

THE SHIP

— AT FRECKLETON —

GLUTEN FREE MENU

BAR SNACKS & STARTERS

HUMMUS & GARLIC BREAD (ve)	8.75
Confit garlic, sun blushed tomatoes & pesto oil	
CURRIED CAULIFLOWER & COCONUT SOUP (ve)	8.75
Sliced bread	
PRAWN COCKTAIL	12.75
King prawn & Greenlandic prawns, Marie Rose sauce, bread	
WILD MUSHROOM ON TOAST (v) (ve)	10.75
Sautéed wild mushrooms, ricotta cheese, pickled shallot rings, herb oil, toasted garlic bread	

MAINS & GRILL

CHICKEN SUPREME	20.50
Crushed new potatoes, salsa verde, roasted peppers, courgette & red onion	
PAN FRIED SEA BASS	21.00
Sautéed new potatoes, asparagus, wild mushrooms, crème fraîche sauce	
STICKY BBQ PORK FILLET	21.00
Lemon chive rice, grilled corn, sticky BBQ sauce, slaw	
MANGO & COCONUT CURRY	20.00
BUTTERNUT SQUASH & SESAME FALAFEL (ve) OR GARLIC & CHILLI CHICKEN	
Mango, mangetout, peppers, harissa roast chickpeas, pickled red chilli, lemon coriander rice, glazed pak choi, bread	
STEAK DIANE	30.00
8oz tenderised sirloin steak, Diane sauce, hand-cut chips, charred asparagus	

SALADS

CAESAR SALAD	17.00
Grilled garlic & herb chicken breast, bacon, croutons, romaine lettuce, anchovies, Caesar dressing, soft boiled hens egg, shaved Parmesan	
VEGAN BUDDHA BOWL (ve)	16.50
Spiced butternut squash, quinoa, hummus, harissa roast chickpeas, avocado, falafel, salt 'n' pepper broccoli, bread	

Add: Grilled chicken breast +4.00 / Grilled halloumi (v) +4.00

LUNCH SANDWICHES

Served Mon to Sat, 12-5pm

LANCASHIRE CHEESE TOASTIE (v)	8.75
Lancashire cheese, caramelised red onion	
GRILLED HALLOUMI BURGER (v)	10.25
Sweet chilli sauce, pickles, shredded lettuce, tomato, red onion, slaw, fries	
PESTO CHICKEN TOASTIE	9.75
Chicken, mozzarella, sundried tomatoes & pesto	

Add: Mug of soup (v) +3.50 / Cup of fries (ve) +4.00

1/3 OFF MAINS EVERY TUESDAY

Includes sections:

Mains & Grill, Salads, Burgers & Sandwiches
Lunch Sandwiches not included. Steaks £3 supplement.
Available on tables up to 10 people.

BURGERS & SANDWICHES

FRENCH DIP STEAK SANDWICH	19.50
Rump steak, Emmental cheese, fairground onions, Dijonnaise, dipping gravy, fries	
THE SHIP DOUBLE CHEESEBURGER	17.50
British beef, American cheese, Russian dressing, pickles, shredded lettuce, tomato, red onion, slaw, fries	
FRIED HALLOUMI BURGER (v)	19.00
Sweet chilli sauce, pickles, shredded lettuce, tomato, red onion, slaw, fries	

Add: Streaky bacon +2.75 / Fried egg (v) +1.50
American cheese (v) +1.00

Upgrade: Filthy fries +2.25 / Posh chips (v) +2.25
Salt 'n' pepper fries (ve) +2.25

SIDES

HAND-CUT CHIPS / FRIES (ve)	5.25
FILTHY FRIES WITH AIOLI & BACON	6.25
SALT 'N' PEPPER FRIES (ve)	6.25
POSH CHIPS WITH PARMESAN & TRUFFLE OIL (v)	6.25
BUTTERY MASH (v)	5.25
HONEY ROAST CARROTS (v)	5.75
CHARRED ASPARAGUS & PINE NUTS	6.00
GREEN BEANS WITH TOASTED (v)	
MIXED DRESSED HOUSE SALAD (ve)	5.75
GRAVY / RED WINE GRAVY	3.00
DIANE SAUCE	3.00

DESSERTS

CHOCOLATE BROWNIE (v)	8.15
Chocolate sauce, vanilla ice cream	
COCONUT PANNA COTTA	8.45
Pineapple, mango & mint salsa, solero sauce & coconut chips	
DAIRY FARM ICE CREAM & SORBETS	
Two Scoops 4.60 Three Scoops 6.40	
ICE-CREAM (v)	
Chocolate Vanilla Strawberry Cinnamon	
SORBET (ve)	
Lemon Mango Raspberry	

SUNDAY ROAST

BRITISH ROAST BEEF	19.00
ROAST CHICKEN	19.50
Roast potatoes, parsnip purée, root vegetable crush, glazed carrots, seasonal greens, homemade gravy	