



STARTERS

Soup of the Day (v) (veo) (gfo)£7.95 Artisan sourdough, farmhouse butter	Salt & Pepper Cauliflower Nugs (v) (ve) (gfo)£7.95 Toasted sesame, sriracha mayo
Creamy Garlic Mushrooms (v) (veo) (gfo)£8.50 Toasted ciabatta, dressed rocket, black truffle oil	Beef Croquettes£10.50 Dressed rocket, black truffle mayo
Haddock Goujons (gfo)£8.95 House salad, tartare sauce	Prawn Cocktail (gfo)£9.50 Marie-Rose, crisp mixed salad, buttered brown bloomer
Sticky Korean Pork Ribs (gfo)£10.95 Pickled chillies, spring onion, Korean glaze	Gambas Pil Pil (gf)£10.95 Chilli garlic infused king prawns, roasted padron peppers, sweet chilli emulsion
Louisiana Chicken Tenders (gfo)£8.95 Southern style slaw, garlic aioli	

MAIN COURSES

	Large / Small
Cumberland Sausage & Mash£15.50 Buttered garden peas, caramelised red onion gravy, crispy onions	1/2 Rack of Korean Style Ribs (gfo)£18.25 Seasoned fries, house salad, southern style slaw
Spicy Chicken Pappardelle£17.95 Nduja cream sauce, parmesan, cherry tomatoes Add king prawns £3.50	Mediterranean Vegetarian Lasagne (v)£15.25 House salad, garlic ciabatta
Louisiana Style Fried Chicken Burger (gfo)£17.95 Chilli cheese, gem lettuce, beef tomato, toasted brioche, southern style slaw, seasoned fries	Souvlaki Flatbread (gfo)£18.95 Marinated chicken strips, feta salad, seasoned fries, tzatziki, garlic butter flatbread
Risotto of the Week (v) (veo) (gfo)£14.95 Ask your server for this weeks choice	Scampi n Chips (vo)£15.95 / £14.95 Buttered garden peas, house salad, tartare sauce
Steak & Ale Pie£16.75 Chunky chips, seasonal vegetables, Thwaites ale gravy	10oz Gammon Steak (gf)£17.75 Chunky chips, grilled pineapple, fried hens' egg, buttered garden peas
Lancashire Cheese Pie (v)£16.75 Caramelised red onion, seasonal vegetables, creamy mash, red wine gravy	Chicken Caesar Salad£14.95 Anchovies, crispy bacon, parmesan, crisp gem lettuce, crou'tés
Fish n Chips Haddock£17.50 / £14.95	Onion Bhaji Burger (v) (veo) (gfo)£15.95 Vegan applewood, crispy gem lettuce, mango masala mayo, vegan slaw, seasoned fries
Halloumi£16.50 / £13.75	Cajun Salmon (gfo)£18.50 Firecracker rice, tempura broccoli, harissa crème fraiche, pomegranate
Banana Blossom (gfo) (v) (ve)£15.50 / £13.50 Chunky chips, mushy peas, tartare	Traders Stack (gfo)£17.95 2 4oz hand pressed burger patties, American cheese, crisp lettuce, house pickle, American mustard, toasted brioche, seasoned fries
Steak Frites (gf)£21.95 8oz Rump steak, seasoned fries, house salad, garlic butter	

SIDES

Onion Rings (v)£3.95
Seasonal Vegetables (v)£3.95
Seasoned Fries (v)£4.50
Chunky Chips (v)£4.50
House Salad (v)£3.95
Southern Style Slaw (v) (veo)£2.50

SAUCES

Gravy (gf) (v) (veo)£2.95
Peppercorn (gf) (v) (veo)£3.50
Blue Cheese (gf) (v)£3.50
Truffle Garlic Mayo (gf) (v) (veo)£2.50
Nduja Mayo (gf)£2.50

