



# THE THREE FISHES

A R I B B L E V A L L E Y I N N

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 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

- NEW (V) Three Fishes Dips - Black Pea, Marrowfat Pea and Preserved Cherry Tomatoes, Homemade Bread £4.50
- NEW (V) Ascroft's Deep Fried Cauliflower Fritters, Curried Mayonnaise £4.50
- Gloucester Old Spot Chipolatas, Cumberland, Pork and Black Pudding, English Mustard Relish £4.50
- Warm Morecambe Bay Shrimps, Blade Mace Butter, Toasted Muffin £7.50
- NEW Deep Fried Saddleback Pork Belly, Watercress and Radish Salad, Homemade Piccalilli £5.50
- NEW Three Fishes Fish Soup, Wicked Mayonnaise, Butlers Tasty Lancashire Cheese, Garlic Croutons £6.50
- NEW Slow Cooked Goosnargh Duckling Pasty, Homemade Piccalilli £5.75

## Three Fishes Elm Wood Platters

(V) Butlers Goat's Curd Cheese,  
Spring Onion and Spinach Flan, Coleslaw. Small £5.00  
Large with Sour Cream Jacket £8.50

Ploughman's  
Butlers Tasty Lancashire Cheese, York Ham,  
Free Range Scotch Egg, Coleslaw, Homemade Pickles,  
Piccalilli and Homemade Bread Small £6.50 Large £9.50

### Local Seafood

Port of Lancaster Beech & Juniper Smoked Salmon,  
Lancaster Smoked Kipper, Hot Smoked Trout,  
Potted Morecambe Bay Shrimps, Smoked Mackerel Pâté,  
Pickled Cucumber, Beetroot Relish, Horseradish Cream,  
Homemade Bread Small £10.75 Large £16.75

## Main Courses

- Three Fishes Pie, Baked with Mashed Potato, sprinkled with Mrs Kirkham's Lancashire Cheese £9.95
- Battered Deep Fried Haddock, Marrowfat Peas, Real Chips cooked in Dripping, Tartare Sauce Medium £8.95 Large £11.95
- NEW Fleetwood Caught Battered Scampi, Crispy Scottish Squid, Real Chips cooked in Dripping, Lemon and Black Pepper Mayonnaise £15.50
- As a starter without Real Chips £7.50
- Heather Reared Lonk Lamb Lancashire Hotpot, Pickled Red Cabbage £10.50
- (V) Butlers Tasty Lancashire Curd Cheese and Onion Pie, Shortcrust Pastry, Sour Cream Jackets, Plum Tomato Salad £10.50
- NEW Goosnargh Chicken Breast, Breadcrumbed, stuffed with Garlic & Herb Butter, Pod Vegetables, New Potatoes £12.00
- NEW (V) Forest Mushrooms, Celeriac, Cherry Tomato and Spinach Potato Pancakes, Glazed with Sandham's Creamy Lancashire Cheese £9.50

## Grills

Our Steaks are locally sourced and aged for 35 days, served with Slow Cooked Flat Mushroom, Battered Onion Rings, Watercress, Real Chips cooked in Dripping or Sour Cream Jacket Potato

NEW Lake District Farmers Ribeye 10oz £21.50

Ribble Valley Fillet 6oz £21.00

To accompany your Steak - Green Peppercorn, Devilled Sauce or Parsley and Garlic Relish £1.50

NEW Bowland Forest Lambs Liver, Sweet Cured Streaky Bacon, Mashed Potato, Onion Gravy £12.50

NEW Double Saddleback Pork Chop, Parsley and Garlic Relish, Crackling, Triple Cooked Potatoes £14.50

100% Chargrilled Minced Ribble Valley Steak, English Muffin, Real Chips cooked in Dripping, Tomato Relish and Pickles £10.25

Extra Toppings – Dewlay Creamy Lancashire Cheese, Sweet Cured Streaky Bacon per topping £1.00

## Side Dishes

(V) Ascroft's Cauliflower Cheese, Pod Vegetables, Buttered Cabbage and Spinach, New Potatoes,  
Sour Cream Jacket Potato £2.50  
Battered Onion Rings, Real Chips cooked in Dripping £2.50  
(V) Real Chips cooked in Sunflower Oil £2.50

## Salads

- Breast of Goosnargh Cornfed Chicken, Avocado,  
Butlers Curd Cheese and Cos Lettuce Salad,  
Tarragon Dressing, Homemade Bread £12.50
- Port of Lancaster Beech and Juniper Smoked Salmon,  
Pikelets, Sour Cream, Jacket Potato,  
Plum Tomato Salad £10.95
- NEW (V) Char Grilled Summer Vegetable Salad, Scorched Baby Plum Tomatoes, Wild Rocket Salad, Lancashire Feta, Parsley and Garlic Relish, Homemade Bread £8.95
- (V) English Tossed Salad – Hesketh Bank Tomato, Cucumber, Green Pepper, Cos Lettuce, Radish and Cress, Metcalf's Organic Rapeseed Oil £3.50

## 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 and Port of Lancaster Beech and Juniper Smoked Salmon, Tomato Mayonnaise, Lemon and Capers £7.50

Taste Tradition closed York Ham sandwich, Mustard Mayonnaise £5.50

(V) Traditional closed Sandham's Lancashire Cheese sandwich, Onion, Mayonnaise £4.90

Grilled Breast of Goosnargh Cornfed Chicken, Hot Oven Bottom, Streaky Bacon, Avocado, Cos Lettuce, Lemon and Garlic Dressing £11.00

## Desserts

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

NEW Blancmange with Fresh Strawberries, Lemon Shortbread £5.00

Traditional Bramley Apple Pie, Carnation Milk & Custard, Slice of Butlers Creamy Lancashire £5.00

NEW Raspberry Jelly, Vanilla Ice Cream £5.00

## Traditional English Pancakes

A choice of fillings – Lemon Curd, Lemon Juice and Cane Sugar; Raspberry Compote; Hazelnut and Chocolate £3.50  
Served with Ice Cream or Double Cream £1.50

## Home Made Ice Cream

Our Ice Cream is made using only natural ingredients

**Ice Cream** Vanilla  
Milk Chocolate Chip and Marshmallow  
English Toffee and Gingerbread  
Raspberry Ripple and Jelly

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

## Cheese

Length of Lancashire, voted "The Best British Cheese Board 2006". Traditional Biscuits and Breads, Fireside Chutney, from individual farms, all different ages  
3 Cheeses £5.00 6 Cheeses £9.50

## Milk Shakes

Our Milkshakes are made using only natural ingredients of Simpson's Dairy Farm.

Raspberry, Chocolate or Banana Children £2.00  
Adults £3.50

## Coffees & Teas

Triple Certified Espresso specially blended for Ribble Valley Inns. Fairtrade, Rain Forest Alliance & Soil Association Certified. Served with Homemade Eccles Cakes.

Espresso, Americano, Macchiato £2.00  
Cappuccino, Latte, Double Espresso £2.25  
Fairtrade Hot Chocolate £2.75  
Special Coffees - Spirit or Liquor of your choice £4.00

Selection of Teas  
Please ask one our staff to go through our selection of popular teas Small Pot for 1 £1.75

*Thank you...your bill will include an optional donation of 20p per guest to The Three Fishes chosen charity, The Bowland Tourism Environment Fund. Please ask your waiter if you would like us to remove this donation.*

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