



## APPETISERS

NOCELLARA OLIVES	£3.95
SOURDOUGH GARLIC BREAD	£5.50
GARLIC BREAD WITH CHEESE AND/OR TOMATO	£6.25
SWEET POTATO WEDGES with crème fraiche (V)	£4.50
SELECTION OF CRUDITÉS & BRASSICA with hummus (V)	£6.50
HUMMUS with sourdough pizza bread (V)	£6.25

## STARTERS

OCTOPUS SALAD New potatoes, tomatoes, cucumber, watercress, olive oil, garlic and lemon dressing	£8.95
PRAWN PIL PIL Baked king prawns in olive oil, garlic, chilli, paprika, lemon, chopped parsley, served with crusty sourdough bread	£9.50
GRILLED BARRA ISLAND SCALLOPS Hand dived scallops, gremolata dressing, parmesan and breadcrumb crust	£10.95
CHICKEN SATAY Marinated chicken skewers, peanut sauce, Thai salad, sweet chilli dressing	£7.25
BEEF CARPACCIO Pepper rolled Angus beef fillet, rocket, parmesan, lemon	£9.75
CORNISH CRAB SALAD Hand picked crab, lemon aioli, buttered brown bread	£9.95
BURRATA MOZZARELLA & FIGS Burrata, fig, beetroot, rocket salad, honey & balsamic dressing (V)	£8.95
CHICKPEA CORIANDER CAKE Mango and pomegranate salsa, watercress, honey and lime dressing (V)	£7.25
MELANZANE PARMIGIANA Classic Sicilian layers of sliced aubergines, tomato, parmesan, provolone, mozzarella, basil, served with crusty sourdough bread (V)	£8.25
DUCK AND POMEGRANATE APPLE SALAD Mixed leaves, apple, pomegranate, toasted mixed seeds, balsamic & honey dressing	£8.95
MEAT BALLS Minced Angus beef, baked in a rich tomato sauce served with crusty sourdough bread	£7.25

## WOODFIRED SOURDOUGH PIZZA

### "Know Your Dough"

The beauty of sourdough is it does the work for you! As a result of the 'long fermentation' process (it takes us at least 36 hours to prove our sourdough) the enzymes do all the hard work for you and break down the gluten and starch delivering a highly digestible, low G.I., bread which is much easier on the body and gives you a light, crispy base to enjoy with incredible toppings.

ROSSO Tomato, roasted red pepper, red chilli, red onion, mozzarella and garlic (V)	£12.50
ROMEO SALTA Tomato, buffalo mozzarella, parma ham, rocket	£12.95
MARGHERITA The classic pizza of Napoli with tomato, buffalo mozzarella, basil (V)	£8.95
MARINARA Tomato, fresh anchovies, oregano, garlic and chilli	£10.95
CALABRESE 'Nduya sausage, Calabrian sliced spicy sausage, buffalo mozzarella, tomato, oregano	£13.50
FIorentina Tomato, spinach, egg, buffalo mozzarella (V)	£12.50
GOATS CHEESE Goat cheese, roasted mixed beets, red onion, pine nuts and tomato (V)	£13.50
GAMBERONI King prawns, roasted peppers, buffalo mozzarella, chilli, pesto, tomato	£14.50
SORRENTO Italian ham, mushrooms, buffalo mozzarella, tomato, oregano	£12.95
SLOW ROAST DUCK Hoisin sauce, spring onion, cucumber, spinach, mozzarella	£13.95
PORCINI MUSHROOM & ALBA TRUFFLE Porcini mushroom, garlic, mozzarella, fontina, shaved Alba truffle ("Bianco") (V)	£13.95
MEATBALL Our homemade meatballs, onions, tomato and chilli	£12.95

## CHARCOAL GRILL & WOODFIRED OVEN

The combination of fire, smoke, salt and meat is probably the first recipe discovered by man. Move on a couple of centuries, and it's still the healthiest way to eat any protein. The cooking over raw flame and intense heat produces the most miraculous transformation in all cuisine, enjoy . . .

All our beef is Black Angus cattle, locally sourced and aged for 35 days. Our steaks come with a choice of sauce: béarnaise, peppercorn or red wine jus.

