



THE THREE FISHES

A RIBBLE VALLEY INN

The region of Lancashire has many flavours, we hope that we have captured some of them for you to enjoy.

FOOD ORDERS CAN BE PLACED AT THE BAR OR FOOD ORDER POINTS.

Please note your table number and if possible present a credit card at the bar with your table number when placing your food and drinks order or pay cash for each purchase. Please enjoy our relaxed pub atmosphere and informal service.

HOMEMADE BREAD

Basket of Homemade Three Fishes Bread,
Little Town Dairy Butter £1.95

DISHES TO BEGIN OR SHARE

Warm Morecambe Bay Shrimps, Blade Mace Butter,
Toasted Muffin £7.50

NEW Treacle Baked Free Range Middlewhite Garstang
Ribs, Devilled Black Peas £6.50

(V) Ascroft's Deep Fried Cauliflower Fritters,
Curried Mayonnaise £3.50

Winnie Swarbrick's Cornfed Goosnargh Chicken
Liver Pâté, Golden Raisins, Cumberland Sauce,
Toasted Organic Bread £5.50

NEW Deep Fried Lancaster Whitebait, Lemon Jelly,
Hot Paprika Mayonnaise £5.00

(V) Leagram's Organic Cheese Soufflé,
Melting Cheese Sauce £4.75

NEW (V) Warm Caramelised Onion Puff Pastry Tart,
Garlic, Thyme, Rapeseed Oil £5.25

Gloucester Old Spot Chipolatas, Cumberland,
Pork and Black Pudding, English Mustard Relish £3.50

NEW Seared Tuna Salad – Butter Beans, Red Onion,
Cherry Tomatoes, New Potatoes, Salad Leaves £7.50

THREE FISHES ELM WOOD PLATTERS - THE BEST LOCAL CURES

Ploughman's - Garstang Blue,
Sandham's Creamy Lancashire, Honey Roast Ham,
Pickled Free Range Egg, Celeriac and Walnut Salad,
Homemade Pickles, Piccalilli, Homemade Bread £8.75

House Cured Meats - Salt Beef, Ox Tongue,
Honey Roast Ham, Foragers' Collared Pork,
Pickled White Cabbage, Homemade Pickles, Piccalilli,
Homemade Bread Small £8.00 Large £11.50

Local Seafood - Port of Lancaster Beech & Juniper
Smoked Salmon, Lancaster Smoked Kipper,
Hot Smoked Trout, Potted Morecambe Bay Shrimps,
Pickled Mussels, Pickled Cucumber, Beetroot Relish,
Horseradish Cream, Homemade Bread Small £8.75 Large £15.00

MAIN COURSES

Three Fishes Pie, Fleetwood Fish & Seawater Prawns,
baked with Mashed Potato, sprinkled with
Mrs Kirkham's Lancashire Cheese £9.95

Battered Deep Fried Haddock, Marrowfat Peas,
Real Chips in Dripping, Tartare Sauce £11.95

Heather Reared Bowland Lamb Lancashire Hotpot,
Pickled Red Cabbage £10.50

NEW Braised Shin of Ribble Valley Beef steeped
in Red Wine, Herbs, Horseradish Mash,
Roast Bone Marrow £13.50

NEW Pan Fried Bowland Lambs Liver,
Foragers Streaky Bacon, Chadwick's Black Pudding,
Spring Onions, Parsley Potato Cake £9.50

NEW Toad in the Hole, Forager's Cumberland Sausage
Caramelised Onions, Mash Potato, Gravy £8.75

NEW (V) Potato Pancakes, Forest Mushrooms,
Tomatoes and Spinach baked with Sandhams
Creamy Lancashire Cheese £9.50

(V) Leagram's Organic Creamy, Curd Cheese
& Onion Pie, Short Crust Pastry, Sour Cream Jackets,
Plum Tomato Salad £10.50

