



# Bay Food & Drink Trail



## Bay Tourism Association

A dynamic not-for-profit partnership of tourism organisations working together to showcase and promote the unique values of The Morecambe Bay area as a key visitor destination.

Promoting best practice in Customer Service and networking with other tourism organisations in North Lancashire and South Cumbria to create and sustain the highest quality experience for visitors.

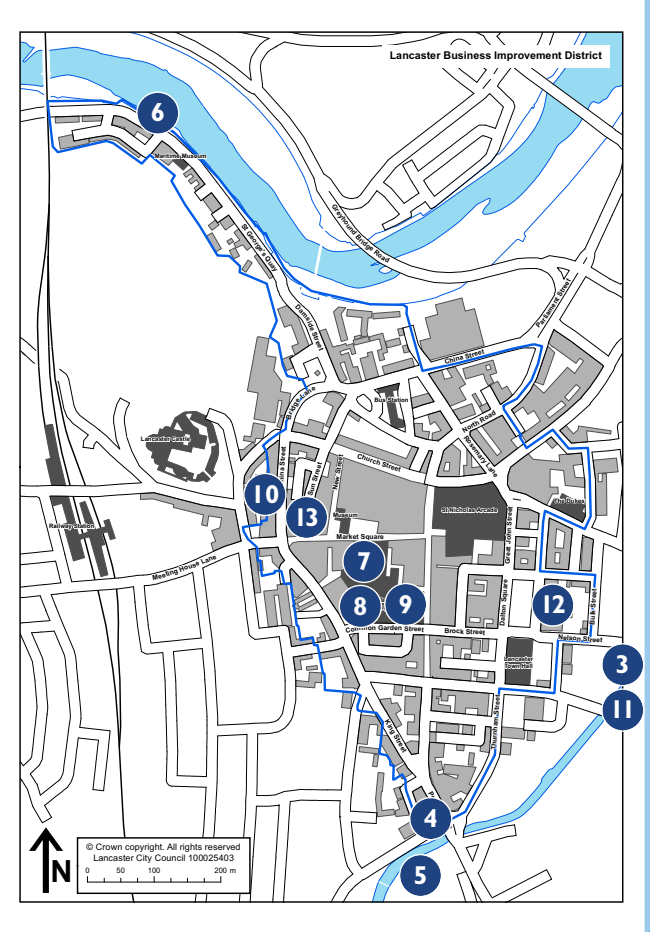
To find out more about Bay Tourism and discover more about superb food, drink, accommodation and interesting places to explore please visit:

[www.baytourism.co.uk](http://www.baytourism.co.uk)  
 Secretary@baytourism.co.uk  
 01524 736926 . 015242 22283

**21 years of great music local news**

Tune in for all the latest offers from local pubs and restaurants plus up-to-the-minute local traffic and travel info

969/1023/1032 fm



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# Bay Food & Drink Trail

This invaluable leaflet offers the visitor a mouth-watering journey around Morecambe Bay – city, coast, and countryside – a vast area blessed with the most delicious diversity of food and drink.

All around the bay is the source of so much which goes to make up the Great British Menu – from the bounty of the ocean, to the beasts of the field; our daily bread and the much-loved cheese to go with it; award-winning ales too, and sweet treats galore. The lip-smacking list goes on.

Feast your senses on so many delicious possibilities – the cosmopolitan cuisine of Lancaster's bustling city, stunning sea food delights following an appetite-boosting day at the seaside, or the tastiest meats, cheeses and vegetables produced by farmers who share a passion for quality.

Don't know where to start? Let the Bay Food Trail be your guide. Then you needn't miss anything. Simply savour each and every flavour you find on your travels. You may try to resist 'seconds' – but we think you'll want to come back ... for more, and more and more.



Days out in the North of England Places to visit, attractions, activities and other things to do.

The Daysoutinfo.co.uk website and regional leaflets provide you with the greatest choice of things to do and places to visit in the North of England.



To find out more about local events and special offers follow us on Facebook & Twitter



**BAY SEARCH & RESCUE**  
 Cross Morecambe Bay Walk

**2014**

**Bay Search and Rescue Annual Charity Cross Morecambe Bay Sponsored Walk**  
 Sunday 3rd August 2014, 10am  
 Anside to Kents Bank. Led by Queens Guide Cedric Robinson

Register online: [www.baysearchandrescue.org.uk](http://www.baysearchandrescue.org.uk)  
 Adults £10, Children £5, dogs free!

