

Breakfast 9.30am-11.30am

Morning Bun	£4.75
Burrow's smoked bacon (439kcal) or pork sausage (592kcal), vegan sausage (484kcal) or fried egg (419kcal)	
Full English Breakfast	£7.95
Smoked bacon, sausage, beans, fried egg, mushrooms, tomatoes & toast (609kcal)	
Vegetarian breakfast	£7.95
Egg, vegan Cumberland sausage, beans, mushrooms, tomatoes & toast (490kcal)	
Scrambled Eggs (526kcal), Beans (452kcal), or Cheddar (913kcal) on toast	£5.00
Toasted Tea Cake (309kcal)	£2.40

Lunch 11.45am-3pm

Homemade soup of the day – served with a roll (256 – 343kcal)	£4.75
Pitta dipper	£7.50
Hummus, lentil dahl & couscous with green salad, olives & pitta bread strips (648kcal)	
Leighton rarebit – Lancashire cheese, mushroom & spring onion	£6.50
Served on a lightly toasted ciabatta with a side salad (533kcal)	
Sandwiches – served on white or malted bloomer bread with a side salad	
Ham, cheddar & Dijon mayonnaise (606kcal)	£6.75
Lancashire cheese salad & a side of piccalilli (479kcal)	£6.75
Vegan cheddar, tomato, onion & mixed leaves (435kcal)	£6.75
Free range Chicken, smoked bacon & mayonnaise (549kcal)	£6.95
Free range egg mayonnaise with rocket & cucumber (437kcal)	£6.50

Hot sandwiches – served with a side salad

Burrow's Cumberland sausage swirl with caramelized onion chutney	£6.95
served on a soft white bap (561kcal)	
Falafel with minted yoghurt, mixed leaves & tomato with a drizzle of sweet chili sauce – served in a toasted pitta bread (403kcal)	£6.75

Why not add a bowl of soup to any sandwich for only £3.50

Adults need around 2000kcal a day

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Ciabattas – served with a side salad

Brie & cranberry	£7.25
Vegan cheddar with roasted vegetables (506kcal)	£7.25
Free range chicken & stuffing with caramelized onion chutney (482kcal)	£7.25
Ham, cheddar & tomato (568kcal)	£7.25

Baked Potato – Served with a side salad

Hummus (524kcal) or baked beans (339kcal)	£6.50
Cheddar (633kcal) or Vegan cheese (535kcal)	£6.75

The Radford family's Famous Pies (703 – 907kcal) **from £5.95**

Please see specials board for today's options

Children's meals

Pic & mix picnic bag (187-316kcal)	£4.50
Beans on toast (275kcal)	£4.00
Half sandwich (185-275kcal) & cup of soup (204-296kcal)	£4.25

Homemade seasonal specials are available daily, please see our board or speak to the team for today's tasty choices

Hot drinks

Fairtrade Hot chocolate	£2.95
Deluxe hot chocolate with mallows & cream	£3.60
Mocha	£3.40
English breakfast tea	£2.30
Flavoured teas	£2.50

Coffee – Our own RSPB triple certified coffee; shade grown beneath the forest canopy to leave a vital home for nature

Americano - £2.50	Latte - £2.80	Cappuccino - £2.80
Flat white - £2.80	Filter - £2.25	Espresso - £2.40

Decaffeinated tea & coffee and oat or soya milk are available – please ask when placing your order

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