GRILLS

Our Beef is locally sourced from 3 farms in the Ribble Valley,
dry aged for 28 days. Steaks are served with Real Chips
cooked in Dripping, slow cooked Flat Mushrooms, Watercress
and Battered Onions Rings

Sirlion 8oz £17.95
Fillet 6oz £19.60

Choice of sauces - Green Peppercorn, Garlic & Herb
or Béarnaise Sauce to accompany your steak £1.50

NEW Forager's 10oz Dry Cured Gammon Steak,
Watercress, Organic Poached Eggs,
Real Chips Cooked in Dripping £10.75

Breast of Devilled Cornfed Goosnargh Chicken,
Devilled Sauce, Chunky Chips, Onion Rings,
Watercress, Field Mushroom £11.50

100% Chargrilled Mincéd Ribble Valley Steak,
English Muffin, Real Chips cooked in Dripping,
Tomato Relish and Pickles £9.75

Extra toppings – Dewlay Creamy Lancashire Cheese;
Foragers' Streaky Bacon Per topping £1.00

SIDE DISHES

(V) Buttered Spring Cabbage, Cauliflower Cheese,
Mash Potatoes, Real Chips In Sunflower Oil £2.25
Battered Onion Rings, Real Chips in Dripping £2.25

SIDE SALADS

NEW (V) Andy Roe's Tomato & Red Onion Salad, Rapeseed Oil £3.50

NEW (V) English Tossed Salad – Hesketh Bank Tomato,
Cucumber, Green Pepper, Cos Lettuce, Rapeseed Oil £3.50

SALADS

Breast of Cornfed Goosnargh Chicken, Avocado,
Leagram Organic Curd Cheese and Cos Lettuce
Salad, Tarragon Dressing, Homemade Bread £10.95

Port of Lancaster Beech & Juniper Smoked Salmon,
Pikelets, Sour Cream, Jacket Potato, Bank's
Tomato Salad £10.95

(V) Avocado, Leagram Organic Curd
and Cos Lettuce Salad, Tarragon Dressing,
Homemade Bread £8.95

SANDWICHES: HOT AND COLD

Served on Homemade Wholemeal or White Bread
(Not available in the evening or all day Sunday)

Open Sandwich of Large Seawater Prawns
& Port of Lancaster Beech and Juniper Smoked Salmon,
Tomato Mayonnaise, Lemon and Capers £7.75

Traditional closed Honey Roast Ham,
Mustard Mayonnaise £4.90

(V) Traditional closed Sandham's Lancashire Cheese,
Onion, Mayonnaise and Fireside Chutney £4.90

NEW Roast Breast of Goosnargh Cornfed Chicken,
Sage & Onion Stuffing, Bacon Mayonnaise £9.75

NEW Ribble Valley 6oz Top Ribeye Steak, Toasted Bread,
Caramelised Onion, Horseradish Cream £9.75

Real Chips cooked in Dripping £2.25

DESSERTS

NEW Burnt English Custard, Stewed Rhubarb £5.00

NEW Jam Roly Poly and Custard £5.00

NEW Marmalade Sponge Pudding, Blood Orange Ice Cream,
Sticky Sauce £5.00

NEW Baked Treacle Tart, Simpson's Dairy Cream £5.00

Bramley Apple Crumble, Vanilla Custard £5.00

NEW Double Chocolate Mousse, Milk Foam,
Hot Dark Chocolate Sauce £5.50

TRADITIONAL ENGLISH PANCAKES

A choice of fillings – Lemon Juice and Cane Sugar;
Hazelnut and Chocolate; Preserved Blackberries £3.50

Served with Ice Cream or Double Cream £1.50

CHEESE

Farmhouse Cheeses from the British Isles,
Traditional Biscuits and Bread, Fireside Chutney
3 Cheeses £4.50 5 Cheeses £7.50

A Length of Lancashire voted "The Best British
Cheese Board 2006" 10 Lancashire Cheeses
from individual farms, all different ages. For 2 people £13.50

HOME MADE ICE CREAM & MILK SHAKES

Our Ice Cream and Milkshakes are made
using only natural ingredients of Simpsons Dairy Farm.

