

crostini & stuzzichini

TASTY NIBBLES

A BOWL OF BREAD 3.95
olive oil & balsamic

MARINATED GREEN & BLACK OLIVES 4.95

GARLIC CIABATTA 3.75
with cheese 4.25

HOT TORTILLA CRISPS 4.50
sweet chilli dip

SAUTE OF KING PRAWNS 10.50
with chilli & garlic



SALT & PEPPER CALAMARI FRITTI 7.95
tartare sauce

PRAWN COCKTAIL 8.95

CAPRESE SALAD 7.95
mozzarella, tomato & basil

HOT SAUSAGES ON STICKS 4.95

HOMEMADE CHICKEN LIVER PATÉ 7.50
homemade chutney, brioche

BREAD & SALAMI 6.95

CROSTINI

SMOKED SALMON 7.50
cream cheese

HOUMOUS 5.95
red pepper & rocket

PARMA HAM 7.50
rocket & parmesan flakes

CRAB & AVOCADO 7.50
chilli & lime

TOMATO BRUSCHETTA 6.95
basil & garlic

sharing antipasto platters

CLASSIC ITALIAN 13.95
parma ham, salami, feta cheese, mozzarella, olives, sunblush tomatoes, homemade chutney, fresh baked bread

CHEESE BOARD 7.95
a selection of artisan cheeses, homemade chutney & biscuits

SEAFOOD 16.50
smoked salmon, crayfish, prawns, tuna paté, fresh baked bread, marie rose dip, lemon wedges

sandwiches & wraps

ALL SERVED WITH MIXED SALAD

SHREDDED DUCK WRAP 10.95
cucumber, spring onion & plum sauce

SMOKED SALMON 10.50
toasted sourdough, cream cheese

SPICY CHICKEN WRAP 9.50
peppers, onions & aioli

PRAWN & MARIE ROSE OPEN SANDWICH 9.75
rocket & lemon

THE MONTE CRISTO 8.95
ham, cheese & mustard mayo toastie dipped in egg & grilled

CHEESE ON TOAST 6.95
simple & delicious, homemade chutney

ROAST HAM SALAD SANDWICH 7.95
on wholemeal with chutney

TUNA SALAD SANDWICH 8.50
on wholemeal with mayonnaise

GRILLED CHICKEN & BACON CIABATTA 9.75
mayonnaise

ZEST CLUB 10.95
grilled chicken, bacon, avocado, egg, lettuce, tomato & mayo triple decker toastie

MELTED BRIE & CRISPY BACON CIABATTA 9.50
cranberry sauce

ITALIAN SAUSAGE CIABATTA & SAUTÉ ONIONS 9.50
mustard mayo dip

TUNA MAYO WRAP 8.50
spring onions, cucumber & cherry tomatoes

ASPARAGUS, AVOCADO & ROAST PEPPER 9.50
toasted sourdough with cream cheese

B.L.T. 8.50
Bacon, lettuce & tomato on wholemeal, mayonnaise

TUNA MELT CIABATTA 9.50
tuna topped with melted cheddar

HOUMOUS WRAP 8.95
crunchy salad vegetables, sweet chilli dip

CRAB AVOCADO & ASPARAGUS OPEN SANDWICH 10.95
toasted sourdough, chill & lime

GOATS CHEESE BRUSCHETTA 9.50
roast peppers, rocket & balsamic drizzle

MINUTE STEAK CIABATTA 10.75
sauté onions, 1000 island dip add blue cheese extra 1.50

burgers

HOMEMADE

HOUSEBURGER 11.95
100% pure beef, melted cheese, onion, salad, dill pickle on a gourmet bun, 1000 island dip & fries

NEW CHICKEN MILANESE BURGER 12.75
lettuce, tomato & mayonnaise in a gourmet bun & fries

MEXICAN BURGER 12.95
100% pure beef, jalapeno peppers, guacamole, melted cheese, on a gourmet bun, sweet chilli dip & fries

GARSTANG BLUE BURGER 12.95
100% pure beef, onion, mushroom, a melted blue cheese gourmet bun, 1000 island dip & fries

PO'BOY BURGER 12.95
breadcrumbs fresh fish goujons & crispy king prawns with salad on a gourmet bun, marie rose dip & fries

CHURRASCO BURGER 12.75
peri peri chicken breast, roast red pepper, melted cheese on a gourmet bun, salad, fries & peri mayo

bambini

KIDDIES (UNDER 10'S)

