



THE WELLSPRINGS



MENU

STARTERS

Soup of the Day £3.95

Served with a crusty roll

Guacamole £4.95

Served with a tortilla bowl, the traditional Mexican Salad, prepared with avocados, delicately seasoned

Quesadillas (V) £4.95

Grilled flour tortilla served with melted cheese and ranch salsa, topped with guacamole & Sour Cream

Taco Bowl £4.95

Chilli con carne in a corn bowl topped off with cheese and tortilla chips & Sour Cream

Paulos Nachos (V) £7.25

SERVES TWO

Corn tortilla chips covered with tomato salsa, melted cheese, guacamole, refried beans, sour cream, lettuce, onions, jalapeños, tomatoes, orange and pineapple.

Smoked Alistas £4.95

6 chicken wings seasoned, served hot with sweet chilli sauce & served with Spanish salad

Albondigas en Salsa de Chipotle £5.25

Meatballs with tomato salsa and jalapeños served on a bed of rice and topped with cheese and sour cream.

Nachos (V) £5.95

Corn tortilla chips covered with salsa and melted cheese, jalapeños, tomatoes, cucumber, orange & pineapple

MAIN DISHES

Chicken

Pollo Assado (Fajitas) £14.95

Chicken marinated in salsa with fried onions and green peppers, cheese and cream. Served on a sizzle platter with a tortilla wrap

Cajun Chicken £14.95

Chicken cooked in a hot and spicy Mexican style Cajun marinade with onions and peppers. Served on a sizzle platter with a tortilla wrap

Beef

Carne Assado (Fajitas) £14.95

Beef strips marinated in salsa with fried onion and green peppers, cheese and cream. Served on a sizzle platter with a tortilla wrap

Mexican Chilli £12.95

Minced beef with fried onions, peppers and bistec salsa sauce, served in a tortilla bowl with rice, topped with cheese and sour cream

Fish

San Felipe £14.95

Grilled swordfish cooked with onions, green peppers and mushrooms in a ranch salsa sauce.

Salmon Steak £13.95

Salmon cooked with onions, green peppers, and mushrooms in a ranch salsa sauce

Mussels Mariners £13.95

Mussels in a traditional white wine, onion and parsley sauce. Served with a crusty roll, and not rice, salad and beans

2 FOR 1 DISHES

Chicken

Chicken and Bacon £13.95

A chicken breast wrapped in bacon, served with a white wine and mushroom sauce

Chicken Chemichengas £13.95

A flour tortilla with chicken, oven baked to a golden brown, covered with ranch salsa, cheese, guacamole and sour cream

Chicken Enchiladas £13.95

A flour tortilla rolled and filled with chicken, oven baked, covered with enchiladas sauce, melted cheese and sour cream

Chicken Burrito £13.95

A flour tortilla with chicken, baked in the oven, served with cheese, lettuce, tomatoes, ranch salsa and sour cream

Beef

Chilli Enchiladas £13.95

Mexican Chilli wrapped in a tortilla, oven-baked and covered in an enchiladas sauce, topped with melted cheese and sour cream

Chilli Burrito £13.95

Chilli covered in bistec salsa baked in the oven, served with cheese, lettuce, tomatoes and salsa and sour cream

Chilli Chemichengas £13.95

Chilli covered in bistec salsa, oven-baked to a golden brown, served with cheese and topped with guacamole and sour cream

Beef Enchiladas £13.95

Beef strips covered in enchiladas sauce topped with melted cheese and sour cream

Beef Chemichengas £13.95

Beef strips covered in bistec salsa, oven-baked to a golden brown, served with cheese and topped with guacamole and sour cream

Beef Burrito £13.95

Beef strips covered in bistec salsa baked in the oven, served with cheese, lettuce, tomatoes, salsa, sour cream

Vegetarian

Vegetable Chemichegas £13.95

A flour tortilla oven baked to a golden brown, filled with mixed vegetables, served with cheese and topped with guacamole and sour cream

Vegetable Enchiladas £13.95

A flour tortilla, rolled and filled with vegetables, oven baked, covered with enchiladas sauce and melted cheese, served with sour cream

Vegetarian Burrito £13.95

A flour tortilla filled with mixed vegetables, baked in the oven and served with cheese, lettuce, tomato, ranch salsa and sour cream

All Main courses are served with Mexican rice, refried beans and salad.

SIDE ORDERS

Garlic Bread	£2.75
Chips	£2.95
Curly Fries	£2.95
Jalapeños	£1.50
Guacamole	£2.75

Olives	£3.95
Green Salad	£4.25
Cajun Mushroom Shroomies	£2.95
Cajun Onion Rings	£2.95



Please let us know if you have any dietary / allergy requirements.



We would kindly ask all our customers to be patient, as fresh food takes time to prepare.

**2 for 1 on all dishes
in the '2 for 1'
section of this menu
Tuesday, Wednesday,
Thursday and
Sunday.**

9 people maximum.

For parties of more than 9 people please contact staff for the deal.

Applies to the maximum even number in the party ie if there are 5 people then you get 2 free meals on the deal.

1 meal allowed per person.



The Wellsprings • Clitheroe Rd • Sabden • Lancashire • BB7 9HN
t: 01200 427722 • w: www.thewellsprings.co.uk