

# Local Food and Drink

Everyone loves to try the local delicacies when on holiday, and it's important to visitors that these food experiences are authentic. Morecambe Bay has great food to offer that is both connected to the landscape and fun to experience. One thing is for sure, the pubs and cafes around Morecambe Bay are very popular, and the perfect complement to a hard days exploring.

**“In Morecambe Bay I love to spend a day visiting craft fairs in small villages, have lunch out followed by a short stroll, and then coffee and cake to end the day.”**

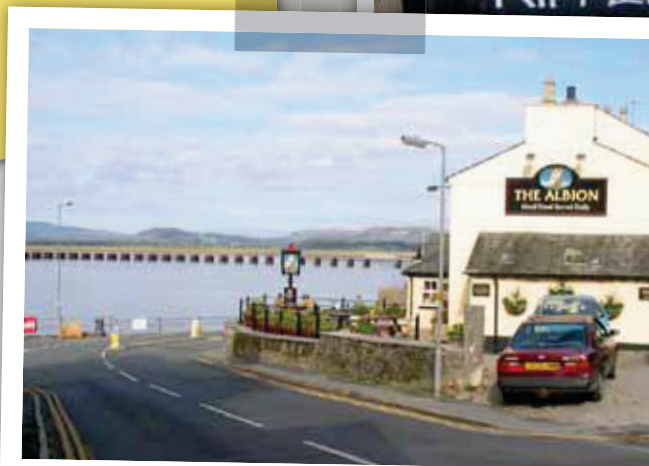
By supporting local food, you are helping the local economy, and reducing food miles, which is better for the environment. And of course you'll be giving the visitors what they want - traceability, quality and a great experience. You can support local food by:

- Using local products in your menus.
- Describe where your food has come from on menus, placemats and websites.
- Tell visitors about local food events.
- Don't be afraid to recommend your favourite places to eat (the businesses we know recommended these places in the next section).
- Prepare a hamper of local food for guests in self-catering accommodation.
- Share traditional recipes that use local produce.
- Check out more options in Bay Tourism Association's Morecambe Bay Food and Drink Trail – download a copy of the leaflet from [www.baytourism.co.uk](http://www.baytourism.co.uk), or order one on 01524 582808 / 582394.

## FASCINATING FOOD

Here are our top 7 local ingredients to promote and celebrate:

- Shellfish, particularly cockles, mussels and brown shrimps
- Fish, seabass, flukes and salmon
- Saltmarsh Lamb
- Heritage beef
- Apples and pears
- Damsons and sloes
- Local cheeses



## Local Food: It's all in the Name

Our food and drink in Morecambe Bay is linked to the landscape and its inhabitants.

Place names feature in many food names including Cartmel sticky toffee pudding, Lyth Valley damsons, Morecambe Bay shrimp, and saltmarsh lamb.

Telling your visitors about these foods helps them to get to know Morecambe Bay, and remember it when they get home.

**“Morecambe Bay potted shrimps is a well know and notorious delicacy, you have to try it whilst you're here.”**



© Vic Brown

### FASCINATING FACT

Sticky toffee pudding prompted a 17th century Frenchman to write: “Ah, what an excellent thing is an English pudding. To come in pudding time is, as much to say, to come in the most lucky moment in the world”

### BUSINESS CASE STUDY

#### Tythebarn House B&B

At Tythebarn House B&B, Diana and Vic Brown go above and beyond to give their guests a Morecambe Bay food experience. They source meat from local farmers and fish from a local smokehouse, make jams with fruit from the allotment, and potato cakes to an old family recipe. And they aren't afraid to shout about it either: their breakfast menu namedrops some great local produce, and they regularly chat about local food on their blog. Here's an extract from their blog:

“Breakfast is something special at Tythebarn House B&B. With Stuart Smith Butchers and The Lune Valley Smokehouse so close by there's always great local produce on the menu. Then there's Diana's home-baked bread and jams made with fruit from the allotment – just to tempt your taste buds to a little more. And just one more little thing – who likes their milk delivered in glass bottles? We do. Go on – give yourself a treat.”

Vic says “Lancashire and Cumbria have world-class food producers, and we want to shout about them so that visitors can experience great local food”.

## Traditional Recipes

The locals here have perfected recipes using these products, creating tasty and hearty meals. Think fish and chips, potted shrimp and cheese.

These recipes are not to be missed, challenge your guests to try them all before they leave.

Popular local recipes	Where to enjoy them
Fish and chips	Chip shops in Bolton le Sands , Morecambe, Fleetwood and Arnside
Potted shrimps – delicious brown shrimps in spiced clarified butter. The spices would have been landed at the ports around the bay.	Pubs like the Engine Inn, Cark Look for Baxters' Morecambe Bay Shrimps in Morecambe, the only ones to have the Queen's warranty
Smoked fish	Port of Lancaster Smoke House, Glasson Dock Shoreway fisheries, Lancaster and Galgate
Cartmel sticky toffee pudding – a treacle and date sponge soaked in toffee sauce.	Cartmel post office, Sizergh Barn, Holker Food Hall, Booths, and many pubs and cafes
Lancashire hot pot	Local pubs like The Borough Pub, Lancaster
Damson gin	HOT Wines Shop, Cartmel The Porterage Co, Greenodd Sizergh Farm Shop Booths
Cheese	Dewley Cheesemakes, Garstang have a shop on site, look out for cheese from other local producers at independent delicatessens like Cartmel Cheeses, Cartmel
Ice cream	Holme Farm Ice Cream, Grange over Sands Brucciani's, Morecambe Wallings farm, Cockerham Cool Cow, Old Holly Farm, near Garstang
Pie and sausages	Higginson's Butchers, Grange and Potts Pies, Lancaster are very famous locally.
Handmade bread	Hazelmere Café, Grange Grange Bakery The Bread Shed Bakery, Cartmel If you want to make your own, buy stoneground flour from Heron Corn Mill, Beetham
Local beer	You can try the beer on site at these breweries: Lancaster Brewery, Lancaster Unsworth's Yard Brewery, Cartmel Foxfield Brewery at Prince of Wales Pub, Foxfield Greenodd Brewery at The Ship Inn, Greenodd Old School Brewery, Warton Look out for beers from these breweries in pubs around the bay: Hardknott Brewery, Millom Beckstones Brewery, Millom Abraham Thompson, Barrow-in-Furness Old Stringers, Ulverston Ulverston Brewing Company, Ulverston Fell Brewery, Flookburgh

