

# Fresh Approach Dining Menu

## Build your own Sandwich

All our build your own sandwiches are served on a bread of your choice Traditional White or Brown, Italian White Sliced, Granary, Ciabatta, Tortilla Wrap

Free range egg mayonnaise, Garstang mature cheddar cheese, Vegan burrito (Mixed beans, Avocado and Vegan feta cheese) **£8.95**

Line Caught Tuna and sweetcorn mayo, Bents Honey Glazed Ham, Roast Beef, Sweet Chilli Chicken, Piri Piri Chicken, Tomato and Buffalo Mozzarella **£9.25**  
Extra sandwich filling for the above **80p**

North Atlantic Prawns in Lemon Mayo, Scottish Flaked Salmon, Smoked Salmon and Cream Cheese **£9.95**

Extra sandwich filling for the above **£1.00**

**Hot Sandwich** - served with salad and seasoned fries  
Lightly battered haddock goujons, served in a brioche bun with gem lettuce and tartare sauce **£12.45**

**Hot Sandwich** - Roast Turkey on Ciabatta, with stuffing and pigs in blankets.- served with gravy and seasoned fries. **£13.95**

## Salads

All our salads are freshly prepared daily.

Classic chicken Caesar with kos, parmesan pancetta and croutons **£10.95**

Poached salmon niçoise salad with lemon dressing **£10.95**

Greek salad with marinated feta cheese and lemon dressing (V) **£10.95**

Superfood salad - Butternut squash and avocado salad with pomegranate, edamame beans and maple syrup dressing garnished with toasted seeds (vegan) **£10.95**

Add crumbled vegan feta cheese, poached salmon or slices of roast chicken **£1.50**

### Hot Salad

Warm Lebanese falafel served with mixed leaves, olives, sun blushed tomato served in a hummus lined bowl with mango chutney and tzatziki **£10.95**

## Soup

Soup of the day served with croutons and artisan breads **£7.45**

Soup of the day with your choice of sandwich served on speciality bread **£11.95**

Soup of the day with a prawn and lemon mayonnaise sandwich served on speciality bread

## Hot from our Kitchen

Bents traditional daily special **£14.95**  
**Please see separate menu**

Cod fillet topped with a lemon and herb butter, topped with herby breadcrumbs served with roasted new potatoes, mixed greens and a lemon and caper cream sauce. **£13.45**

Lamb Bourguignon,. Slowly cooked pieces of lamb, sauteed with shallots, button mushrooms and lardons of bacon in a red wine sauce, served with garlic and herb mash and seasonal greens **£13.45**

Bents homemade quiche served with traditional vegetables and potatoes or salad and coleslaw **£9.95**

Mushroom, red pepper and spinach stroganoff accompanied with basmati and wild rice (V) **£12.45**

## Jacket Potato

Choice of fillings from **£9.95**

Cheese (GF)

Beans (GF)

Tuna and sweetcorn mayonnaise (GF)

Cottage cheese (GF)

All served with coleslaw and seasonal salad garnish  
Available from 12 noon

## Sides

Skin on fries (seasoned) **£3.75**

Sweet potato fries (seasoned) **£3.75**

Garlic ciabatta (2 slices) **£3.95**

Garlic ciabatta with cheese (2 slices) **£4.25**

## Bents Bakery

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

Bents famous scones:  
Cherry, fruit, plain **£2.65**

Pot of jam **60p**

Clotted cream **£1.35**

Custard tart **£2.95**

Apricot and almond slice **£3.10**

Vegan chocolate brownie (vegan) **£3.10**

Fairy bun **£3.10**

Viennese whirl **£2.75**

White chocolate and raspberry flapjack **£2.95**

Carrot cake muffin (GF) **£2.85**

Triple chocolate muffin **£2.85**

Jammy Dodger blondie **£3.10**

Gluten free scone (GF) **£2.65**

Red velvet gâteaux **£4.65**

Chocolate fudge gâteaux **£4.65**

Victoria sponge **£4.65**

Carrot cake **£4.65**

Gluten free Victoria sponge (GF) **£4.65**

Mince Pie **£2.30**

## Bents Patisserie

Bents famous jam and cream scone **£4.95**

Mulled Wine and Poached Pear cheesecake **£5.25**

Belgian chocolate tart (contains nuts) **£5.50**

Fresh fruit pavlova with chantilly cream (GF) **£5.25**

Lemon meringue **£5.50**

Strawberry tart filled with crème patisserie **£5.25**

Vegan meringue with a selection of seasonal fresh berries (vegan) **£5.25**

Dessert of the day **£5.50**



# Fresh Approach Dining Menu

## Childrens Dining

Suggested menu for under 8's

### Sausage and Mash

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 Carbonara bake

Macaroni pasta and bacon lardons coated in  
cheese sauce topped with cheese  
breadcrumbs and oven baked **£5.95**