Fish goujons & chips 4.95

Cheese on toast 3.50

Chicken goujons & chips 4.95

Sausage & chips 4.95

Ham sandwich & chips 4.50

Grilled chicken & chips 5.50

Bacon & beans on toast 3.50

Pasta BOWL 3.95
spaghetti bolognese & garlic ciabatta

specialita della casa

HOUSE FAVOURITES

CHICKEN GOUJONS 9.45
salad & fries; aioli & sweet chilli dip

PERI PERI CHICKEN 12.95
grilled breast, chilli peppers & garlic; salad, fries & chilli mayonnaise

NEW CHICKEN MILANESE 12.95
pan fried breadcrumbed chicken breast with a fried egg, rocket, Parmesan salad & fries

SINGAPORE VERMICELLI 13.50
king prawns, chicken, stir fried crunchy vegetables, rice noodles, chilli, garlic & curry

CHILLI CON CARNE 12.50
rice, guacamole, tortilla crisps

DUCK STIR FRY 12.95
crunchy veg, soy, chilli & rice noodles

A BOWL OF FRESH MUSSELS 12.95
alla crema & fries

FISH GOUJONS 9.95
made with fresh haddock, salad & fries, tartare sauce

SALMON FISHCAKES 8.50
mixed salad; aioli & sweet chilli dip

CHICKEN ALLA CREMA 12.95
cream, mushroom, white wine & spinach, rice or fries

NEW CACIUCCO 14.50
mediterranean mix fish & seafood stew with chorizo, tomatoes, chilli, garlic & chickpeas

A TASTE OF THE DEEP SOUTH jambalaya 14.95
chorizo, chicken, king prawns, peppers, celery, onions & cajun rice

SEARED SALMON HOLLANDAISE 13.95
grilled asparagus, salad & fries

EGGS RANCHEROS 8.95
griddled eggs on a hot tortilla, peppers, tomatoes, onions, chilli & garlic try with chorizo 9.95

contorni

SIDES

crisp thin fries 3.50

garlic fries 3.95

mixed salad bowl 3.95

sweet potato fries 4.95

garlic ciabatta 3.95

with cheese 4.25

cheesy fries 4.75

spicy potato wedges 3.95

rocket & parmesan salad 4.25

Artisan PASTA

LASAGNA AL FORNO 12.50
Layers of pasta, rich beef ragu & creamy cheese sauce

PENNE ALL CREMA DI SCAMPI 13.50
Crayfish tails cream chilli & cherry tomatoes

SPAGHETTI BOLOGNESE 11.50
Rich beef ragu & Parmesan flakes

LINGUINI AL GRANCHIO 14.50
Fresh crab, cherry tomatoes, white wine, chilli, garlic & parsley

AUBERGINE PARMIGIANA 11.50
A traditional Italian dish of baked sliced aubergine layered with tomatoes, mozzarella & Parmesan gratin

PANZEROTTI AL FORNO 12.50
Homemade crepe parcels filled with chicken mushrooms & spinach baked in a creamy bechamel sauce with a Parmesan gratin

PENNE AMATRICIANA 11.50
Bacon, onions, chilli & tomato sauce topped with flakes of parmesan

PENNE CARBONARA 11.50
Bacon eggs cream & Parmesan flakes

LINGUINI PORTOFINO 14.50
House speciality with fresh seafood, garlic, chilli, white wine, basil & cherry tomatoes

insalata

SALADS

CRAB & PRAWN SALAD 12.95
avocado, cucumber, cherry tomatoes, peppers, leaves, red onion & marie rose dip

GREEK SALAD 9.50
feta cheese, olives, mixed salad & a pot of houmous

CAESAR 11.50
grilled chicken & bacon, anchovies, parmesan & croutons

CRAYFISH & AVOCADO 12.95
rocket, cherry tomatoes, red onions, cucumber, lemon & lime wedges

AVOCADO & CRISPY BACON 9.50
salad leaves, peppers, red onions, cherry tomatoes & cucumber

GRILLED GOATS CHEESE 11.50
beetroot, pomegranate, pumpkin seeds, mixed salad & balsamic drizzle

CRISP SHREDDED DUCK 12.50
crunchy salad, apples & plum sauce

SPICY MARINATED CHICKEN 11.50
mango, cherry tomatoes, salad leaves, peppers, red onions, cucumber & aioli

Many of our dishes can be adapted to suit lacto vegetarian requirements

In accordance with Food Standards Agency Regulations

FOOD ALLERGY

Please advise if you have an allergy to any foods.

We can provide you with a list of any allergens in the dish you choose to ensure a safe eating experience.