

Sample regional menus

Encourage interest in Britain's regional food and drink heritage! Team regional foods and cheeses with local beers and ciders for a truly distinctive offering. And remember to consider regionalising your children's menu too. Think beyond the chicken nugget!

The following menus are intended to give you some ideas for making your menu regionally distinct. This may be by including traditional dishes on your menu (and some are mentioned to get you going) or by increasing the emphasis of provenance on your existing menu.

Why not mention the breed of sheep used for your roast lamb or the farm on which it was raised? What about mentioning the variety of apple you use or the name of your cheese producer? Specifying provenance on your menu will help make it more distinctive.

Did you know £34 billion each year is now being spent on eating out in the UK? (Horizons FS Limited research, 2005)

Bed & Breakfast menu

North West

Freshly squeezed Keswick Codlin Apple Juice.
A full Cumbrian Breakfast including locally-smoked Bacon, Cumberland Sausage, local free-range Eggs, Black Pudding and Mushrooms.

North East

Craster Kippers and Scrambled Eggs.
Singin' Hinnies.
Bacon Floddies served with Sausages and Eggs.
Kedgeree.

Yorkshire

Popovers.
Yorkshire Smoked Salmon and Scrambled Eggs.
Whitby Kippers and Toast.
York Ham with Poached Egg.

Midlands

Brummie Bacon Cakes.
Staffordshire Oatcake served with locally-laid Eggs and Tamworth Bacon.
Lincolnshire Sausages.

East of England

Cambridge Favourite Strawberry and Banana Smoothie.
Newmarket Sausages.
Toasted English Muffin with Norfolk Strawberry Preserve.

South West

Bucks Fizz made with sparkling wine made from Seyval Blanc grape grown in South West.
A Full English Breakfast including Gloucestershire Old Spots Bacon, Marsh Daisy Fried Eggs, Black Pudding.

South East

Bucks Fizz made with sparkling wine from Chardonnay, Pinot Noir and Pinot Meunier grapes all grown in the South East.
Poached White Dorking Eggs on Toast.
Oxford Sausages served with Hot Buttered Toast and Oxford Marmalade.

Wales

Porridge.
Laver Bread sprinkled with fine Welsh Oatmeal and served with local Bacon.
Caerphilly Cheese Omelette.



Pub menu

North West

STARTER

Golden Vegetable Soup served with freshly baked Cheshire Cheese Bread.
Panhaggerty made with Lancashire Cheese.

MAIN COURSE

Barmcakes filled with Cumberland Cure Ham.
Homemade Cumberland Sausage with Mash.
Homemade British White Beef Burger and Hand Cut Chips.

DESSERT

Cumberland Rum Nicky.
Warm Treacle Tart served with Whipped Cream.

North East

STARTER

A bowl of Northumberland Mussels served with Homemade Bread.
Craster Kipper Chowder.

MAIN COURSE

Alnwick Stew.
Pease Pudding.
Jacket Potato with Northumberland Gouda.

DESSERT

Newcastle Pudding.
Baked Mrs Lakeman's Seedlings Apples.

Yorkshire

STARTER

Whitby Crab Cakes.
Beetroot and Yorkshire Feta Tart.

MAIN COURSE

Roast Limestone Country Beef and Yorkshire Puddings.
West Riding Lamb Faggots³⁾.
York Ham.

DESSERT

Yorkshire Curd Tart.
Ribston Pippin Apple Pie served with a wedge of Wensleydale Cheese.

Midlands

STARTER

Stilton and Walnut Pate spread on Hot Toast.
Warwickshire Drooper Plum Jerkum with Pork Scratchings.

MAIN COURSE

Cheese Platter of Red Leicester, Stilton & Sage Derby served with Bread & Homemade Chutneys.
Northamptonshire Clanger.
Locally Produced Pork Pie served with English Mustard.
Hereford Beef Steak Sandwich with chunky relish.

DESSERT

Bakewell Pudding.

East of England

STARTER

Salad of Marsh Samphire, Fens Asparagus and Cromer Crab.
Angels on Horsebacks with Native Oysters from Colchester.

MAIN COURSE

Suffolk Sweet Pickled Ham Sandwich.
Jugged Hare.
Grilled Norfolk Herrings with Hot English Mustard.

DESSERT

Cambridge College Pudding.
Burnt Cream.

South West

STARTER

Mulled Farmhouse Cider served with Homemade Pork Scratchings.
Dorset-grown Sorrel Soup served with a Dorset Knob.