### Children's Pizza

7inch pizza served with a pot of cucumber  
and cherry tomatoes  
Choose from Margarita or Pepperoni **£6.25**

### Children's Cheese Burger

Beef burger with a slice of cheese served  
on a brioche bun with a pot of cucumber  
and tomatoes and small portion of chips **£6.25**

### 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 ham or cheese  
sandwich on white bread, a children's drink  
and three treats (Choose from Pom bears,  
Jelly fruit pot, raisins or a chocolate treat) **£5.95**

## Hot Drinks

### Speciality Coffees

Cappuccino	regular <b>£3.15</b>	large <b>£3.65</b>
Latte	<b>£3.15</b>	<b>£3.65</b>
Café au Lait	<b>£3.15</b>	<b>£3.65</b>
Mochaccino	<b>£3.55</b>	<b>£3.95</b>
Mocha	<b>£3.55</b>	<b>£3.95</b>
Americano		
served black unless requested otherwise	<b>£2.95</b>	<b>£3.15</b>
Bents Style Flat White	<b>£3.15</b>	
	single	double
Espresso	<b>£2.05</b>	<b>£2.35</b>
Bents Style Macchiato	<b>£2.05</b>	<b>£2.35</b>

### Filter Coffee

Bents Filter Coffee	regular <b>£2.35</b>	large <b>£2.95</b>
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### Tea

Pot of Yorkshire Tea		<b>£2.45</b>
Speciality Tea		<b>£2.75</b>

### Hot Chocolate

Hot Chocolate	regular <b>£3.25</b>	large <b>£3.75</b>
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Babycino - Plain **£1.05**

Soya Milk or Almond Milk is available upon request

Complement any of our coffees with:

Whipped cream	<b>55p</b>
Flavoured Syrup	<b>65p</b>
Cream or Marshmallows for your Hot Chocolate	<b>30p each</b>

## Childrens Drinks

Fruit Based Drinks	
Apple, Orange, Blackcurrant & Apple or Unicorn	<b>£1.95</b>
Water	<b>£1.25</b>
Cold Milk	<b>£1.55</b>

## Cold Drinks

**All drinks are available chilled from the fridge**

**Frobisher bottled drinks range **£2.95****

Ginger and Juniper, Raspberry  
and Rhubarb or Apple and Elderflower

### Juice

Cloudy Apple Juice	<b>£2.95</b>
Freshly squeezed Orange Juice	<b>£2.95</b>

### Bottled Water

Still or Sparkling 330ml	<b>£2.05</b>
Still Water 750ml	<b>£3.75</b>
Coca Cola and Diet Coca Cola	<b>£2.65</b>

### Alcoholic Drinks

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

Pinot Grigio, Chardonnay or Sauvignon Blanc, Cabernet Sauvignon, Merlot or Rosé	<b>£5.45</b>
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### Chilled Bottled Beer

Peroni Nastro or Sol Cerveza (330ml)	<b>£4.25</b>
Becks Blue — Non alcoholic (330ml)	<b>£3.55</b>

### Prosecco

Spumante Prosecco (20cl)	<b>£6.95</b>
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### Large Bottles of Wine

#### White

Campo de Borja - Macabeo (750ml)	<b>£14.95</b>
Malborough - Sauvignon Blanc (750ml)	<b>£18.95</b>

#### Red

Campo de Borja - Garnacha (750ml)	<b>£14.95</b>
Mendoza - Malbec (750ml)	<b>£18.95</b>

#### Rosé

Campo de Borja - Garnacha Rosé (750ml)	<b>£14.95</b>
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#### Prosecco

Durello Italian (750ml)	<b>£18.95</b>
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