**1 The Stork Inn**

Corricks Lane, Condor Green, Lancaster, LA2 0AN  
Tel: 01524 751234  
Email: [tracy@thestorkinn.co.uk](mailto:tracy@thestorkinn.co.uk)  
[www.thestorkinn.co.uk](http://www.thestorkinn.co.uk)

Traditional English Country Inn located on the Lune estuary in the beautiful countryside of Condor Green hamlet, offering accommodation filled with charm & character, warm & welcoming hospitality, deliciously different quality, locally sourced food with a unique South African twist. Regional craft ales & quality wines. Gifts, crafts, local jewellery, farm produce, cake, away meals and deli food are available in our Shop.


Open - All day, year round, serving breakfast from 7.30 to 11 am daily, lunch/dinner Sunday & Monday from 12 to 8pm, Tuesday to Thursday 12 to 8.30pm, Friday & Saturday 12 to 9pm. Tea, coffee & cake available all day, traditional afternoon tea 3 to 5pm daily.



**7 Gregory Williams**

4 James Street, Market Gate Shopping Centre Lancaster LA1 1UP  
Tel: 01524 32250  
Email: [gregorywilliamsbutchers@gmail.com](mailto:gregorywilliamsbutchers@gmail.com)  
[www.marketgatelancaster.co.uk](http://www.marketgatelancaster.co.uk)

A family run quality butchers and delicatessen providing homemade sausages, burgers, cooked meats and home cured bacon as well as traditional meats, freshly made pies and tasty cheeses.  
Mon - Sat 8am - 6pm



**13 J. Atkinson & Co. - The Music Room**

Sun Square, Sun Street, Lancaster, LA1 1EW  
Tel: 01524 823166  
Email: [sue@thecoffeehopper.com](mailto:sue@thecoffeehopper.com)  
[www.thecoffeehopper.com](http://www.thecoffeehopper.com)

Hidden away in Lancaster's Sun Square, Atkinson's first cafe sits at the foot of an exquisite 1730s Palladian facade in a landmark Trust building, you will find The Music Room. The menu is made up of Single Origin coffees ground and brewed by the cup, Espresso based drinks and Loose Leaf teas. Cakes are baked daily by Debbie Kaye at The Bakery.



**19 The Keys**

Main Road, Slyne, Lancaster, Lancashire, LA2 6AU  
Tel: 01524 823166  
Email: [info@thekeyslancaster.co.uk](mailto:info@thekeyslancaster.co.uk)

The Keys is the perfect place to relax and unwind. With stunning locally grown food, great hospitality and a well stocked bar including craft beers, we have something to tickle everyone's tastebuds. The Keys is warm and cosy in winter or great in the sun with our sheltered terrace. Dogs welcome in the bar.



**25 Country Harvest**

Ingleton, N. Yorkshire, LA6 3PE  
Tel: 015242 42223  
Email: [info@country-harvest.co.uk](mailto:info@country-harvest.co.uk)  
[www.country-harvest.co.uk](http://www.country-harvest.co.uk)

Country Harvest is a combined food shop, gift shop & coffee shop, 10 minutes from Kirkby Lonsdale and 30 minutes from Lancaster. Deli delights include fresh meat, our own bakery bread & cakes, fruit & veg, cheese, chutneys, savoury pies and hand-made fudge. Open seven days.



**31 Barrow Markets**

Duke Street, Barrow-in-Furness, LA14 1HU  
Tel: 01229 876555  
Email: [markets@barrowbc.gov.uk](mailto:markets@barrowbc.gov.uk)

On the edge of Morecambe Bay, this is one of the biggest indoor markets in the area and has been featured by the Hairy Bikers and the One Show. With renowned food producers like Peter Gott proud of their local provenance and the exotic with specialist Thai outlet, Barrow Markets ... more value ... more choice. Open Monday, Wednesday, Friday and Saturday.



**2 The Royal at Heysham**

Main Street, Heysham Village, Lancashire, LA3 2RN  
Tel: 01524 859298  
Email: [royalhotel@mitchellsinns.co.uk](mailto:royalhotel@mitchellsinns.co.uk)  
[www.royalhotelheysham.co.uk](http://www.royalhotelheysham.co.uk)

A welcoming traditional pub and restaurant in the picturesque Heysham Village. Relax with a Pint of Ale in the bar or perhaps in our landscaped beer garden.