MAIN COURSE

Cornish Pasty.
Ploughman's with a Farmhouse Double Gloucester, Wholemeal Bread from the local baker and a dollop of Homemade Chutney.

DESSERT

Dittisham Ploughman Plum Ice Cream.
Stewed Dimmock Red Plums with Seyval Blanc Wine Custard.

South East

STARTER

London Particular – Green Pea Soup.
A Pint Glass of Whitebait.

MAIN COURSE

Bubble and Squeak.
Hampshire Pork Braised in Farmhouse Cider/Vinegar.
Eels in Green Sauce¹⁾.
Kentish Potato and Chicken Salad²⁾.

DESSERT

Sutton Pie made with Cackle Pippin Apples and a topping of porridge oats.
Kentish Red Cherry Crumble.

Wales

STARTER

Gower Peninsula Cockle
Leek and Potato Soup served with a wedge of Laver Bread.

MAIN COURSE

Welsh Rarebit and Salad.
Cawl.
Boiled Leg of Welsh Lamb with Caper Sauce.

DESSERT

Breakwell's Seedling Apple Sponge.
Seasonal Fruit Salad.



1) An A-Z of Food and Wine in Plain English by Tom and Frances Bissell, Pan, 2003

2) British Potato Council: www.potato.org.uk

3) The Regional Food Group for Yorkshire and Humber

Restaurant menu

North West

STARTER

Morecambe Bay Potted Shrimps served with freshly baked Brown Bread.

MAIN COURSE

Freshwater Salmon Papillote.
Roast Gressingham Duck with a Confit of Duke of Devonshire Apples and Prunes.

DESSERT

A Cheese Platter accompanied by Lancashire Oatcakes.

North East

STARTER

Potted Salmon served with freshly Baked Brown Bread.

MAIN COURSE

Hallowe'en Mutton Casserole ⁽¹⁾.
Northumberland Mussels in Cream.

DESSERT

Baked Mrs Lakeman's Seedlings Apples served with Homemade Custard.

Yorkshire

STARTER

Locally Smoked Haddock Fishcakes.

MAIN COURSE

Fillet of Beef Limestone Country Beef with Yorkshire Blue and Whiskey Sauce.
Grilled Whitby Cod with garlic and herb butter.

DESSERT

Cheese Platter with Wensleydale, Yorkshire Blue & Swaledale Goat served with Yorkshire Oatcakes.
Baked Ginger Parkin with Rhubarb ripple ice-cream and hot spiced syrup ⁽²⁾.

Midlands

STARTER

Vale of Evesham Asparagus with Hollandaise Sauce.
Potted Beef Spread on Hot Toast.

MAIN COURSE

Roast Goose with a Newton Wonder Apple Stuffing.
Derbyshire Redcap Chicken Breast with Wild Mushroom & Bacon Stuffing and Marsala Sauce ⁽³⁾.

DESSERT

Oldbury Tart made with local Gooseberries.
A Glass of delicious dessert wine from Leicestershire.

East of England

STARTER

A Seafood Platter including Essex Oysters served on a bed of ice.

MAIN COURSE

Roast Norfolk Turkey.
Honey Roast Essex Gammon on a Bed of Hot English Mustard Mash with Queen Apple Sauce.

DESSERT

Pavlova with locally-grown Berries.
Cambridge Favourite Strawberry Sorbet with Fresh Strawberry Sauce.

South West

STARTER

Dorset Sausage served on Hot Toast.
Mussels cooked in local Farmhouse Cider.

MAIN COURSE

Fillet of Gloucestershire Old Spot Pork with local Wild Mushrooms, White Wine from locally-grown Seyval Blanc grape & Sage Leaves.
Fillet of Red Devon Beef with Sauce Bordelaise made with Red Wine from Devon-grown Merlot and Cabernet Sauvignon.

DESSERT

Cornish Burnt Cream Pudding.
Bristol Cross Pears Poached in Red Wine made from locally grown Rondo Grape.

South East

STARTER

Smoked River Test Trout Pate with a Watercress Salad.
Jerusalem Artichoke Soup with a hunk of freshly Baked Hazelnut Bread.

MAIN COURSE

Roast Berkshire Pork with Crackling.
Mustard and Herb Rubbed Leg of Oxford Down Lamb ⁽⁴⁾.

DESSERT

Hazelnut Meringues with Homemade Chocolate Sauce.
Local Cheeses served with Surrey Water Biscuits.

Wales

STARTER

A Salad of Crumbled Caerphilly Cheese, Local Tomatoes and Lentils.

