

# The Keys Summer Dinner Menu

<b>Starters and Small Plates</b>		<b>Chicken and Ribs</b>	<b>£13.50</b>	<b>Keys Traditional Favourites</b>	
<b>Bread, chilli and garlic butter</b>	<b>£3.95</b>	Cajun spiced chicken breast with succulent prime cut sweet and tangy pork ribs with handcut chips, homemade coleslaw onion rings and tomato		<b>Keys Steak and Vegetable Pie</b>	<b>£10.20</b>
Slices of home baked poppy seed bloomer, served with a duo of garlic and chilli pots of butter. Enough for two				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>		<b>12 oz Gammon Steak</b>	<b>£10.95</b>	<b>Lamb Shoulder</b>	<b>£13.50</b>
2 Slices	<b>£1.60</b>	served with pineapple rings or two eggs, freshly laid by Normans hens next door ( eggs don't come fresher than this! ) handcut chips, tomato and peas.		A substantial portion of slow braised Lakeland lamb shoulder with a rosemary and garlic sauce with a choice of potato and seasonal vegetables	
4 Slices	<b>£2.60</b>				
<b>Garlic Bread with cheese</b>		<b>Fish</b>			
2 Slices	<b>£1.75</b>	<i>Our fish is carefully selected and freshly prepared daily by Neves' of Fleetwood</i>		<b>Cumberland Pork Fillet</b>	<b>£12.95</b>
4 Slices	<b>£3.20</b>			Cumberland pork fillet stuffed with the finest Cumberland sausage meat wrapped with streaky bacon and homemade pork gravy served with a choice of potato and seasonal vegetables	
<b>Cheesy nachos for 1 or 2</b>	<b>£3.50/£5.95</b>	<b>Fish and Chips</b>	<b>£9.95</b>	<b>Chicken monte Cristo</b>	<b>£11.95</b>
Soup of the Day	<b>£3.65</b>	A generous fillet of fresh haddock in traditional batter with handcut chips and mushy peas.		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.	
Homemade soup with home baked poppy seed bloomer bread (please ask for todays choice)		<b>Salmon Supreme</b>	<b>£10.25</b>	<b>Belly Pork</b>	<b>£12.95</b>
<b>Classic Prawn Cocktail</b>	<b>£5.80</b>	oven baked salmon supreme with a creamy white wine, prawn and dill sauce served with new potatoes and seasonal vegetables		slow roast belly of pork topped with apple and sage, finished with crispy crackling on a bed of spring onion mash and seasonal vegetables	
Succulent North Atlantic prawns served with crisp leaf bound with a Marie Rose sauce with wholemeal bread and butter.		<b>Haddock and Prawns</b>	<b>£12.95</b>	<b>(V) Spinach and Ricotta cannelloni</b>	<b>£9.95</b>
<b>(V) Mushroom Stilton Pot</b>	<b>£5.50</b>	fresh haddock fillet centred with North Atlantic prawns topped with a creamy leek sauce served with sautéed potatoes and seasonal vegetables		pasta tubes stuffed with ricotta cheese, garlic, onion and spinach filling, topped with a creamy white sauce served with salad and garlic bread.	
Pan fried mushrooms cooked in a creamy stilton cheese sauce served with poppy seed bloomer bread		<b>Sea Bass Fillets</b>	<b>£13.50</b>	<b>(V) Wild Rice, Spinach and Honey Roast</b>	<b>£10.50</b>
<b>Black Pudding Stack</b>	<b>£5.60</b>	poached sea bass fillets on a bed of sautéed potatoes and Mediterranean vegetables drizzled with a white wine sauce.		a blend of wild and brown rice baked with spinach, nuts, cheddar and crème fraiche, topped with honey roast vegetables, enriched with a ruby port served with a choice of potato and seasonal vegetables	
Real Lancashire Black Pudding on a bed of pea puree, topped with a poached egg - freshly laid by Normans hens next door				<b>(V) Nut Loaf</b>	<b>£9.95</b>
<b>Morecambe Bay Potted shrimps</b>	<b>£6..20</b>	<b>Salads</b>		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	
Local delicacy Morecambe Bay potted shrimps served warm on a toasted crostini with a crisp salad garnish		<b>Lime and Chilli chicken</b>	<b>£9.75</b>		
<b>Grilled Sardines</b>	<b>£5.50</b>	chargrilled chicken breast on crisp leaf salad served with a lime and chilli mayonnaise		<b>Peppercorn sauce</b>	<b>£2.95</b>
A taste of Summer delicious Sardines grilled with garlic butter served with crisp leaf and a wedge of lemon		<b>Lemon Grass and Coriander Salmon</b>	<b>£10.25</b>	<b>Diane sauce</b>	<b>£2.95</b>
<b>(V) Goats Cheese Tartlet</b>	<b>£5.75</b>	Salmon supreme on a bed of crisp salad, drizzled with a delightful lemon and coriander dressing		<b>Handcut chips</b>	<b>£2.25</b>
Goats cheese tartlet with sautéed red onions with a balsamic reduction		<b>(V) Poached Pear, Walnut and Blue Cheese</b>	<b>£9.95</b>	<b>Homemade onion rings</b>	<b>£2.35</b>
<b>Prime Ribs</b>	<b>£6.75</b>	poached pear on a bed of crisp salad topped with crumbled blue cheese and tossed with walnuts		<b>Creamy Mash</b>	<b>£2.25</b>
A good portion of Prime cut ribs served in a tasty sweet and tangy sauce				<b>Sautéed Mushrooms</b>	<b>£2.60</b>
<b>Chefs Scotch Egg</b>	<b>£5.50</b>	<b>Sizzlers</b>		<b>Vegetables of the day</b>	<b>£2.50</b>
Handmade Scotch egg, bound with finest local sausage meat, centred with a free range egg served with homemade red onion marmalade		<b>Chicken Fajitas</b>	<b>£10.25</b>	<b>Side salad</b>	<b>£2.65</b>
<b>(V) Melon Delight</b>	<b>£4.95</b>	Sizzling strips of chicken, peppers and onions coated in mexican spices with warm tortillas, a trio of dips, handcut chips and crispy salad		<b>Bread and butter (Slice)</b>	<b>£0.50</b>
juicy slices of melon topped with a refreshing organic passion fruit sorbet		<b>Steak Fajitas</b>	<b>£10.95</b>		
		Sizzling strips of rump steak, peppers and onions coated in mexican spices with warm tortillas, a trio of dips, handcut chips and crispy salad			
<b>Large Plates</b>		<b>Mediterranean vegetable fajitas</b>	<b>£9.75</b>		
<i>Keys chargrilled Selection. All our cuts of steak are locally sourced using fell-bred cattle</i>		Mediterranean vegetables, peppers and onions coated in mexican spices with warm tortillas, a trio of dips, handcut chips and crispy salad			
<b>12 oz Ribeye Steak</b>	<b>£15.95</b>				
Chargrilled to your liking with handcut chips, homemade onion rings, tomato, mushrooms and peas.					
<b>8 oz Sirloin Steak</b>	<b>£13.50</b>				
Chargrilled to your liking with handcut chips, homemade onion rings, tomato, mushrooms and peas.					

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.