**8 Casa Rastelli's**

1a Cornmarket, Market Gate Shopping Centre, Lancaster, LA1 1AL  
Tel: 01524 380627  
Email: [info@casarastelli.co.uk](mailto:info@casarastelli.co.uk)  
[www.casarastelli.co.uk](http://www.casarastelli.co.uk)

A family run coffee shop offering delicious cappuccino, latte, fresh fruit smoothies, pizza, pasta and our legendary lasagne.  
Plus ciabattas, fresh sandwiches, speciality cakes, pastries and real dairy ice cream.  
Open 7 days a week.



**14 Lancaster House**

Green Ln, Lancaster, Lancashire LA1 4GJ  
Tel: 01524 844822  
Email: [lancasterhouse@englishlakes.co.uk](mailto:lancasterhouse@englishlakes.co.uk)  
[www.englishlakes.co.uk](http://www.englishlakes.co.uk)

The Foodworks restaurant offers a great taste of Lancashire in a 4 star setting, with some of the best fresh, locally sourced, produce in a classic British cuisine style. We celebrate the finest Lancashire produce whilst adding innovative culinary twists, creating a very special local dining experience.



**20 The Royal Hotel**

27 Main Road, Bolton le Sands, Carnforth, Lancashire, LA5 8DQ  
Tel: 01524 732057  
Email: [royalhbts@mitchellsinns.co.uk](mailto:royalhbts@mitchellsinns.co.uk)  
[www.royalhbts.co.uk](http://www.royalhbts.co.uk)

Located next to the Lancaster Canal, this traditional pub with comfortable guest accommodation serves delicious home cooked food every day with a variety of cask ales, continental lagers and fine wines. There is an extensive events programme for all the family as well as live sports shown on big screens, pool and darts.



**26 Tythebarn House B&B**

Tythebarn House, North Road, Holme LA6 10G  
Tel: 01524 781397  
Email: [enquiries@tastingcumbria.co.uk](mailto:enquiries@tastingcumbria.co.uk)  
[www.tastingcumbria.co.uk](http://www.tastingcumbria.co.uk)

Breakfast is always something special at Tythebarn House. Experience our unique stone-baked breakfast, and Diana's home made breads, scones and jam. Come and share the Bay with us. Explore its stunning landscapes. Discover its outstanding flora and fauna. Taste its mouth-watering local produce. Relax and enjoy our hospitality.



**32 Maki Restaurant**

South Lakes Safari Zoo, Dalton in Furness, LA15 8JR  
Tel: 01229 466086  
Email: [Office@wildanimalpark.co.uk](mailto:Office@wildanimalpark.co.uk)  
[www.safarizoo.co.uk](http://www.safarizoo.co.uk)

Where else can you enjoy lunch overlooking the Savannah where rhinos, giraffes and baboons wander...?

**FREE** cup of tea with this advert



**3 Pavilion Cafe**

Williamson Park, Lancaster, LA1 1UX  
Tel: 01524 33318  
Email: [williamsonpark@lancaster.gov.uk](mailto:williamsonpark@lancaster.gov.uk)

Join us for breakfast, brunch, lunch or afternoon tea prepared by our talented team using local seasonal produce.

Eat, Drink and Relax.

10am - 5pm (April-Sept)  
10am - 4pm (Oct-March)



**9 Shoreways Fisheries**

2 James Street, Market Gate Shopping Centre, LA1 1UP  
Tel: 01524 848814  
Email: [lynison@marketgatelancaster.co.uk](mailto:lynison@marketgatelancaster.co.uk)


Lancaster's finest quality fish shop, offering only the very best in fresh fish. Local produce caught and sold to the public and catering trade.



**15 The Clarendon Hotel & Waterfront Restaurant**

74-76 Marine Road West, Morecambe, LA4 4EP  
Tel: 01524 410180  
Email: [clarendon@mitchellshotels.co.uk](mailto:clarendon@mitchellshotels.co.uk)  
[www.clarendon-hotel.co.uk](http://www.clarendon-hotel.co.uk)

From delicious Morecambe Bay shrimps to mouth-watering Cumbrian Fell Bred steak our varied menu has something to suit everyone. An ideal place to relax before sampling fine Lancashire produce in our stylish and contemporary restaurant.