DESSERTS

Sticky Date Pudding (gf) (v) £7.95 Butterscotch sauce, vanilla ice cream
Chocolate Mousse (gf) (ve) £8.95 Ginger cookie crumb, raspberry sorbet
Traders Cheese Board (v) £10.95 Wenslydale, Blacksticks Blue, Smoked Applewood, apple & date chutney, farmhouse butter, biscuits
Bougee Ice Cream Sundae (v) (veo) £8.95 Neapolitan trio, strawberry sauce, whipped cream, Rossini curls, chocolate swirls
Cheesecake of the Week (v) £7.95 Ask your server this week's flavour
Double Chocolate Brownie (v) £8.95 Vanilla Ice cream, honeycomb
Eton Mess (v) (veo) £7.95 Berry compote, Italian meringue, whipped cream

v vegetarian. ve vegan. gfo gluten free. vo vegetarian option available on request. vvo vegan option available on request. gfo gluten free option available on request.
All weights are approximate before cooking. Some dishes may contain traces of nuts or nut derivatives. Dishes with fish may contain bones. The Traders Arms avoids the use of G.M. foods within their ingredients and so is confident that this menu is free from any genetically modified foods. All our products are subject to availability as our ingredients are locally sourced.
Food Allergies & Intolerances: Please speak to our staff about the ingredients in your meal, when placing your order. Thank you.





SUNDAY LUNCH

Slow Cooked Ribble Valley Blade of Beef (gfo) £19.50

Pan Fried Chicken Supreme (gfo) £17.95 • Roasted Butternut Squash (ve) (gfo) £17.95

All Sunday Roasts are served with thyme & rosemary fondant potato, creamy mash, carrot & swede, seasonal vegetables, Yorkshire pudding, red wine gravy

SIDES

Cauliflower Cheese £3.95 • Red Wine Gravy £2.95

Seasonal Vegetables £2.95 • Honey Mustard Chipolatas £3.95

LUNCH MENU £13.95

AVAILABLE MONDAY TO FRIDAY 12NOON-2PM
TEA/COFFEE/DISPENSED SOFT DRINK INCLUDED

Fish n Chips (v) (veo) (gfo)

6oz Thwaites beer battered haddock fillet, chunky chips, mushy peas, tartare sauce

Steak & Ale Pie

Chunky chips, buttered garden peas, Thwaites ale gravy

Cheese & Onion Pie (v)

Café Rian homemade cheese pie, chunky chips, baked beans

Scampi & Chips (gfo)

Whitby scampi, chunky chips, house salad, tartare sauce

Cumberland Sausage & Mash

Buttered garden peas, red onion gravy

10oz Gammon Steak

Grilled pineapple, fried hens' egg, chunky chips, grilled pineapple, buttered garden peas

Louisiana Chicken Tenders

Seasoned fries, southern style slaw, garlic aioli

Mediterranean Vegetarian Lasagne (v)

House salad, garlic ciabatta

Risotto of the Week (v) (gf) (veo)

Ask your server for this week's choice

PIZZA

12" hand stretched stone baked with house pizza sauce and mozzarella dressed with wild rocket

Margherita (v) (veo)£10.95
Olive oil

Meat Feast£14.75
Shredded chicken, prosciutto, pepperoni

Pepperoni.....£13.25
Spicy pepperoni, crispy shallots

Pescatore.....£14.25
Tuna, anchovies, red onion, chilli flakes, garlic oil

Romana.....£13.25
Prosciutto, wild mushrooms, olive oil

Spicy Veggie (v).....£11.95
Wild mushrooms, red onions, manzanilla olives, chilli flakes, crispy shallots

Trader's Special.....£14.00
Shredded chicken, mushrooms, red onions, BBQ sauce

Hawaiian (v).....£13.00
Prosciutto, mushroom, charred pineapple

Diavola£13.50
Spicy pepperoni, roasted padron peppers, fresh chillies

EXTRA TOPPINGS

Sweetcorn, Peppers, Red Onions, Fresh Chilli, Mushrooms, Pineapple£1.00

Chilli Garlic Kings Prawns, Prosciutto£2.00

Tuna, Ham, Shredded Chicken, Pepperoni£1.50

Garlic Bread (v)£9.75

with Cheese.....£10.75

with Tomato.....£10.00

with Red Onion, Chilli and Tomato.....£10.50

SANDWICHES

AVAILABLE MONDAY TO SATURDAY 12NOON-2PM

All sandwiches are served with house salad on white or brown bloomer with chunky chips, seasoned fries or soup of the week.

Additional Sides: onion rings, gravy, peppercorn sauce, blue cheese sauce £3.00

Lancashire Grilled Cheese, Red Onion Chutney (v) (gfo).....£10.50

4oz Rump Steak Sandwich, Caramelised Onion, Blacksticks Blue Cheese (gfo).....£15.95

Atlantic Prawns & Marie Rose (gfo).....£11.95

Hot chicken, Sage & Onion Stuffing, Cranberry Sauce.....£13.95

Tofu Wrap (v) (ve) (gfo).....£10.95
Pickled red cabbage, 'smoked applewood', crispy onion, sriracha mayo

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