

NICE

Northern Institute of Creative Eating

Evening Menu

Appetisers

Selection of warm breads (v, vo) With olive oil, balsamic vinegar, butter and olives	£2.95
Garlic bread (v, ve)	£3.45
Garlic bread with mozzarella (v, vo)	£3.45
Garlic bread with tomato (v, ve)	£3.65
Bruschetta crostini (v, vo) With virgin olive oil, fresh tomatoes, basil, crushed garlic and grated parmesan cheese	£4.25

Starters

Homemade soup of the day (v, vo) Served with a warm crusty roll and butter	£4.25
Mushroom alfredo (v) Mushrooms in a creamy garlic and mustard sauce served on a toasted garlic ciabatta with a rocket side salad	£5.95
King prawns in a tomato, chilli and Ouzo sauce Sprinkled with feta cheese, served on a bed of green salad with toasted focaccia bread	£6.75
Plumgarth's Cumberland sausage Served with mustard mash and caramelised red onions	£6.45
Goats cheese, sun-dried tomato and caramelised red onion tartlet (v) Served with a dressed side salad	£5.25
Morecambe Bay shrimp platter Morecambe Bay shrimps, smoked mackerel, prawns in Marie Rose sauce and homemade smoked salmon roulade served with brown bread and a dressed green salad	£7.95
Winders of Lancaster apricot pâté (v, vo) Served with wholemeal toast and a dressed side salad	£5.45

Salads

Butternut squash and goats cheese salad (v) With green beans, cannellini beans and a balsamic dressing	£7.95
Chicken and bacon ceasar salad	£8.95
Hot shredded duck (g) With a honey and orange dressing, topped with toasted sesame seeds and fresh orange segments	£9.95

Pizza and Pasta

(Gluten free pasta and pizza dough available upon request)

Margarita (v, vo) Rich tomato base with mozzarella	£6.95
Classic (v, vo) Olives, peppers, red onions and mushrooms	£7.45
La belle France Brie, sweet butternut squash, balsamic roasted peppers (v, vo)	£7.95
Verdura Ricotta, green pesto, fresh tomato and rocket (v, vo)	£7.45
Mare e monti One half king prawns, courgette, chilli and mozzarella, the other half pepperoni, tomato sauce and chilli, all finished with rocket and ricotta	£8.45
Al mare Tuna, anchovies, prawns and red onion	£8.45
Shredded duck On a ho sin base topped with spring onions and cucumber	£8.95
Pollo balsamico Chicken, red onions, balsamic roasted peppers, topped with rocket	£7.95
Popeye's pizza Bacon, spinach and Lancashire cheese with fresh tomatoes	£7.95
Volcano (hot) Pepperoni, Cumberland sausage, fresh chilli and chilli oil	£8.45
Beefsteak Barbecued beefsteak, red onions, mushrooms and fresh tomato salsa	£9.45
Calzone Filled with pepperoni, chicken, Parma ham, mozzarella and red onions	£9.95
Vegetable risotto	£8.45
King prawns With chilli, lemon, courgette and Vermouth served on spaghetti	£8.95
Salmon farfalle Butterfly pasta in a rich cream and tomato sauce with smoked salmon, salmon fillet and prawns	£8.45

Penne Cumbria Penne pasta tossed in a spicy tomato and chilli sauce with Cumberland sausage, red onions, peppers, fresh chilli and chilli oil	£8.45
Spaghetti bean balls (v, vo) Spaghetti with spiced kidney bean balls in a rich tomato sauce	£8.45

Mains

Free range chicken breast (g) In a rich apricot and bacon sauce, served with fresh seasonal vegetables and potatoes	£13.95
Piri piri chicken Chicken in a chilli, ginger and lime marinade, served with courgette and lime couscous and roasted tomatoes	£12.95
Smoked haddock risotto With fresh dill and a poached egg	£11.95
Fillet of sea bass (g) Served on a bed of spinach and fennel with a vanilla jus, fresh seasonal vegetables and potatoes	£15.95
Fillet of salmon Served with prawns in a rich cream, parmesan and wholegrain mustard sauce, with long grain rice and seasonal vegetables	£14.95
Aubergine malance (ve, v) Baby aubergine, courgettes and olives in a rich tomato and garlic sauce, served with a sultana and lemon couscous	£12.95
Pineapple and quinoa stir fry (v, g, ve) Peppers, cashew nuts, onions, fresh garden peas, chilli, pineapple chunks and quinoa	£11.95
Barbary duck breast (g) Served on a creamed heart of cabbage, with buttered mash and a peach confit	£16.95
8oz Fillet steak (g) Served with fat cut chips, roasted tomatoes and a Port and Stilton sauce (Pepper and Diane sauces also available)	£19.95

Side Orders

Fat chips	£2.95
Side salad	£2.95
Seasonal vegetables	

Desserts

Homemade lemon tart Served with a raspberry coulis and fresh cream	£4.95
Assiette of chocolate Chef's selection of three chocolate based desserts	£5.95
Panacotta Served with caramelised oranges and fresh cream	£4.95
White chocolate and raspberry crème brûlée Served with a homemade shortbread biscuit	£4.95
Speciality cheesecake Served with Lewis's Natural Dairy Ice Cream or fresh cream (Please ask your server for details)	£4.95
Triple chocolate layered fudge cake Served hot or cold with ice cream or cream	£5.95
Apricot and oat crumble (v, g, vo) Served with cream	£4.95
Cheese board A selection of 3 cheeses served with crackers, celery, grapes, chutneys and bread	£7.95

Ice Creams

Amaretto biscotti - Amaretto liqueur sundae Vanilla and Chocolate ice cream layered with amaretti biscuits and Disaronno liqueur topped with freshly whipped cream (contains a 25ml measure of Disaronno liqueur at 40%vol)	£7.95
Chocoholic Chocolate Ice Cream served with silky lashings of hot chocolate fudge sauce combined with crunchy waffle cone pieces, chocolate chunks and fresh cream	£6.95
Thunder and Lightening crunch Thunder and Lightening and Lewis's Natural Dairy Ice Cream layered with cinder toffee, thick lashings of caramel sauce and topped with freshly whipped cream	£6.95
Natural dairy ice cream Lewis's Natural Dairy, chocolate, Thunder and Lightening or Strawberry	£3.65
Fruit sorbet (g)	£3.65