**21 Longlands Inn**

Tewitfield, Carnforth, Lancashire, LA6 1JH  
Tel: 01524 781256  
Email: [info@longlandshotel.co.uk](mailto:info@longlandshotel.co.uk)  
[www.longlandshotel.co.uk](http://www.longlandshotel.co.uk)

Our tradition is Pub Classics - always with a twist. Freshly sourced local ingredients and a welcoming atmosphere reflects our food - hearty and relaxed. Awards: Visit England four star inn & restaurant. Gold award holiday cottages



**27 RSPB Leighton Moss and Morecambe Bay Nature Reserve Cafe**

Myers Farm, Storrs Lane, Silverdale, Lancashire, LA5 0SW  
Tel: 01524 701601  
Email: [leighton.moss@rspb.org.uk](mailto:leighton.moss@rspb.org.uk)

A popular nature reserve that is home to a variety of wonderful wildlife. The award-winning cafe has a friendly atmosphere and serves a wide selection of delicious, local, home-cooked meals. Open daily (except Christmas Day) from 9.30 am - 5 pm (4.30 Dec and Jan).



**33 The Engine Inn**

Carl in Cartmel, Grange over Sands, Cumbria LA11 7NZ  
Tel: 015395 58341  
Email: [accommodation@engineinn.co.uk](mailto:accommodation@engineinn.co.uk)  
[www.engineinn.co.uk](http://www.engineinn.co.uk)

The Engine Inn, situated in the tranquil, unspoilt village of Cartmel, is a must visit. This family run 17th century coaching inn, listed in the Good Beer Guide, selling local cask ales and great homemade food. Try our Engine Inn 'Naga' Curry - made with the world's hottest Naga Viper Chili pepper served every day - "Tastes like Heaven- Burns like Hell!"



**4 Penny Street Bridge**

Penny Street, Lancaster, Lancashire, LA1 1XT  
Tel: 01524 599900  
Email: [relax@pennystreetbridge.co.uk](mailto:relax@pennystreetbridge.co.uk)

A traditional pub with rooms in the heart of Lancaster city. Chef uses locally sourced, in-season produce to create delicious home-cooked food. Food served all day from breakfast through till supper and Sunday Lunches are a speciality. Great range of cask and bottled beers, including Thwaites Wainwright and extensive wines by the glass. Children welcome.



**10 J. Atkinson & Co. - The Hall**

10 China street, Lancaster, Lancashire. LA1 1EX  
Tel: 01524 65470  
Email: [maitland@thecoffeehopper.com](mailto:maitland@thecoffeehopper.com)  
[www.thecoffeehopper.com](http://www.thecoffeehopper.com)

A menu of seasonally rotating coffees are offered here as Lever Espresso and Syphon brewed coffee, all of which are roasted next door at Atkinson's 'Vintage Roasters'. Since opening in November 2012 The Hall has won awards for BSA Best Flat White, UKSC Heats Best Espresso and Cappuccino and recently has produced semi finalists in the UK Barista and Latte Art Championships. Cakes are baked daily in house by Debbie Kaye at The Bakery.



**16 The Midland**

Marine Rd W, Morecambe, Lancashire LA4 4BU  
Tel: 01524 221157  
Email: [themidland@englishlakes.co.uk](mailto:themidland@englishlakes.co.uk)  
[www.englishlakes.co.uk](http://www.englishlakes.co.uk)

Enjoy Afternoon Tea or lunch in this iconic art deco hotel with stunning sea views in the Rotunda Bar or Sun Terrace Restaurant with sumptuous cuisine, using locally sourced fish, straight from British farmers. And the finest ingredients from local and British farmers. We believe in a relaxed friendly atmosphere in both the pub and the dining rooms. Open seven days a week, food served all day.



**22 The Fenwick**

Lancaster Road, Claughton, Lancaster LA2 9LA  
Tel: 01524 734474  
Email: [info@fenwickarms.co.uk](mailto:info@fenwickarms.co.uk)  
[www.fenwickarms.co.uk](http://www.fenwickarms.co.uk)

From pub classics to creative world food, or even just a pint, there is something for everyone at The Fenwick. The day's best fish, straight from Fleetwood, and the finest ingredients from local and British farmers. We believe in a relaxed friendly atmosphere in both the pub and the dining rooms. Open seven days a week, food served all day.



