

ALLERGY MENU

Appetisers

- MIXED OLIVES   £6.00
- RED PEPPER HUMMAS & PITTA 2,12   £7.50
- HOMEMADE GARLIC BREAD 2,7    £8.50
Add cheese, sun dried tomatoes, fresh chillies or mushrooms £1.50 each

Starters

- CAULIFLOWER VELOUTE 1,2,4,6,7   £8.95
Cheddar cheese dumpling, handmade bread roll
- CRISPY PORK BELLY 2,4,6,7,14  £9.50
Cherry puree, pickled cherries, black pudding bon bon & red wine jus
- CURED SALMON 2,4,5,7,9,14  £10.50
Beetroot and horseradish remoulade, orange, crispy sourdough & blood orange dressing
- DUCK PANCAKES 1,2,13,14 £11.95
Crispy duck leg, Chinese pancakes, hoisin and plum sauce
- SALT AND PEPPER KING PRAWNS £10.50
2,3,9,10,11,12,14
Stir fry vegetables, sweet chilli dipping sauce
- TOFU GYOZA 1,2,9,12,13,14  £8.95
Steamed, stir fry vegetables, soy & mizo broth

Pizza

- CLASSIC MARGHERITA 2,7   £12.95
Buffalo mozzarella, tomato sauce, oregano
- PEPPERONI 2,7  £13.50
Mozzarella & tomato sauce
- TANDOOR CHICKEN & ONION 2,7,9,10,11,12 £14.50
Tandoori thigh, onion bhaji, mint yogurt,  pomegranate, rocket
- CHILLI PRAWN AND CRAYFISH 2,3,7  £14.50
Tomato sauce, garlic butter, mozzarella, red chilli
- GORGONZOLA & CHESNUT MUSHROOM 2,7 £13.95
Truffle creme fraiche, rocket leaf  
- VEGGIE 2,7,10,11,12   £13.50
Mozzarella cheese, tomato sauce, olive, artichoke, mixed peppers

Mains

- CHICKEN & CHORIZO BALLENTINE 1,2,7,14  £20.50
Sweetcorn puree, sweetcorn fritter, saffron potato, saffron butter sauce
- LAMB SHOULDER 1,2,4,7,9,14  £24.00
Braised lamb shoulder, mini lamb hotpot, lamb croquette, swede, carrot & rosemary puree, roast carrots, lamb sauce
- SMASH BURGER 2,4,7,9,12,14  £18.00
Two smashed patties, caramelised onions, burger sauce, jack cheese, onion ring, fries
- HANGING CHICKEN GYROS 2,7,10,11,14  £20.50
Dill and oregano yoghurt marinade, cherry tomato salsa, chilli sauce, garlic flatbread, halloumi, rosemary & sea salt fries
- JERK STONE BASS NOODLE BOWL £21.00
1,2,4,5,8,10,11,12,13,14
Coconut, gochujang and miso, charred pack choi, egg noodles
- BBQ JACKFRUIT BIRRIA TACOS 1,2,12,13,14 £21.00
Chilli and soy broth, cherry tomato salsa, fries  
- FISH AND CHIPS 1,2,5,7,9,14  £19.00
Beer battered haddock, chunky chips, mushy peas, tartar sauce, bread and butter
- 8OZ FILLET STEAK 1,2,7,9,14  £37.00
Chunky chips, garlic mushroom, vine cherry tomatoes, onion rings, pepper sauce
- RIBEYE STEAK 1,2,7,9,14  £31.95
Chunky chips, garlic mushroom, vine cherry tomatoes, onion rings, pepper sauce

