

EAT WELL - LOVE LIFE

Quorn Five Spice Stir Fry

£8.50

Fragrant and full of healthy nutritious vegetables and quorn pieces, stir fried with chinese five spice and soy sauce

Vegetarian Omelette

£9.25

Filled with red onion, peppers, spinach, mushrooms and new potatoes.
Served with sweet potato fries and a dressed salad garnish

Chickpea and BBQ Jackfruit Burger

£8.75

Chickpea, spinach and falafal burger topped with BBQ pulled jack fruit
Served on a toasted brioche roll with salad garnish and sweet potato fries

Tempura Vegetables Tasting Plank

£6.95

Selection of vegetables in a light tempura batter with sweet chilli dipping sauce, garlic mayo and salad garnish

Chicken and Quinoa Salad

£8.95

Tender chicken breast, super satisfying veggies and quinoa topped with toasted pumpkin and sunflower seeds and drizzled with balsamic glaze

Falafal and Quinoa Salad

£8.25

Sweet potato falafal, quinoa, vegetables and toasted seeds finished with balsamic glaze

Cauliflower, Chickpea and Spinach Curry

£8.25

Homemade curry made with the tastiest Indian herbs and spices, filled with cauliflower, chickpea and spinach. Served with coriander rice and a falafel bite

SIDES

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| Skin on fries with cajun dip | £2.85 |
| Sweet potato fries with garlic mayo | £3.00 |
| Tempura veg fries with garlic mayo | £3.50 |
| Halloumi fries with cajun dip | £4.25 |



MENU

LADY GREEN GARDEN CENTRE
Lady Green Lane, Ince Blundell L38 1QB
tel: 0151 929 3635

BREAKFAST

available daily until 11.30am

The Full English Breakfast **£7.25**

Butchers sausage, two pieces of cured bacon, grilled tomato, baked beans, fried hens egg, sautéed button mushrooms, black pudding and hot buttered toast served with filter coffee or tea

Vegetarian Breakfast **£7.25**

Roasted tomatoes, wilted spinach, button mushrooms, baked beans, fried hens egg, sautéed potatoes, toasted sunflower and pumpkin seeds and hot buttered toast served with filter coffee or tea

Gardener's Set Breakfast **£2.25**

Butchers sausage, one piece of cured bacon, fried hens egg and baked beans

Eggs Your Way **£3.95**

Fried, scrambled or poached on hot buttered toast

Eggy Bread **£4.25**

French toast topped with maple syrup and crisp streaky bacon

Herby Mushrooms on Toast **£3.95**

Button mushrooms sautéed in butter and herbs served on hot buttered toast

Berry Pot **£3.65**

Natural yoghurt with blueberries sprinkled with poppy seeds

Ultimate Breakfast Sandwich **£5.95**

Butchers sausage, streaky bacon, sautéed mushrooms and fried hens egg on toasted ciabatta

Avocado, Eggs and Bacon **£5.95**

Whipped avocado set on ciabatta topped with poached eggs and streaky bacon

DELI CHOICE

Seafood Deli Board **£8.25**

Mini prawn cocktail, cod goujon and smoked haddock fishcake. Served with tomato and rocket salad, garlic mayonnaise, tartare sauce and a lemon wedge

Asian Deli Board **£8.25**

Sweet potato falafel bites and tempura vegetables served with warm naan bread ribbons, mango chutney, mint yoghurt dip and mixed leaf salad

Local Tasting Board **£8.25**

A platter filled with pork pie, local blue cheese, gammon ham, black pudding, pickles, piccalilli and salad.

Served with a bread roll and butter

Gardener's Soup Platter **£4.95**

Chef's soup of the day served with bloomer bread, dairy butter and a trio of garnish pans: crispy rocket, salted onions and herb croutons

BETWEEN THE BREADS

Tuna and Cucumber **£6.25**

Flaked tuna, cucumber and free range mayonnaise

Mature Cheddar and Chutney **£6.25**

Mature cheddar cheese with caramelised onion chutney

Ham and Tomato **£6.25**

Gammon ham with sliced tomato and mustard mayonnaise

Egg Mayonnaise and Rocket **£5.99**

Free range egg mayonnaise topped with peppery rocket

Hummus, Carrot and Pepper **£6.25**

Red pepper hummus, grated carrot and peppery rocket

GOURMET SANDWICHES

Roast Beef Yorkie Wrap **£7.25**

Pulled roast beef in a rich onion gravy wrapped in a giant yorkie. Served with muddly mayonnaise and salad garnish

Smoky BBQ Jackfruit Wrap **£7.25**

Pulled jackfruit in a tangy BBQ sauce topped with roasted vegetables. Served in a tortilla wrap with salad garnish

Garlic Chicken and Bacon Ciabatta **£7.55**

Chicken breast and garlic mayonnaise topped with crisp streaky bacon and melted cheddar cheese. Served with coleslaw and salad garnish

Prawn and Avocado Open Sandwich **£8.25**

Ciabatta roll topped with whipped avocado and cold water prawns laced with marie rose sauce. Served with coleslaw and salad garnish