**28 Leighton Hall**

Carnforth, Lancashire, LA5 9ST  
Tel: 01524 734474  
Email: [info@leightonhall.co.uk](mailto:info@leightonhall.co.uk)  
[www.leightonhall.co.uk](http://www.leightonhall.co.uk)

After your guided tour, there's nothing better than a very English delight - afternoon tea in our charming and reasonably priced tea rooms. Here you can enjoy a relaxing cuppa, a sandwich, scone, home-made cake or tray bake in lovely, refined surroundings. How posh!



**34 Unsworth's Yard**

Cartmel, Grange-over-Sands, Cumbria LA11 6PN  
Tel: 07966681706  
Tel: 07810461313  
Email: [peter@unsworthyardbrewery.co.uk](mailto:peter@unsworthyardbrewery.co.uk)  
[www.unsworthyard.co.uk](http://www.unsworthyard.co.uk)

It doesn't get much better than Unsworth's Yard in the sunshine. For Courtyard shopping, artisan food and drink. The yard is home to Unsworth's Yard Brewery, Cartmel Cheeses & Deli, Red Pepper Kitchenware fine wines & spirits and The Mallard Tea Shop. The Yard echoes with family values, combining traditional heritage with modern surroundings. Come and relax at the tables provided in the landscaped courtyard, or tasting room and enjoy the yards stunning produce. Open every day.



**5 The Waterwitch**

Canal Tow Path, Aldcliffe Road, Lancaster, LA1 1SU  
Tel: 01524 63828  
Email: [info@thewaterwitch.co.uk](mailto:info@thewaterwitch.co.uk)  
[www.thewaterwitch.co.uk](http://www.thewaterwitch.co.uk)

The award-winning Water Witch, on the picturesque Lancaster canal, offers an extensive portfolio of cask ales, wines and continental bottled beers, plus a range of high quality dishes all prepared using the freshest local produce.



**11 Countrystyle Meats Farmshop**

Lancaster Leisure Park, Wyresdale Rd, Lancaster, LA1 3LA  
Tel: 01524 841111  
Email: [contact@countrystylemeats.co.uk](mailto:contact@countrystylemeats.co.uk)

A quality family-run farm shop selling a wide range of local produce and speciality foods. Award-winning sausages, pies, wines, bread, fruit and veg, cheese, confectionery, cakes and ice cream. Ample free parking. Mon - Sat 8.30am to 5.30pm and Sunday 10.30am to 4.30pm.



**17 Archers Cafe and Farm Shop at Red Bank Farm**

Red Bank Farm, Bolton le Sands, Carnforth, LA5 8UR  
Tel: 01524 823196  
Email: [mark@redbankfarm.co.uk](mailto:mark@redbankfarm.co.uk)

Enjoy the panoramic views across Morecambe whilst sampling the wide range of teas and coffee. Dine next to our cosy woodburners on locally grown Salt Marsh lamb, Morecambe Bay shrimps or our homemade cakes. Open 9.30am to 3.30pm we are the perfect place to stop on your cycle around the Bay.



**23 The Castle Inn**

Main Road, Hornby, Lancaster, Lancashire LA2 8JT  
Tel: 01524 22279  
Email: [thecastleinnhornby@btconnect.com](mailto:thecastleinnhornby@btconnect.com)

Comfort, quality and luxury. 3 words that exemplify us here at The Castle Inn. The bar area greets you with a roaring fire to warm you, as you relax and sink into the antique French leather chairs and forget the stresses of the week passed. The bistro is fit for any occasion boasting an original flagged floor and an atmosphere to compliment any event, with church candles as the centrepiece for each table. And let's not forget the bar, stocked up with local ales, continental lagers, luscious wines and classic and modern spirits. So give us a call, and we look forward to seeing you.



