



TRADERS ARMS

MELLOR

LUNCH

LUNCHTIME SPECIAL

£12.50 including, tea, coffee or dispensed 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

Scampi and chips (va) (vga)

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

Homemade lasagne

Layers of lasagne sheets, bechamel sauce and a rich beef tomato ragu sauce, topped with cheese and served with garlic ciabatta and a salad garnish
add chips £1.50

Ploughman's (va)

Honey roast ham, Frank Littler and Sons pork and apple pie, pickled onions, crisp leaf salad, country garden chutney and warm crusty bread

Chicken or vegetable curry (v) (vga)

Mild and creamy coconut curry served with basmati rice and a warm sourdough flatbread **add chips £1.50**

Chicken or vegetable stroganoff (v) (vga)

Sautéed mushrooms, onions and peppers in a creamy French mustard and paprika sauce, served with basmati rice and warm sourdough flatbread
add chips £1.50

v vegetarian. **vg** vegan. **va** vegetarian option available on request. **vga** vegan 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.