



NIBBLES & HOMEMADE BREAD

Three Fishes Platter of Nibbles

A platter of our nibbles and bread, ideal for sharing £12.00

Basket of Homemade Three Fishes Bread,
Little Town Dairy Butter, Metcalf's Rapeseed Oil,
Treacle Vinegar £2.50

(V) Three Fishes Dips – Red Beetroot Relish,
Black Pea Houmous, Preserved Cherry Tomatoes,
Pickled Vegetables, Homemade Croutons & Bread £4.50

(V) Ascroft's Deep Fried Cauliflower Fritters,
Curried Mayonnaise £3.75

Gloucester Old Spot Chipolatas, Cumberland,
Pork & Black Pudding, Mustard Mayonnaise £3.75

DISHES TO BEGIN

Gloucester Old Spot Pork Ribs, Garlic, Chilli &
Lemon, Tomato & Red Onion Salad £5.85

Warm Morecambe Bay Shrimps,
Blade Mace Butter £8.00

Shetland Isle Mussels, White Wine, Garlic, Coriander,
Metcalf's Rapeseed Oil, Homemade Bread £7.50

Game Terrine, Gott's Streaky Bacon,
Toasted Fruit Bread, Pear Chutney £5.75

Chadwick's Bury Black Pudding, English Mustard,
Onion Relish £4.75

House Treacle Cured Wester Ross Salmon,
Pikelets & Lemon £6.50

(V) Mushrooms on Toast, Creamed Forest
Mushrooms & Garden Herbs £4.75

THREE FISHES ELMWOOD PLATTER

ON YOUR OWN OR TO SHARE

Local Seafood

Port of Lancaster Beech & Juniper Smoked Salmon,
House Treacle Cured Salmon, Seawater Prawns, Hot
Smoked Trout, Potted Morecambe Bay Shrimps, Smoked
Mackerel Pâté, Pickled Cucumber, Yellow Beet Relish,
Horseradish Cream, Homemade Bread £15.50

THREE FISHES ORIGINALS

Classic Pie or Pudding – Check our Seasonal
Alternatives

Fish Pie - North Sea Fish, Seawater Prawns, Leeks,
Parsley, Baked with Mashed Potato, sprinkled with
Mrs Kirkham's Lancashire Cheese £11.50

Fish & Chips - Battered Deep Fried Line Caught
Haddock, Marrowfat Peas, Real Chips Medium £9.00
cooked in Dripping, Tartare Sauce Large £12.50

Daily Catch - Weather permitting,
deep fried or simply grilled Market Price

Lancashire Hotpot - Heather Reared Lonk Lamb,
English Onions, King Edward Potatoes,
Pickled Red Cabbage £10.50

(V) **Cheese & Onion Pie** - Butler's Tasty Lancashire &
Curd Cheese, Sour Cream Jacket, Tomato & Red
Onion Salad £10.50

Scampi & Squid in a Basket - Fleetwood Caught
Battered Scampi, Crispy East Coast Squid, Lemon &
Black Pepper Mayonnaise, Real Chips cooked in
Dripping £15.75

FROM THE CHAR GRILL

Our Steaks are locally sourced and aged 21 days, Field
Mushroom, Battered Onion Rings, Watercress, Real Chips
cooked in Dripping or English Tossed Salad

Sirloin 8oz

A prime cut from the top loin, famously knighted at
Hoghton Tower, Lancashire in the 16th Century £17.50

Rump 8oz

Cut from the hind quarter, tender & delicious £15.00

Top Rib Cut 10oz

Cut from the fore-quarter,
full flavoured with real texture £15.50

Breast of Chicken - Goosnargh Cornfed Chicken,
Battered Onion Rings, Real Chips Cooked in Dripping,
Watercress £12.50

Sauces

Green Peppercorn, Garlic & Chilli or Red Wine £2.00

Taste Tradition Gammon Steak 9oz - Poached Free
Range Eggs, Battered Onion Rings,
Triple Cooked Scallop Potatoes, Watercress £11.50

100% Char Grilled Minced Rump Steak - on Toasted
Muffin, Real Chips cooked in Dripping, Battered Onion
Rings, Tomato Relish, Pickles & English Mustard
Mayonnaise £10.50

Toppings - Dewlay Creamy Lancashire Cheese,
Sillfield Farm Streaky Bacon, Free Range Fried Egg
per topping £1.00

SIDE DISHES

(V) Ascroft's Cauliflower Cheese, £2.50

(V) Buttered Savoy Cabbage & Spinach £2.50

(V) Roasted Winter Root Vegetables £2.50

(V) Buttered Mash Potatoes £2.50

(V) Sour Cream Jacket Potato £2.50

Battered Onion Rings £2.50

Real Chips cooked in Dripping £2.50

(V) Real Chips cooked in Sunflower Oil £2.50

SEASONAL SALADS

Chicken Salad - Breast of Goosnargh Chicken,
Avocado, Butler's Curd Cheese, Cos Lettuce Salad,
Tarragon Dressing, Homemade Bread £11.00

(V) **English Tossed Salad** – Little Gem, Mustard Cress,
Watercress, Tomato, Cucumber, Celery,
Pepper, Radish & Avocado Small £3.75
Large £8.00

(V) **Butler's Tasty Lancashire Cheese Soufflé**,
Chicory & Watercress Salad, Celery, Pears and
Toasted Walnuts £9.50

(V) **Beetroot Tart** – Ascroft's Red Beetroot, Caramelised
Onions, Yellow Beet Relish, Garden Leaves £8.50
With Kidderton Ash Goats Cheese £10.50

SANDWICHES

(Please note, sandwiches are not available in the evening or all day Sunday)

Open Sandwich of Seawater Prawns,
Port of Lancaster Beech & Juniper Smoked Salmon,
Tomato Mayonnaise, Lemon and Capers £7.50

Hot Oven Bottom, Grilled Breast of Goosnargh
Chicken, Sillfield Farm Streaky Bacon,
Lemon & Garlic Dressing £8.75

Please notify us of any special dietary requirements or allergies

EUROPEAN CLASSICS

(V) **Risotto ai Funghi di Bosco** (Italy)
Arborio Rice, Forest Mushrooms, Parmesan Shavings,
Blades of Tarragon, Rocket, Castello Del Nero Extra
Virgin Tuscan Olive Oil £11.00

Koulibiach (Russia)
Wester Ross Salmon Baked in Puff Pastry,
Free Range Egg, Spinach & Savoy Cabbage,
Prawn Butter Sauce £15.00

Daube de Boeuf (France)
Slow Cooked Dry Aged Cap of Aberdeen Angus Beef,
Button Mushrooms & Bacon Lardons,
Creamy Mash, Red Wine Sauce £14.75

THE THREE FISHES MITTON ROAD
MITTON NR WHALLEY LANCASHIRE BB7 9PQ
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of Britain. But for some, exploring the sheer joys of the
Trough of Bowland has proved an almost impossible task.
Until now.



Ribble Valley Inns and the Three Fishes are proud to support Bowland
Experience and to help raise essential funds for all-terrain Mobility Scooters.
Every additional 'Tramper' scooter we can buy opens the door to our magnificent
landscape for countless people who would otherwise be denied easy access.
To join with us in our fund-raising, we'll be inviting you, when settling your bill,
to contribute 20p per guest...entirely at your discretion. Thank you.

PLEASE PLACE YOUR FOOD ORDER AT THE BAR OR FOOD ORDER POINT AND ENJOY OUR EASY AND RELAXED SERVICE.
PROVENANCE MAY DIFFER DUE TO SUPPLIER AVAILABILITY