Ice Cream Vanilla
Milk & White Chocolate Chip
Raspberry Ripple
Toffee and Gingerbread

Sauces Chocolate
Caramel
Raspberry 2 Scoops £3.50 3 Scoops £5.00

Milkshakes Raspberry
Chocolate
Vanilla Children £2.00 Adults £3.50

COFFEES & TEAS

Specially blended for Ribble Valley Inns.
All Coffees and Teas served with
Homemade Eccles Cakes.

Finest Espresso Small £1.75
Large £2.50

Cappuccino, Cafe Latte Per cup £2.25

RVI Coffee served in a Cafetière Small £2.50
2 cup £5.00
4 cup £8.00

Loose Leaf Teas -
English Breakfast or Earl Grey Small Pot for 1 £1.75
Large Pot for 2 £3.50

Herbal Teas -
Peppermint, Lemon & Ginger, Camomile, Green £1.75

Please notify a member of staff of any food allergies or special dietary requirements. (V) = vegetarian dishes



RIBBLE VALLEY INN - REGIONAL FOOD HEROES

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| 1. Andrew Sharp, Farmer Sharp, Mutton, Lindal-in-Furness | 11. Bob Kitchen, Leagram's Dairy, Organic Cheese, Chipping | 22. Bob Wright, The Wright Wine Company, Wine Merchants, Skipton |
| 2. Andrew Lanigan, Lanigans, Fresh Shrimps and Game, Lytham St Annes | 12. Peter and Steven Proctor, Greenfields Dairy, Goosnargh | 23. James Wellock, R Wellock & Son, Fruit and Veg, Colne |
| 3. Billy Wilson, Rose County Beef, Dunbia, Clitheroe | 13. Chris Sandham, Sandham's Lancashire Cheese | 24. Nigel Mawson, N&J Mawson, Sarsaparilla, Oldham |
| 4. Peter Ascroft, Worthington Farm, Beets, Cauliflowers and Veg, Tarleton | 14. Janet Forshaw, Little Town Dairy, Thornley | 25. Chadwicks Black Pudding, Bury Market |
| 5. Barry and Gillian Pugh, Pugh's Piglets, Suckling Pigs, Garstang | 15. Colin and Gillian Hall, Butler's Lancashire Cheese, Longridge | 26. Graham Eastham, Sharrocks Ltd, Fruit and Vegetables, Preston |
| 6. Andy Roe, Flavour Fresh Tomatoes, Southport | 16. Giles Shaw, Wellgate Fisheries, Fresh Fish, Clitheroe | 27. Foragers Traditional and Natural Bred Saddle Backed Pigs, Carnforth |
| 7. Anthony Greaves, Fine Meats, Up Holland | 17. Mark Smith, Exchange Coffee, Speciality Coffee and Teas, Clitheroe | 28. Ian Banks, Eaves Green Game Farm, Goosnargh |
| 8. Peter Pappriill, Pendrill Ltd, Fine Cheeses from "The Cheese Detective", Chester | 18. Richard Baker, Bowland Beer Company, Bashall Barn, Clitheroe | 29. Michael Price, Port of Lancaster Smokehouse, Glasson Dock |
| 9. Reg Johnson, Johnson and Swarbrick, Ducks, Chickens and Geese, Goosnargh | 19. Janet Foreshaw, Little Town Dairy, Thornley | 30. Andrew Shorrocks, Farmhouse Lancashire Cheese, Goosnargh |
| 10. Ruth and Graham Kirkham, Mrs Kirkham's Lancashire Cheese, Goosnargh | 20. Simpsons, Aspinall Farm, Cream, Milk and Eggs, Dinckley | 31. Neil and John Kenyon, Dewlay, Traditional Cheesemakers, Garstang |
| | 21. Thwaites Brewery, Blackburn | |