

MENU

Mill at
Conder
Green

A Heritage Inn



Nibbles

Artisan rustic breads
scented rosemary rapeseed oil and spicy tomato chilli jam £4.95

Aloo Paratha
traditional handmade Indian potato cakes and
minted yogurt dip £4.95

Marinated Italian olives, vine tomatoes
and roasted pimentos
with warm artisan bread £4.95

Starters

Soup of the day
Lancashire bloomer bread and parsley butter £4.95

Port of Lancaster juniper wood chip smoked salmon
toasted Lancashire muffin and fennel salad with dill
mustard and lime £6.95

Hand pressed confit of Lancashire corned beef
with apricots and rosemary, spicy tomato and date
chutney, sour dough Melba toast £6.50

Deep fried Garstang creamy white Brie in almond and
coconut crumb
with a warm spicy tomato orange sauce £5.95

Warm Fleetwood smoked peppered mackerel
warm beetroot and new potato salad, mustard seed dressing £6.25

Duck and chicken liver parfait
apple, orange and tomato chutney with sour dough
Melba toast £6.50

Mill's Classics

Bowland beer battered haddock
mushy peas, hand cut chips and homemade tartare sauce £11.95

Fleetwood fish pie
North sea fish in a creamy dill and white wine sauce, topped
with Pilling mashed potatoes, Sandhams Lancashire
cheese, with market vegetables and artisan bread £11.95

Lancashire braised beef, smoked bacon and Bowland
real ale suet pudding
Pilling mash, red wine sauce, roasted carrots and
assorted beets £12.95

Mill Inn 8oz Lancashire beef steak burger
Brioche bun, salad, hand cut fries, battered onions rings,
roasted pineapple and tomato ketchup £11.95

Cockerham salt marsh slow cooked lamb hotpot
topped with oven sliced Pilling potatoes, pickled heirloom
beets, red cabbage and Lancashire bloomer bread £11.95

Mill's own

Breaded South Lakeland chicken Kiev
with a chorizo and garlic butter, hand cut chips
and a garden leaf salad £12.95

Steamed mussels
Classic Marinere sauce, hand cut fries and rustic bread £11.95

Authentic chicken Kolkata curry
traditional Indian curry, with pilaf rice, mango chutney,
poppadum and aloo paratha £13.95

Lancashire farmer's platter
Hand pressed corn beef, warm black pudding salad, hand
raised pork pie, duck liver pate, heirloom beets, soused
onions, assorted crafted pickles and artisan bread £11.95

Wild mushroom linguine and spring greens
with a white wine, chilli and garlic butter
and a light tomato sauce £12.95

Fleetwood fisherman's platter
Cured salmon, smoked peppered mackerel, cold water
prawns, soused herrings and heirloom beets with a hazel
nut and coriander crème fraise and artisan bread £11.95

Roasted butter nut squash, lemon and coriander risotto
with stir fried courgettes and ginger scented cashew nuts £12.95

Char grilled south Lakeland chicken
and smoked bacon salad
Baby gem lettuce and red onion in garlic mayonnaise, with
croutons, parmesan cheese and roasted Pilling new potatoes £12.95

Oven roasted fillet of Lune salmon
with a lime and chorizo crumb
Red onion, pimento and rocket salad, with lemon
croutons, parmesan cheese and roasted Pilling new potatoes £13.50

SERVING SUNDAYS

ENJOY OUR

Best Selling
21 DAY AGED

Roast Lancashire Beef

• SUNDAY ROAST •

From The Grill

All our grills are served with a roasted half plum tomato flavoured with garlic and thyme, a Potobello mushroom, hand cut chips, beer battered onion rings and our steaks are 21 day matured on the bone Lancashire beef

10oz rib eye steak	£18.95
8oz fillet steak	£21.95
10oz sweet cured farmed gammon steak	£13.95
Fried hen's egg	£1.00

sauces

All £1.95

Creamy black pepper sauce
Garstang blue cheese sauce
Red wine sauce

Little extras

Bowl of hand cut chips	£3.25
Bowl of Parsley and Parmesan Frites	£3.50
Real Bowland ale crispy battered onion rings	£2.95
Seasonal market vegetables of the day	£2.95
Garden salad of the day	£3.25
Garlic Pilling creamed potatoes	£3.25

Simply for lunch

A selection of sandwiches and something a little smaller for lunch, available lunchtimes only until 2.30pm.

Warm chicken and chorizo focaccia
baby gem lettuce, chilli, garlic and
lime mayonnaise and fries £6.95

Bowland roast beef
red wine and caramelized onion,
horseradish sauce and fries £7.95

Smoked haddock and Lancashire cheese omelette
garden salad and fries £7.95

Small Bowland beer battered haddock
mushy peas, hand cut chips and handmade tartare sauce £8.95

Sandwiches

Sandwiches served on a Lancashire bloomer bread, either wholemeal or white.

The triple toasted inn sandwich
warm south Lakeland wing tip chicken, char-grilled
smoked streaky bacon, garlic mayonnaise, tomatoes,
little gem lettuce and fries £7.95

Cold seawater prawn sandwich
baby gem lettuce, Marie rose sauce and fries £6.95

Sandham's farmhouse, Lancashire cheese sandwich
baby gem lettuce, homemade piccalilli and fries £6.95

Honey roasted ham sandwich
baby gem lettuce, tomato date chutney and fries £6.95

Port of Lancaster juniper woodchip smoked salmon sandwich
baby gem lettuce, mustard seed
crème fraiche and fries £6.95

LOCAL PRODUCE

from the Wyre, Lancashire
and Bowland Area

We're proud of the fabulous
local produce available from the
Wyre, Lancashire and Bowland
areas and you'll find wherever
possible this is reflected in the
dishes we offer on our menu.



Desserts

Sticky toffee pudding
with pouring cream, custard or simply
with a ball of Walling's vanilla ice cream £5.95

Summer pudding trifle
layers of seasonal fruits, vanilla sponge and
strawberry jelly. £5.95

Dark chocolate and raspberry brownie
passion fruit sauce and Walling's coconut ice cream £5.95

Warm seasonal Bakewell tart
with a crumble topping and either cream,
Walling's vanilla ice cream, or creamy custard £5.95

Baked banoffee cheese cake
with hazelnut toffee sauce and pouring cream £5.95

Selection of Ice Creams by Walling's of Cockerham
1 scoop £2.50 , 2 scoops £3.75 , 3 scoops £4.75

Procter's of Chipping local cheese board
Sandhams of Barton Tasty Cheddar, creamy
Lancashire and Garstang blue with bread or
biscuits, grapes, celery and homemade chutney £6.95

Teas and Coffee

Pot of tea for one £2.50
Pot of tea for two £3.75
Fruit flavoured or green tea £2.50
Small espresso or Americano £2.75
Double espresso £3.50
Cappuccino or Latte
Large £3.75
Small £2.95
Hot chocolate £3.25

Allergens Warning

Please notify a member of staff of any food allergies or
special dietary requirements. Or alternatively, ask to see
a list of specific allergens in our dishes. (v) =Vegetarian

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