashed potato or salted skin
on fries and baked beans or seasonal vegetables**

Macaroni cheese and broccoli bake

Macaroni pasta and broccoli coated in
cheese sauce topped with cheese
breadcrumbs and oven baked **£5.50**

Children's pasta

Fresh pasta served with a topping of your choice
Smooth Tomato Sauce
Pesto
Beef Bolognese
Gluten free pasta is available
please ask for assistance) **£5.50**

Children's Lunch Bag

with a choice of children's sandwich **£5.95**

Childrens Drinks

Fruit Shoot Range
Apple, Orange, Blackcurrant & Apple
or Summer Fruits **£1.75**
Water **£1.20**
Cold Milk **£1.50**

Hot Drinks

Speciality Coffees

	regular	large
Cappuccino	£3.15	£3.65
Latte	£3.15	£3.65
Café au Lait	£3.15	£3.65
Mochaccino	£3.55	£3.95
Mocha	£3.55	£3.95
Americano		
served black unless requested otherwise	£2.95	£3.15
Bents Style Flat White	£3.15	

	single	double
Espresso	£2.05	£2.35
Bents Style Macchiato	£2.05	£2.35

Filter Coffee

	regular	large
Bents Filter Coffee	£2.35	£2.90

Tea

Pot of Yorkshire Tea **£2.35**
Speciality Tea **£2.65**

Hot Chocolate

	regular	large
Hot Chocolate	£3.25	£3.75

Babychino - Plain **£1.05**

Soya Milk or Almond Milk is available upon request

Complement any of our coffees with:

Whipped cream **50p**
Flavoured Syrup **65p**
Cream or Marshmallows for
your Hot Chocolate **30p each**

Cold Drinks

All drinks are available chilled from the fridge

Frobisher bottled drinks range **£2.95**

Ginger and Juniper, Sparkling Raspberry
and Grape or Apple, Pear and Elderflower

Juice

Cloudy Apple Juice **£2.75**
Freshly squeezed Orange Juice **£2.75**

Bottled Water

Still or Sparkling 330ml **£2.00**
Still Water 750ml **£3.60**

Coca Cola and Diet Coca Cola **£2.55**

Alcoholic Drinks

Small Bottles of Wine - Oliver & Greg's (187ml)

Pinot Grigio, Chardonnay or Sauvignon
Blanc, Cabernet Sauvignon, Merlot
or Rosé **£5.25**

Chilled Bottled Beer

Peroni Nastro or Sol Cerveza (330ml) **£4.25**

Prosecco

Spumante Prosecco (20cl) **£6.50**

Large Bottles of Wine

White

Campo de Borja - Macabeo (750ml) **£14.95**

Malborough - Sauvignon Blanc (750ml) **£18.95**

Red

Campo de Borja - Garnacha (750ml) **£14.95**

Mendoza - Malbec (750ml) **£18.95**

Rosé

Campo de Borja - Garnacha Rosé (750ml) **£14.95**

Prosecco

Durello Italian (750ml) **£18.95**