FLASH GRILLED FLATTENED RUMP STEAK Skinny chips	£15.95
10OZ RIB EYE STEAK Paris butter, skinny chips	£24.50
18OZ BONE IN RIB EYE STEAK Paris butter, skinny chips	£31.50
6OZ FILLET STEAK Sweet potato chips	£23.95
8OZ FILLET STEAK Skinny chips	£28.95
CHATEAUBRIAND STEAK (500G) Béarnaise sauce, broccoli, skinny chips	£59.00

CLASSIC CHEESE BURGER 8oz ground Aberdeen Angus beef, cheddar cheese, beef tomato, iceberg lettuce, mayonnaise, skinny chips, brioche bun	£13.50
GRILLED PAILLARD OF CHICKEN Spinach with garlic and chilli, lemon olive oil dressing, homemade tomato ragù	£15.95
GRILLED LAMB CHOPS Roasted red peppers, basil oil	£19.95
OVEN ROASTED SPATCHCOCK CHICKEN Lemon, garlic, thyme, sweet potato chips	£17.50
SWEET POTATO BAKE Sweet potato, spinach, pulses and chickpeas baked in a tomato and cumin ragù. Served with a beetroot, avocado, hazelnut and rocket salad with house dressing (V)	£14.95
LASAGNA Rich beef ragù, layers of fresh pasta, and a combination of Mozzarella & Parmesan cheese. Served with your choice of skinny fries or mixed salad	£15.95

## FISH & SHELLFISH

All our fish and shellfish are responsibly caught from sustainable sources. Be it our Plaice from Morecambe Bay or the hand dived scallops from Barra, we go to great lengths to ensure we get the best fish daily.

HONEY & LIME ROASTED SALMON Quinoa salad, honey & lime dip	£15.95
OVEN ROASTED FILLET OF PLAICE Lemon and parsley butter	£18.95
GRILLED HAKE Roasted cherry tomato, chorizo, puy lentil ragù, basil and a hint of chilli	£24.95
MONKFISH, KING PRAWN AND SCALLOP SKEWERS Roasted pepper, grilled broccoli, quinoa and lemon olive oil	£19.95
OVEN ROASTED SEA BASS FILLETS Broccoli with garlic and chilli	£18.50
ROASTED WHOLE FISH OF THE DAY (MARKET PRICE) We believe the best way to enjoy this fish is roasted on the bone, enjoy it!	

## SALAD

HERITAGE BEETROOT Roasted beetroot, hazelnuts, grilled tenderstem broccoli, avocado, rocket, roasted seeds, horseradish crème fraiche (V)	£12.50
SALMON TERIYAKI Tenderstem broccoli, spinach, quinoa, cherry tomato and edamame bean, teriyaki dressing . . . your super food salad!	£16.50
CHICKEN & AVOCADO Grilled chicken paillard breast, tomato, beetroot, watercress, spinach, mixed seeds and house dressing	£15.95
CHICKEN CAESAR Baby cos lettuce, parmesan shaving, croutons, anchovies, pancetta	£13.50
WARM GOAT CHEESE Roasted beetroot, aubergine, red onion jam, honey, balsamic (V)	£11.95

## SIDE ORDERS

MIXED SALAD WITH HOUSE DRESSING	£4.50	SPINACH WITH GARLIC AND CHILLI	£4.25	TRIPLE COOKED CHIPS	£3.95
ROCKET AND PARMESAN SALAD WITH BALSAMIC DRESSING	£4.25	GRILLED TENDERSTEM BROCCOLI	£4.25	SKINNY CHIPS	£3.95
QUINOA TABBOULEH SALAD	£4.00	GRILLED ASPARAGUS, SWEET SOY SESAME	£4.50	SWEET POTATO CHIPS	£3.95
		OVEN ROASTED HERITAGE TOMATOES	£4.25	MINTED NEW POTATOES	£3.95

## WEEKEND BREAKFAST

"Breakfast is everything. The beginning, the first thing. It is the mouthful that is the commitment to a new day." A. A. Gill

FROM 9AM TO 11:30AM, EVERY WEEKEND.