

Autumn Winter Menu

Food serving times

Monday - Friday 12.00 - 2.30pm & 5.00 - 9.00pm

Saturday 12.00 - 9.00pm

Sunday 12.00 - 8.00pm

All our food is locally sourced wherever possible. Cornvale from Melling supply us with the finest meat, hand reared in the Lune Valley from the banks of the River Lune from Lancaster to Sedbergh fells. They supply us with Garstang blue and Mrs Kirkham's tasty Lancashire Cheeses.

C&G Neves of Fleetwood supply us with fresh fish daily. Brades Dairy Farm specialise in producing high quality, milk products from their own dairy herd, giving you the reassurance of knowing exactly where your milk and cream is coming from.

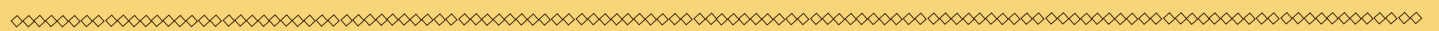
Angela Bowker of Old Holly Farm is the supplier of her very own 'Cool Cow' organic ice cream.

Lathams of Broughton supply us with the finest, delicious hand made desserts.

Norman's hens next door supply us with freshly laid eggs, you can't get fresher than that!

All meals are freshly prepared by Dan the Head Chef and his team. Freshly prepared food means that at busy times there may be a delay. Please be patient with us as quality is our main priority

TO START



SOUP OF THE DAY Always homemade served with homebaked poppy seed bloomer bread	£3.95	MORECAMBE BAY SHRIMPS Local delicacy served warm on a toasted crumpet with crisp salad leaf & a wedge of lemon	£6.75
PRIME RIBS A good portion of prime cut ribs marinated in a sweet & tangy sauce	£6.95	GOATS CHEESE TARTLET (V) Goats cheese & tomato tartlet, topped with red onion marmalade on a bed of leaf	£5.95
BRUSSEL PATE A smooth Brussel pate served with homemade Cumberland sauce & melba toast	£4.95	STILTON BLUE MUSHROOM (V) Pan fried mushrooms cooked in a creamy blue stilton sauce served with home baked bloomer bread	£5.95
BATTERED BRIE (V) A wedge of brie lightly battered served with house mulled plum chutney	£5.25	CLASSIC PRAWN COCKTAIL North Atlantic prawns bound with Marie Rose sauce, on a bed of salad leaves with fresh lemon & black pepper dressing with wholemeal bread & butter	£5.95
KEYS MUSSEL POT Fresh Scottish blue shell mussels in a creamy white wine, garlic, onion sauce served with a chunk of bloomer bread	£6.50	GARLIC BREAD 2 Slices £1.75 4 Slices £3.50	
BLACK PUDDING STACK A stack of local black pudding layered with a creamy leek sauce, topped with crispy streaky bacon	£5.95	GARLIC BREAD WITH CHEESE 2 Slices £1.95 4 Slices £3.90	
		CHEESY NACHO FOR 1 OR 2	£3.95/£7.00

MAIN COURSES

SEAFOOD

Our fish is carefully selected and freshly prepared daily by Neves of Fleetwood

FISH & CHIPS (<i>Signature dish</i>) A generous fillet of fresh haddock in traditional batter with hand cut chips and mushy peas	£10.25
BAKED SALMON FILLET (<i>Signature dish</i>) Oven baked salmon on a bed of creamy mashed potato topped with wilted spinach finished with a homemade lemon, dill & cream sauce	£11.50
LUXURY FISH PIE A fine selection of fresh fish bound together in a bechamel sauce topped with creamy mash, Lancashire cheese, served with a choice of seasonal vegetables or crisp dressed salad	£11.95
HADDOCK & PRAWNS (<i>Signature dish</i>) Fresh haddock fillet centred with North Atlantic prawns, topped with a creamy leek sauce served with fondant potato	£13.95

FROM THE CHARGRILL

All our steaks are extra mature for tenderness

12oz RIBEYE STEAK Chargrilled to your liking with handcut chips £16.50
homemade onion rings, tomato, mushrooms and garden peas

8oz SIRLOIN STEAK Chargrilled to your liking with handcut chips £13.95
homemade onion rings, tomato, mushrooms and garden peas