MAIN COURSE

Loin of Llanwenog Lamb Poached in Red Wine made from locally-grown Pinot Noir grape.
Glamorgan Sausages served with homemade Breakwell's Seedling Apple Chutney.

DESSERT

Baker's Delicious Apples and Cox's Emperor Plums Grilled and served with a Cider-based Custard.

'Restaurants and pubs that put quality, seasonal and regional produce, clearly identified as such, on their menus see an increase in trade. Putting regionally distinct food on the menu makes commercial sense – it is as simple as that.'

Victoria Burrows,
Les Routiers

1) The Mutton Renaissance

2) The Gastro Pub Cookbook by Diana Henry, Mitchell Beazley, 2003

3) Delia's Winter Collection by Delia Smith, BBC Books, 1995

4) Tuck In, Issue 6, English Beef and Lamb Executive

Cheese Boards

North West

Cheshire Cheese (Mature and Mild); Red Cheshire; Blue Cheshire; Smoked Cheshire; Ribblesdale Goats, Sheep and Buffalo Cheeses; Lancashire (Crumbly, Creamy and Tasty); Blue Lancashire; Lancashire with Apple and Cinnamon.

North East

Northumberland Gouda; Coquetdale; Chevington; Brinkburn; Elsdon Goat; Northumberland Chive; Northumberland Garlic; Redesdale; Hadrian; Reiver.

Yorkshire

Wensleydale; Blue Wensleydale; Wensleydale with Cranberries or Apricots; Oak Smoked Wensleydale; Mature Wensleydale; Swaledale; Swaledale Goat; Richmond Smoked; Swaledale Chives and Garlic; Cheddar with Caramelised Onions; Buffalo Blue; Yorkshire Blue; Shire Blue; Goat, Buffalo and Sheep Cheeses.

Midlands

Double Worcester; Old Worcester; Worcestershire Sauce Cheese; Hereford Hop; Innes Button; Ragstone; Finn & Bosworth Goats Cheeses; Berkswell Sheep Cheese; Derby; Buxton Blue; Orange Grove; Red Leicester; Blue Stilton; White Stilton; Lincolnshire Poacher; Shropshire Blue; Poacher's Little Imp.

East of England

Norfolk White Lady; Wighton Soft Cheese; Walsingham; Wissington; Melton; Soft and Hard Goats Cheeses.

Wales

Gorwydd Farm; Caerphilly; Pantysgawen; Llanboidy; Llanglofan; Perl Wen.

South West

Buffalo Cheese; Cornish Blue; Single Gloucester; Double Gloucester; Somerset Brie; Soft Goats and Ewe Cheeses; Cornish Yarg; West Country Farmhouse; Devon Blue; Dorset Blue Vinny; Beenleigh Blue.

South East

Old Plaw Hatch; Rumbold's Rustic; Lord of the Hundreds; Basing Smoked Goat's Cheese Oxford Blue; Waterloo; Luddesdown with Tarrogan and Shallots.



Time for Tea?

North West

Eccles Cakes; Chorley Cakes; Desolate Cakes; Goosenargh Cakes; Bobbie's Feat; Westmorland Pepper Cake; Chester Buns; Borrowdale Tea Cake.

North East

Courting Cakes; Lemon Cakes; Fat Rascal Tea Cake toasted and served with butter; Felton Spice Loaf; Northumbrian Griddle Cake.

Yorkshire

Yorkshire Parkin; Toasted and Buttered Tea Cakes; Yorkshire Curd Tart.

South East

Reading Biscuits; Maids of Honour; Banbury Cake; Chelsea Buns; Kentish Pudding Pie; Huffkins.

Wales

Barabrith; Teisen Lap; Teisen Carawe; Teisen Sinamon; Teisen Mêl; Welsh Cakes; Crusty Swansea.

Midlands

Grantham Gingerbread; Staffordshire Fruit Cake; Pikelets served hot with butter; Shrewsbury Biscuit; Lincolnshire Plum Bread; Staffordshire Oatcakes served with butter & homemade jam.

East of England

Cambridge Gage Plum Tart; Early Heart Cherry Muffin; Boiled Norfolk Fruit Cake.

South West

Lardy Cake; Bath Bun; Sally Lunn Cake; Cream Tea comprising of Homemade Scones, Farmhouse Clotted Cream & Strawberry Jam; Devonshire Splits; Cornish Splits; Devon Flat Biscuits; Cornish Saffron Cake; Melcombe Russet Apple Cake.

