

# MENU

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## LOCAL PRODUCE

from the Wyre, Lancashire  
and Bowland Area

We're proud of the fabulous local produce available from the Wyre, Lancashire and Bowland areas and you'll find wherever possible this is reflected in the dishes we offer on our menu.

Mill at  
Conder  
Green   
A Heritage Inn

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## NIBBLES

### Spicy Spanish chorizo sausage

In a sticky red wine and honey sauce with artisan bread.

£4.95

### Plum tomato brochette on toasted brioche (v)

Garlic, lemon and basil oil.

£4.95

### Marinated Misto Olivia Italian olives, feta cheese (v)

With warm focaccia bread.

£4.95

## STARTERS

### Soup of the day

Lancashire bloomer bread and parsley butter.

£4.95

### Tian of cold water prawns and avocado

Plum tomato, spicy cognac mayonnaise, lemon and rocket dressing.

£6.95

### Deep fried creamy white Garstang Brie in coconut crumb (v)

With nutty pesto leaves.

£6.50

### Trio of assorted chilled melon (v)

Encased in a ginger and honey crème fraise with beetroot crisps.

£6.25

### Deep fried Goosnargh duck lolly pops in a panko crumb

Sweet plum sauce and spring onion salad.

£6.25

## THE MILL'S CLASSICS

### Bowland beer battered haddock

Mushy peas, hand cut chips, and homemade tartare sauce.

£12.95

### Fleetwood fish pie

North Sea fish in a creamy dill and white wine sauce, topped with Pilling mashed potatoes, Sandhams Lancashire cheese, with market vegetables and artisan bread.

£12.95

### Lancashire braised beef and smoked bacon suet pudding

Pilling mashed potatoes, red wine sauce and roasted carrot, assorted beetroot.

£13.95

### Mill Inn 8oz Lancashire beef steak burger

Brioche bun, salad, hand cut fries, battered onions rings, with tomato and roasted pineapple ketchup.

£12.50

### Cockerham salt marsh slow cooked lamb hotpot

Topped with oven sliced Pilling potatoes, pickled heirloom beets, red cabbage and Lancashire bloomer bread.

£12.95

SERVING SUNDAY'S ONLY  
Sunday Roast £13.95

We suggest that you also refer to our specials board  
for a selection of seasonal local dishes

## THE MILL'S OWN

### Breaded South Lakeland chicken Kiev

With a chorizo and garlic butter, hand cut chips and a garden leaf salad.

£13.95

### Open pot spicy green Thai fish stew

In a creamy coconut milk stock, with sticky cauliflower rice.

£14.95

### Authentic chicken kolkata

A traditional Indian curry, pilaf rice, mango chutney, poppadum and aloo paratha.

£13.95

### Braised feather of Bowland blade of beef

Horse radish Pilling mash, buttered spring greens, red wine caramelized shallot sauce infused with smoked bacon.

£15.95

### Oven roasted fillet of Hake

Pilling mash potatoes, wilted spinach, roasted baby vine tomatoes, lemon and garden herb butter.

£14.50

### Griddle tuna steak

On a warm salad nicoise with a lemon and thyme stock.

£14.25

### Lancashire farmer's platter

Hand pressed ham hock terrine, warm duck lolly pop, hand raised pork pie, heirloom beets, soused onions, home crafted piccalilli with potato and spring onion salad, boiled hen egg and artisan bread.

£12.95

### Curried chick pea, sweet plantae and baby spinach (v)

Zucchini ribbons, roasted baby chillies, lemon and thyme couscous, poppadum and aloo paratha.

£13.50

### Fleetwood fisherman's platter

Cured salmon, smoked peppered mackerel, cold water prawns, soused herring, heirloom beets with a hazelnut and coriander crème fraiche, and artisan bread.

£13.50

### Sugar snap pea and wild mushroom soba noodles (v)

Flavoured with a ginger, coriander and garlic dressing, almonds, capsicums with toasted coconut flakes.