**29 Netherwood Hotel**

Lindale Road, Grange-over-Sands, Cumbria, LA11 6ET  
Tel: 015395 32552  
Email: [enquiries@netherwood-hotel.co.uk](mailto:enquiries@netherwood-hotel.co.uk)

Situated on the edge of the Lake District National Park in the Edwardian town of Grange over Sands, the family owned Netherwood Hotel is set in 17 acres overlooking the spectacular Morecambe Bay. Offering accommodation and dining for visitors to the South Lakes, you can be assured of a warm welcome at Netherwood. All facilities are open to non-residents. Enjoy a complimentary bottle of house wine on presentation of this leaflet if you book accommodation with us.



**30 The Pheasant Inn**

Flookburgh Road, Allithwaite, Cumbria, LA11 7RQ  
Tel: 015395 32239  
Email: [thepheasantinn@live.co.uk](mailto:thepheasantinn@live.co.uk)

Good honest food at good honest prices. This little pub in the picturesque village of Allithwaite is a must visit on your trip around the Bay. Family run, with great beer and an all day menu. The Pheasant is now one of the top 3 friendliest businesses in Britain.



**6 Quite Simply French**

27a St George's Quay, Lancaster, LA1 1RD  
Tel: 01524 843199  
Email: [robert@quitesimplyfrench.co.uk](mailto:robert@quitesimplyfrench.co.uk)

Modern French Brasserie and Bar with menus changing daily. We cook our food fresh to order! Weekly offers include Simply Squiffy 2 courses £20 + free bottle of wine per person, Early Bird, 50% off A La Carte, Steak and Mussels, main £14, Lobster & Champagne £32 and Sunday Lunch, 2 courses £16. Check website for details.



**12 The Borough**

3 Dalton Square, Lancaster, LA1 1PP  
Tel: 01524 64170  
Email: [jodie@theboroughlancaster.co.uk](mailto:jodie@theboroughlancaster.co.uk)

The Borough is the perfect place to enjoy Michelin recommended food, Camra award winning ales, fine wine and beautiful bedrooms. Our welcoming pub restaurant is great for an informal lunch, quiet pint or special occasion. Our bedrooms are perfect for a well-deserved break, or fabulous sleep after a long day.



**18 Bay View Garden Centre**

Mill Lane, Bolton-le-Sands, Carnforth, Lancashire, LA5 8ET  
Tel: 01524 733780  
Email: [info@bayviewgardencentre.co.uk](mailto:info@bayviewgardencentre.co.uk)  
[www.bayviewgardencentre.co.uk](http://www.bayviewgardencentre.co.uk)

The Potting Shed Cafe at Bay View Garden Centre has established itself to be one of 'the places to lunch' in North Lancashire and the South Lakes. Delicious homemade food, prepared to order, using locally sourced ingredients and with possibly the best views in England, what more could you want?



**24 Plato's Restaurant**

2 Mill Brow, Kirkby Lonsdale, LA6 2AT  
Tel: 01524 274180  
Email: [book@platoskirkby.co.uk](mailto:book@platoskirkby.co.uk)  
[www.platoskirkbylonsdale.co.uk](http://www.platoskirkbylonsdale.co.uk)

Spend the time sharing something delicious with friends. Our Menu is not quiet like anywhere else. Home cooking with a twist, made from fresh ingredients sourced locally.



**30 The Pheasant Inn**

Flookburgh Road, Allithwaite, Cumbria, LA11 7RQ  
Tel: 015395 32239  
Email: [thepheasantinn@live.co.uk](mailto:thepheasantinn@live.co.uk)

Good honest food at good honest prices. This little pub in the picturesque village of Allithwaite is a must visit on your trip around the Bay. Family run, with great beer and an all day menu. The Pheasant is now one of the top 3 friendliest businesses in Britain.



**34 Unsworth's Yard**

Cartmel, Grange-over-Sands, Cumbria LA11 6PN  
Tel: 07966681706  
Tel: 07810461313  
Email: [peter@unsworthyardbrewery.co.uk](mailto:peter@unsworthyardbrewery.co.uk)  
[www.unsworthyard.co.uk](http://www.unsworthyard.co.uk)

It doesn't get much better than Unsworth's Yard in the sunshine. For Courtyard shopping, artisan food and drink. The yard is home to Unsworth's Yard Brewery, Cartmel Cheeses & Deli, Red Pepper Kitchenware fine wines & spirits and The Mallard Tea Shop. The Yard echoes with family values, combining traditional heritage with modern surroundings. Come and relax at the tables provided in the landscaped courtyard, or tasting room and enjoy the yards stunning produce. Open every day.

