



# LUCYFIED FOR LESS

Good Evening and welcome to Lucy's on a plate to enjoy our 'earlybird' menu - Lucyfied for Less Menu .... We offer this special Menu for our 'earlier diners' ... those who book to dine between 5pm and 5.45pm can take advantage of being 'Lucyfied for Less' ... meaning you can enjoy a great selection of delicious dishes that Lucy's has to offer at an inclusive 'Lucyfied' price ... We very much hope that you will not only enjoy our delicious food, but also relish the pleasure of the company of those you love and cherish ....and still have some of the evening left...We wish you all that you wish for yourselves in 2023...



## TO GET YOU STARTED...

### SOUPER SOUP OF THE DAY

served with bread (generally vegetarian and GF bread on request ) Please ask for today's selection

### CRACKING CAMEMBERT (V) (IDEAL TO SHARE)

Camembert baked together with fresh rosemary and thyme, until gooey and delicious. Served with a sweet relish and crisp crostini.

(Camembert counts as 2 starters or £5 supplement for 1, can be gf on request )

### POMMODORO PANNE (V) (VG)

Oven baked bruschetta base, with a combination of chopped tomatoes, garlic, basil and olive oil (GF on request

### DOUBLE DIPPERS (V) (VG)

Warm freshly baked breadsticks, served with olive oil and balsamic syrup (GF on request )

### QUACKERS PATE

Smooth duck liver and brandy pate, topped with orange and served with sourdough crostini (GF on request )

### FLAT CAPPERS (V) (GF)

Flat field mushrooms, oven baked with a creamy goat's cheese 'top' and served with a red onion marmalade to compliment.

### BOOZY LIVERS (DF)

Pan fried chicken livers, with shallots and red wine served on toasted sourdough (GF on request )

### MEATBALLS ESPAGNOL

Little homemade beef meatballs cooked and served in a rich, lightly spiced, tomato sauce, finished with cheese and oven baked. (DF on request )

### PRAWN AGAIN COCKTAIL (GF)

Prawn and crayfish tails, with a classic Marie rose sauce, baby gem lettuce and cucumber 'spaghetti', garnished with a paprika sprinkle and lemon zest...very retro

### FISHERMAN'S FISHCAKE

The ultimate fish cake....cod, hake, plaice and salmon combined with potatoes - coated in panko bread crumbs and served with homemade tartare sauce

3 COURSES - £26 PER PERSON

2 COURSES - £22 PER PERSON

ANY SUPPLEMENTS ARE CLEARLY MARKED

Available from 5pm to 5.45pm

(Main menu is served from 6pm )

For our younger guests, we can offer them our ' Little Lucy's' Menu! (Aged 12 and under )

Follow us on social media, we love to see the lovely pictures of the times you spend with us at Lucy's and we can show you what we're up to!



@Lucysonaplate



Lucy's on a Plate



www.lucysofambleside.co.uk

GF = Gluten Free V = Vegetarian VG = Vegan DF = Dairy Free

## VEGGIE DELIGHTS



### BASKET OF FUNGHIS (V)

Vegetarian version of our 'hole in one' Ciabatta hollowed out and filled with a garlic mushroom, shallot and white wine filling, finished with vegetable crisps (VG on request )

### PEPPER POT VEGINE (GF)

A vegetable version of this tasty tagine with a selection of vegetables, together with tomatoes, figs, apricots and aromatic spices, in a roasted pepper 'pot' accompanied by rice and crème fraiche (VG on request )

### PUTTANESCA PASTA (V)

Literally translates to 'tarts' pasta!! A heavy mix of olives, capers, tomatoes, garlic and onion sauce, served on spaghetti, finished with fresh basil and parmesan - the comfort food of Gods! (VG on request )

## MEATY MAINS



### I SPY RIB EYE

Rib eye steak is one of my favourites - it has the little 'eye' of fat to keep it moist and flavoursome - this is a 'stronger' meat than fillet - cooked to your liking (anything above Medium Rare is best for this cut) and served with handcut or skinny fries ... a peppercorn sauce or garlic butter and an optional dressed salad

£5 supplement will be applied to your bill

Fillet is also available £10 supplement

(GF on request)

### VERY BERRY BAMBI (GF)

Haunch of lean and delicious venison, cooked pink served together with a berry jus, green beans and fondant potatoes. If you love steak, try this instead (£5 supplement will be added to your bill)

### SPRING CHICK (GF)

Chicken breast, stuffed with sun blushed tomatoes and spinach, wrapped in air dried ham, oven roasted, carved, and served with fondant potato, jus and steamed vegetables

### TUNISIAN TAGINE (GF)

Pieces of tender lamb cooked together with aromatic spices, tomatoes, apricots, figs, and almonds. Served together with rice or couscous or little potatoes (tagine is gluten free, not the couscous)

### HOLE IN ONE

Italian ciabatta, hollowed out and filled with strips of beef, cooked with a peppercorn and mushroom sauce, with a dollop of crème fraiche... it's that 'bread and gravy' thing that's so satisfying and the perfect antidote to a heavy night!! (GF or V on request)

### BOBBING BOBOTIE (GF)

(pronounced bobooty) A combination of minced lamb together with aromatic spices - has a little kick, almonds, diced apricots and tomatoes topped with a savoury custard, with salad and traditional South African Mrs Ball's Chutney! (you need 'Balls' with your Bobotie!)

### RAVISHING ROASTS

Traditional Roasts are included in the Lucyfied for Less options every Sunday from 5pm!

Service is at your discretion...

for parties of 5 or more a 10% service charge will be added to your bill

## FISHY DISHES



### ALL ABOUT THE BASS (GF)

Fillet of seabass, pan-fried with crispy skin and served together with a prawn and pea chowder, accompanied by baby potatoes

### SEAFOOD ORGY (GF)

A delicious, satisfying fish pie with a selection of salmon, haddock and cod baked under a blanket of creamed potato and accompanied by steamed vegetables (no shellfish)

### CHISH AND FIPS

Fish and chips Lucy's style! Codling fillet, coated in our delicious batter, deep fried and served with garden peas, tartare sauce and hand cut fries

## DELICIOUS DESSERTS



*Hot Stuff ... with cream, ice cream or custard??*

### SAUCY LEMON PUDDING

luscious lemon sponge baked so that a lemony 'custard' forms beneath the 'souffle' like sponge on top

### LEMON AND BLUEBERRY SPONGE (GF) (DF)

a light sponge served warm with a raspberry coulis

### SALTED CARAMEL BROWNIES (GF)

with salted caramel sauce

### STICKY TOFFEE PUDDING

with toffee sauce (GF and VG on request)

### BREAD & BUTTER PUDDING

Buttery brioche makes a fabulous base for this delicious classic. Ask for today's combination

### *Cold and Colourful...Jars and Glasses of Class*

### JAM JAR TOFFEE BANOFFEE

biscuit base, bananas, toffee & cream

### VERY SHERRY TRIFLE

topped with cream (no jelly!!) The quintessential British dessert

### CHOCOLATE BRANDY MOUSSE (GF)

seriously chocolatey ... no dairy but lots of brandy

### FRUIT POSSET (GF)

a classic British dessert with a modern twist. Ask for today's fruity flavour

### MAGNIFICENT MERINGUE MESS (GF)

A variation on Eton mess, ask for today's combination of meringue, ice cream and ... (DF on request)

### ENGLISH LAKES ICE CREAM OR SORBET (GF)

ask for our selection (2 scoops) VG on request

### CRACKING CHEESEBOARD GROMMIT(GF)

a selection of cheeses, biscuits, fruit and chutney £5 supplement (VG on request)