ADD SURF & TURF FOR AN EXTRA £4.50

Pasta

- WILD MUSHROOM TAGLIATELLE 2,7,10   £15.95
Sautéed wild mushrooms, cream, basil pesto rocket leaf
- CAJUN CHICKEN & CHORIZO RIGATONI  £16.95
2,7,9,13
Spicy tomato sauce, parmesan
- BEEF CHEEK BOLOGNAISE 2,7,13,14  £16.95
Slow cooked beef cheek in red wine, finished with parmesan
- SEAFOOD LINGUINI 2,7,3,5,8,14  £17.50
Mussels, squid, prawns, salmon, tomato sauce, parmesan

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Salads & Light Options

GARLIC SHRIMP POKE BOWL	3,4,13	GF	£15.00
Cajun prawns, sticky rice, avocado, edamame, shredded lettuce, cucumber, radish, spicy mayo, chilli flakes			
CHICKEN CEASAR SALAD	2,4,5,7,14	GFO	£16.00
Roast chicken breast, pancetta lardons, croutons, parmesan, anchovies			
HOT HONEY SALMON FILLET	2,3,4,5,7,14	GFO	£18.00
Crab fritter, saffron rice, pickled ginger, tenderstem broccoli, baby carrots			
TERIYAKI RUMP STEAK	2,4,7,10,11,13,14	GF	£16.00
Braised rice, soy & mirin boiled egg, pack choi, pickled beansprout			
PONZU TOFU BOWL	2,3,5,8,12,13	GF VE	£13.50
Poached quinao, crispy seaweed, radish, carrot, edamame beans, kale & sesame			
HALLOUMI FLAT BREAD	2,7	GFO	£10.50
Hot honey halloumi, garlic flatbread, tzatziki, pomegranate, rocket			

Sides

FRIES	2	GFO	V	£4.50
ASPEN FRIES	2,7	GFO	VEO	£5.50
Truffle, parmesan, cracked black pepper				£4.50
CHIPS	2	GFO	VEO	£4.50
BUTTERED TENDERSTEM	7	GF	VEO	£4.50
MIXED SALAD	14	GF	VEO	

Desserts

MELTING CHOCOLATE FONDANT	2,4,7,10,11	£9.00
Crushed pistachios, salted caramel ice cream		
STICKY TOFFE PUDDING	2,4,7	£9.00
Toffee sauce vanilla bean ice cream		
BISCOFF CHEESECAKE	2,10,13	VE £9.00
Chocolate sauce, vegan salted Carmel ice cream		
DUBAI CHOCOLATE TART	2,4,7,10	£9.00
Kaddaffi, caramel, pistachio cream, chocolate		
PIMM'S TRIFFLE	4,7	GF £8.50
Pimm's and strawberry jelly, cucumber & mint, ginger custard, strawberries, meringue & whipped cream		
ETON MESS SUNDAE	4,7	GF £8.50
Crushed meringue, strawberry compote, vanilla ice cream, strawberry ice cream & whipped cream		

Sunday Lunch

ROAST SIRLOIN OF BEEF	1,2,4,7,9,14	GFO	£24.00
ROAST CHICKEN SUPREME	1,2,4,7,9,14	GFO	£20.00
BUTTERNUT & LENTIL WELLINGTON		V	£20.00
1,2,4,7,9,10,11,14			
DUO	1,2,4,7,9,14	GFO	£26.00

ALL SUNDAY LUNCHES ARE SERVED WITH...
Garlic & Herb roast potatoes, mash, carrot and swede, Koffman cabbage, cauliflower cheese, carrot puree, sage & apricot stuffing and gravy



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14 ALLERGENS

The way allergens are labelled on prepacked foods has changed. The Food Information Regulations, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.



Food
Standards
Agency
food.gov.uk

1



Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Molluscs

These include mussels, land snails, squid and whelks but can also be commonly found in oyster sauce or as an ingredient in fish steaks



8

Cereals containing gluten

Wheat (such as spelt and Khorsasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



2

9



Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

3



Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries, stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



10

Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



4

11



Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

5



Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, bismuits, sesame oil and tahini. They are sometimes toasted and used in salads.



12

Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



6

13



Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

7



Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



14