

# The Keys Traditional Dinner Menu

## Spring

<b>Starters and Small Plates</b>		<b>Chicken and Ribs</b> <span style="float: right;">£13.20</span>	<b>Keys Traditional Favourites</b>	
<b>Bread, oil and butter</b> <span style="float: right;">£2.95</span>	Slices of home baked poppy seed bloomer, olive oil and balsamic vinegar and butter. Enough for two	Cajun spiced chicken breast with a succulent rack of prime cut B.B.Q pork ribs with handcut chips homemade onion rings, tomato, mushrooms and peas	<b>Keys Steak and Vegetable Pie</b> <span style="float: right;">£9.85</span>	A large wedge of Chefs traditional homemade pie with chunks of tender steak, leek and carrots - always a favourite with a choice of potato and seasonal vegetables
<b>Garlic Bread</b>	2 Slices <span style="float: right;">£1.30</span> 4 Slices <span style="float: right;">£2.60</span>	<b>12 oz Gammon Steak</b> <span style="float: right;">£10.75</span>	<b>Lamb Shoulder</b> <span style="float: right;">£13.40</span>	A substantial portion of slow braised Lakeland lamb shoulder with a rosemary and garlic sauce with a choice of potato and seasonal vegetables
<b>Garlic Bread with cheese</b>	2 Slices <span style="float: right;">£1.60</span> 4 Slices <span style="float: right;">£3.20</span>	<b>Fish</b>		
<b>Cheesy nachos for 1 or 2</b> <span style="float: right;">£3.25/£5.75</span>		<i>Our fish is carefully selected and freshly prepared daily by Neves' of Fleetwood</i>		
<b>Soup of the Day</b> <span style="float: right;">£3.65</span>	Homemade soup with home baked bloomer bread (please ask for today's choice)	<b>Fish and Chips</b> <span style="float: right;">£9.95</span>	<b>Pork Fillet</b> <span style="float: right;">£12.85</span>	medallions of pan fried pork fillet with an apple and calvados jus served with a choice of potato and seasonal vegetables
<b>Prawn and Apple Cocktail</b> <span style="float: right;">£5.75</span>	Succulent North Atlantic prawns served with crisp leaf and apple topped with a Marie Rose sauce, wholemeal bread and butter.	<b>Salmon Supreme</b> <span style="float: right;">£9.95</span>	<b>Chicken monte Cristo</b> <span style="float: right;">£10.95</span>	chicken breast filled with spinach and mozzarella cheese, wrapped in bacon topped with a mushroom, white wine and cheese sauce with a choice of potato and seasonal vegetables.
<b>(V) Garlic Mushrooms</b> <span style="float: right;">£5.25</span>	Pan fried mushrooms in creamy garlic and herb butter glazed with Garstang Blue cheese	<b>Fish Pie</b> <span style="float: right;">£9.95</span>	<b>Belly Pork</b> <span style="float: right;">£12.75</span>	slow roast honey glazed belly of pork on a bed of colcannon mash with seasonal vegetables
<b>Black Pudding Stack</b> <span style="float: right;">£5.50</span>	Medallions of black pudding layered with crispy streaky bacon and creamy leek sauce	<b>Sea Bass fillets</b> <span style="float: right;">£13.25</span>	<b>(V) Spinach and Ricotta cannelloni</b> <span style="float: right;">£9.75</span>	pasta tubes stuffed with ricotta cheese, garlic, onion and spinach filling, topped with a creamy white sauce served with salad and garlic bread.
<b>Morecambe Bay Potted shrimps</b> <span style="float: right;">£6.15</span>	served warm on a toasted crumpet	<b>Salads</b>		
<b>Keys Mussel Pot</b> <span style="float: right;">£5.95</span>	Mussels in a creamy white wine, garlic and onion sauce served with crusty bread	<b>Lime and chilli chicken</b> <span style="float: right;">£9.50</span>	<b>(V) Wild Rice, Spinach and Honey Roast</b> <span style="float: right;">£10.25</span>	a blend of wild and brown rice baked with spinach, nuts, cheddar and crème fraîche, topped with honey roast vegetables, enriched with a ruby port served with a choice of potato and seasonal vegetables
<b>(V) Goats Cheese Tartlet</b> <span style="float: right;">£5.60</span>	Goats cheese tartlet with sautéed red onions with a balsamic reduction	<b>Cajun dusted Salmon</b> <span style="float: right;">£9.95</span>	<b>(V) Nut Loaf</b> <span style="float: right;">£9.95</span>	a mild spiced roast of parsnip, carrot, potato, onion, apricot and nuts infused with garlic and ginger topped with goats cheese and a choice of potato and seasonal vegetables
<b>Deville'd whitebait</b> <span style="float: right;">£5.95</span>	Tender whitebait covered in breadcrumbs served with wholemeal bread and butter	<b>Sizzlers</b>		
<b>Tempura Chicken Goujons</b> <span style="float: right;">£5.70</span>	Chicken goujons covered with a tempura batter with a sweet chilli dip	<b>Chicken Fajitas</b> <span style="float: right;">£9.95</span>	<b>Side Orders</b>	
<b>Melon Delight</b> <span style="float: right;">£4.95</span>	delicious slices of melon topped with a refreshing raspberry sorbet	<b>Steak Fajitas</b> <span style="float: right;">£10.75</span>	<b>Peppercorn sauce</b> <span style="float: right;">£1.95</span>	
<b>Large Plates</b>		<b>Mediterranean vegetable fajitas</b> <span style="float: right;">£9.50</span>	<b>Diane sauce</b> <span style="float: right;">£1.95</span>	
<i>Keys chargrilled Selection. All our cuts of steak are locally sourced using fell-bred cattle</i>			<b>Handcut chips</b> <span style="float: right;">£2.25</span>	
<b>12 oz Ribeye Steak</b> <span style="float: right;">£15.95</span>	Chargrilled to your liking with handcut chips, homemade onion rings, tomato, mushrooms and peas.		<b>Homemade onion rings</b> <span style="float: right;">£2.35</span>	
<b>8 oz Sirloin Steak</b> <span style="float: right;">£13.20</span>	Chargrilled to your liking with handcut chips, homemade onion rings, tomato, mushrooms and peas.		<b>Creamy Mash</b> <span style="float: right;">£2.25</span>	
			<b>Sautéed Mushrooms</b> <span style="float: right;">£2.60</span>	
			<b>Vegetables of the day</b> <span style="float: right;">£2.50</span>	
			<b>Side salad</b> <span style="float: right;">£2.65</span>	
			<b>Bread and butter (Slice)</b> <span style="float: right;">£0.50</span>	

All Prices include VAT. Service charge is not added - all tips go to staff concerned and are not part of their wages.  
All weights are approximate before cooking. Menu descriptions may not list every individual ingredient, customers concerned about presence of nuts, seeds or other allergies in our food are welcome to ask a member of staff for assistance when choosing their meal. Please be aware that fish products may contain small bones.