£12.95

### Char grilled South Lakeland chicken and smoked bacon salad

Baby gem lettuce and red onion in garlic mayonnaise with croutons, parmesan cheese and Pilling roasted new potatoes.

£13.95

## FROM THE CHAR GRILL

All our steaks are 28 day matured on the bone.

Served with half roasted plum tomato flavoured with garlic and thyme, Portabello mushroom, hand cut chips and beer battered onion rings.

### 10oz rump steak

£19.95

### 8oz sirloin steak

£21.95

### Hearty Mills mixed grill

Bowland rump steak, sweet farmed gammon, chicken breast, Cumberland sausage, and Bury black pudding.

£19.95

### South Lakeland boneless spatchcock

Marinated in honey, thyme and garlic.

£15.95

### why not add a sauce

Creamy pepper sauce | Garstang blue cheese sauce | Red wine sauce

each £2.25

## SIMPLY FOR LUNCH AND SANDWICHES

Choose from white or granary bloomer. All our sandwiches are served with fresh seasonal mixed leaves and fries.

Served every day from 12noon to 2.30pm

### Warm chicken and chorizo focaccia

Baby gem lettuce, chilli, garlic and lime mayonnaise.

£6.95

### Smoked haddock and Lancashire cheese omelette

Garden leaf salad and fries.

£7.95

### Small Bowland beer battered haddock

Mushy peas, hand cut chips and homemade tartare sauce.

£8.95

### Triple Toasted inn sandwich with grilled south Lakeland wing tip chicken

Char grilled smoked streaky bacon, garlic mayonnaise, tomatoes and little gem lettuce.

£7.95

### Succulent cold water prawns sandwich

Little gem lettuce and marie rose sauce.

£6.95

### Sandham's of Barton creamy Lancashire cheese sandwich (v)

Little gem lettuce and homemade piccalilli.

£6.95

### Mill's own sugar roasted ham sandwich

Little gem lettuce and homemade date chutney.

£6.95

### Port of Lancaster juniper woodchip smoked salmon sandwich

Little gem lettuce and homemade mustard seed crème fraiche.

£6.95

### Griddle marinated Halloumi cheese (v)

Served with a salad of avocado, blueberries and roasted pine kernels.

£9.95

## DESSERTS

### Mills own sticky toffee pudding

With pouring cream, custard or simply with a ball of Walling's vanilla ice cream.

£6.25

### Creamy white chocolate rice pudding

With strawberry preserve.

£6.25

### Dark chocolate and raspberry brownie

Passion fruit sauce and Walling's coconut ice cream.

£6.25

### Warm seasonal Bakewell tart

With a crumble topping with either pouring cream, custard or simply with Walling's ice cream.

£6.25

### Ginger and lemon curd spotted dick

Creamy custard.

£6.25

### Selection of Ice Creams by Walling's of Cockerham

1 scoop £2.75 2 scoops £3.95 3 scoops £4.95

### Procter's of Chipping local cheese board

With Sandham's farmhouse, Lancashire, and two other seasonal cheese. Served with bread or biscuits, grapes, celery and homemade chutney.

£8.50

## LITTLE EXTRAS

### Bowl of hand cut chips

£3.25

### Bowl of parsley and Parmesan fries

£3.50

### Real ale Bowland crispy battered onion rings

£2.95

### Seasonal market vegetables of the day

£2.95

### Garden salad of the day

£3.95

## TEAS AND COFFEE

### Pot of tea for one

£2.50

### Fruit flavoured or green tea

£2.50

### Pot of tea for two

£3.75

### Cappuccino or Latté

### Small espresso or Americano

£2.75

Large

£3.75

### Double espresso

£3.50

Small

£2.95

### Large Americano

£3.25

### Hot chocolate

£3.25

### allergen warning

Please notify a member of staff of any food allergies or special dietary requirements, or alternatively, ask to see a list of specific allergens in our dishes. (v) =Vegetarian