Why not add a Stilton, pepper, & Cognac sauce for an extra £3

CHICKEN & RIBS Cajun spiced 100% chicken breast with a generous £13.95
portion of prime ribs marinated in a sweet & tangy sauce, served
with handcut chips, grilled tomato & homemade onion rings

12oz GAMMON STEAK Served with pineapple rings or two eggs £11.50
freshly laid by Norman's hens next door (eggs don't get fresher than this!)
hand cut chips, grilled tomato & garden peas



SIZZLERS

CHICKEN FAJITAS (*Signature dish*) £11.25

STEAK FAJITAS £11.75

MEDITERRANEAN FAJITAS (V) £10.95

Choose from one above, sizzling strips of chicken, steak or
mediterranean vegetables, peppers, onion all cooked in
cajun spices with warm tortillas and a trio of dips, hand
cut chips and crispy leaf salad



SIDE ORDERS

Peppercorn sauce £3.00

Diane sauce £3.00

Hand cut chips £2.50

Homemade onion rings £2.75

Creamy mash £2.50

Sauteed mushrooms £2.75

Vegetables of the day £2.75

Side salad £2.95

Bread and butter (slice) £0.50

SUNDAY LUNCH

Come and enjoy your family Sunday
lunch here at the Keys!

Roast topside of beef with chef's
Yorkshire pudding, roast potatoes
and seasonal vegetables for

£9.95

NOW FOR THE SMALL PRINT

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 the 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

Menu design by graphic designer Janice Parker (info@greavespark.co.uk)

KEYS TRADITIONAL FAVOURITES

LAMB SHOULDER Slow braised lakeland £15.50
lamb shoulder in red wine, finished with
a delightful mint gravy served with,
a choice of potato and seasonal vegetables

KEYS STEAK PIE (*Signature dish*) A traditional £10.95
top & bottom shortcrust pastry, served with a
choice of potato & seasonal vegetables

RED PARTRIDGE Lythe Valley whole red £13.50
partridge, slowly roasted, served with creamy
mash, seasonal vegetables & redcurrant
port jus

PORK FILLET WITH CARAMELISED APPLE £13.95
Tenderloin rarebreed saddleback pork from
Stainton in the South Lakes, pan fried medallions
of pork served with caramelized apple, & crackling
served with a calvados gravy, mashed potato
& seasonal vegetables

HONEY AND GINGER CHICKEN Stir fried strips £12.95
of locally sourced 100% chicken breast
and vegetableS in a delicious honey and
ginger sauce served with white wild rice
and garlic bread

LAMB LEG STEAK Pan fried Lune Valley £13.50
lamb leg steak served with redcurrant &
rosemary jus with fondant potato &
seasonal vegetables

CHICKEN MONTE CRISTO (*Signature dish*) £12.75
Locally sourced 100% chicken breast
filled with spinach, mozzarella cheese
wrapped in streaky bacon, topped with
a creamy mushroom, white wine, cheese
sauce with a choice of potato and
seasonal vegetables

DUCK BREAST Cornvale's finest duck £15.50
breast pan fried with a cherry &
Cognac reduction served with fondant
potato & seasonal vegetables

PIG & HEN Rare breed saddleback pork £14.75
escalope and locally sourced 100%
chicken breast served with a black
peppercorn and Cognac sauce with a choice
of potato and seasonal vegetables

MUSHROOM, CRANBERRY £10.95
& BRIE WELLINGTON (V) Woodland
mushrooms, cranberries, spinach and
sauteed onions enhanced with fresh brie
wrapped in golden pastry served with
a creamy mushroom sauce with a choice
of potato and seasonal vegetables

SPINACH & RICOTTA CANNELLONI (V) £10.75
Pasta tubes stuffed with ricotta cheese,
garlic, onion and spinach filling topped
with a creamy white sauce served with a
crisp salad and garlic bread

NUT ROAST (V) A mild spiced roast of £10.95
parsnips, carrot, potato, onion, apricot & nuts
infused with garlic & ginger topped with goats
cheese & a choice of potato, seasonal vegetables &
a pot of vegetarian gravy