## Food Experiences

Many of our foods are linked to specific “experiences”, such as eating chips on the beach, talking a walk to a hidden gem, or going on a brewery tour. Tell your visitors about where they might enjoy great experiences.

- Meander around Ulverston and take your pick from a variety of quirky cafes.
- Explore Whitbarrow National Nature Reserve, then refuel at Hikers Rest honesty shop in Beckfoot.
- Stroll along the promenade at Arnside, then enjoy some well-earned fish and chips on the beach.
- Get cosy in the Brief Encounter Refreshment Room at Carnforth Rail Station.
- Try a food walking tour by Footloose.
- Walk or cycle from Lancaster to Café de Lune, The Stork or picnic spots at Condor Green.
- Step back in time at Brucciani’s Ice Cream Parlour in Morecambe.
- Dine in style at Leighton Hall.
- Watch nature on live cameras in Leighton Moss nature reserve cafe.
- Admire the work of local artists and enjoy fantastic food at Wolfhouse Café or Yew Tree Barn.
- Take the boat to Piel Island from Rampside, near Barrow, and meet the king in his pub.
- Take a train to Foxfield and experience the homemade pies and real ale at the Prince of Wales pub and microbrewery.
- Book a place on Tasting Cumbria cookery course.
- Check out more options for food experiences in Bay Tourism Association’s Morecambe Bay Food and Drink Trail – contact them for your own copy.

**“ I love to visit Arnside chip shop after a walk, sit on the prom and catch the sun going down”**



## MORECAMBE BAY SENSE OF PLACE - TOOLKIT

Browsing a farmers market also makes for a great holiday experience. Here is a list of farmers Markets and food festivals around the bay:

- Ulverston food fair – monthly – 3rd Saturday
- Cartmel food market – monthly – 3rd Friday
- Milnthorpe farmers' market – monthly – 2nd Friday
- Morecambe farmers' market – monthly – 4th Thursday
- Pilling farmers market – monthly – 2nd Sunday
- Poulton le Fylde farmers market – monthly – 4th Saturday
- Lancaster charter market- weekly – Wednesday
- Carnforth charter market –weekly – Wednesday
- Lyth Valley Damson Day – annually – April
- Morecambe beer festival – annually
- Lancaster beer festival – annually
- Lancaster food and drink festival – annually
- Fleetwood beer festival – annually



© Cumbria Tourism

### FASCINATING FACTS

There are three kinds of Lancashire cheese – creamy, tasty, and crumbly? Have you tried them all?



© Tony Riden

To get the freshest foods that can be traced to its producers, visitors can buy from farm shops, pick fresh fruit and veg, or choose a restaurant, pub or café that “grows its own”.

Here are some suggestions:

- Ford Park, Ulverston
- Gillam's Tearoom and Grocers
- L'enclume, Cartmel
- Holker Hall food hall and cafe, Cark
- Sizergh farm shop and café, Sizergh
- Pick your own fruit at Park House Farm, Milnthorpe
- Witherslack Community Shop, Witherslack
- Hikers Rest, Beckfoot, Witherslack
- Archers café and farm shop at Red Bank Farm, Bolton le Sands
- Greenlands Farm Shop and cafe, near Carnforth
- Wallings Farm Shop and cafe, Cockerham
- Old Holly Farm Shop and cafe, near Garstang
- Bradshaws Farm Shop, Prospect Farm, Garstang Road

## Something Special

Sometimes a holiday calls for an extra special dining experience, and Morecambe Bay can certainly step up to the challenge.

Locals enjoy dining at these special places:

- L'enclume, Cartmel (2 Michelin stars, 3 AA Rosettes, Good food guide number 1 2014)
- Courtyard Restaurant at Clarence House, Dalton-in-Furness (2 AA Rosettes)
- Clarendon Hotel and Waterfront Restaurant (Taste Lancashire Quality Assured)
- The Sun Terrace Restaurant & Rotunda Bar at The Midland, Morecambe (local delicacies with amazing views)
- Brief Encounter Refreshment Room, Carnforth Station (for a step back in time)

### BUSINESS CASE STUDY

#### L'enclume

The Good Food Guide published its 2014 edition on 3rd September 2013 and the No. 1 spot was taken by Simon Rogan's restaurant L'Enclume for the very first time. This accolade adds to its 2 Michelin stars. Elizabeth Carter, Consultant Editor of the Good Food Guide, explains what makes L'Enclume so special: 'After achieving the top score in last year's Guide, Rogan and his team haven't missed a beat, despite the pressures of the past year – from opening the French at the Midland Hotel in Manchester to overseeing a pop-up restaurant in London. Rogan rightfully takes his place as leader of the pack when it comes to modern British cooking. His fantastic way with seasonal ingredients from the Cumbrian land and coast brings dishes that are a joyful celebration of this county's magnificent diversity. L'Enclume is truly deserving of the number one spot.'