



TRADERS ARMS

MELLOR

LUNCH

Mellor Lane, Mellor, Blackburn, BB2 7EW Tel: 01254 812478

LUNCHTIME SPECIAL

£11.50 including tea, coffee or a soft drink
Available every Monday to Friday from 12noon until 2pm

Fish and chips

6oz fresh haddock cooked in a light crispy Thwaites Original beer batter served with proper chips and mushy peas

Steak pie

Frank Littler and Sons steak pie served with proper chips, garden peas and a rich stock and ale gravy

Cheese and onion pie (v)

Café Ri-an's famous homemade cheese pie, made with red and white mature cheddar cheese and white onion. Served with proper chips and baked beans

Roast ham, egg, proper chips and beans

Frank Littler and Sons roast ham, proper chips, a fried egg and baked beans

Scampi and chips

Whitby scampi fried to perfection served with proper chips, crisp leaf salad and garden peas

Sausage and mash

Frank Littler and Sons pork sausages served on a bed of creamy mashed potato, garden peas and a home made onion gravy

Southern fried chicken strips

Homemade, crispy, southern fried chicken strips served with BBQ sauce, skinny fries and salad garnish

Caesar salad

Juicy grilled chicken breast served on top of traditional salad with crisp gem lettuce, croutons, Parmesan, anchovies and bacon in a classic dressing

Chicken or vegetable curry (v) (vg)

Mild and creamy coconut curry served with basmati rice and a warm sourdough flatbread

Chicken or vegetable stroganoff (v) (vg)

Sautéed mushrooms, onions and peppers in a creamy French mustard and paprika sauce, served with basmati rice and warm sourdough flatbread

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.