

Starters

**home-made bread /
garlic bread** £5
(contains dairy)

soup of the day £9

sushi £11
inside out salmon avocado /
lightly fried salmon avocado /
fried tuna avocado tempura

veggie spring rolls £13

mezze platter £13
dip selection. home made bread

burnt aubergine £13
tahini. pine nuts. yogurt dressing.
home-made bread

deep-fried mushrooms £14
garlic butter. cheese. rocket. cherry
tomatoes. pomegranate. walnut

avocado tower £15
corn pancake. avocado. smoked
salmon. yogurt dressing

parmigiana £16
aubergine rolls. cheese blend.
rose sauce

tuna carpaccio £18
seared tuna. pepper. black olives.
rocket. balsamic vinaigrette

cheese nachos £18
cheese sauce. guacamole.
tomato-red onion salsa.

crispy breaded mozzarella sticks £18
trio dip

All day brunch

omelette £17
filling choices: mozzarella/onion,
mushrooms/tomatoes/spinach.
salad.

jacket potato £17
tuna mix / baked beans
/ melted cheese

egg boat £17
scrambled eggs. & mozzarella baked
in home-made bread. fillings of your
choice: onion. mushrooms.
tomatoes. spinach. salad

shakshuka £18
garlic-tomato confit. aubergine.
grilled peppers. eggs.

toasted jerusalem bagel £18
melted cheese

creamy mushroom topping
tuna mix & cheese melt
olives. sweetcorn. Pickles
Smoked salmon cream cheese

smashed avocado on toast £19
fried eggs. smoked salmon. salad

Salads

caesar £17
romaine lettuce. avocado. cherry
tomatoes. fresh mushrooms. sour-
dough croutons. parmesan-anchovy
dressing.

quinoa salad £22
organic quinoa. grilled veggies.
tossed mushrooms.halloumi,
mixed leaves

halloumi £22
grilled halloumi. deep fried roots.
avocado. raw beetroot. mixed
leaves. sweet potato crisps.
sweet-chilli confit

Salads cont

hearts of palm £23
lettuce. palm hearts. avocado.
radish. cucumber. cherry toma-
toes. boiled egg. olives. tuna mix.
red onion. sweetcorn. olive oil-
lemon vinaigrette (olive contain peeps)

warm mozzarella £23
mixed leaves. quinoa. alfalfa.
caramelised pecan. avocado.
pomegranate. cucumber.
sweet potato crisps. breaded
mozzarella. chimichuri dressing

camembert salad £24
toasted sourdough with melted
camembert. mixed leaves.
aubergine. black olives. avocado.
beetroot. tomatoes. caramelised
pecan. red onion. pomegranate
seeds. maple-pecan vinaigrette

cheese trio £25
mixed leaves. french camembert.
feta. halloumi. grapes.
strawberries. avocado. cherry
tomatoes. carrot shavings. green
olives. pecan nuts. walnut-honey
vinaigrette. sweet potato crisps

sea bass salad £27
rocket. roasted pumpkin. green
beans. toasted almonds. pear.
pomegranate seeds. cucumber,
radish, carrots

asian salmon salad £29
salmon in teriyaki. sesame.
cucumber. avocado. toasted
almonds. alfalfa. green beans.
carrot. mushrooms. pumpkin. raw
beetroot. orange segments. soy &
honey vinaigrette





Pasta

pomodoro £15

linguini. tomatoes

arabiatta £16

chilli. garlic. onion. olives.
tomato sauce

fettuccini alfredo £18

sautéed mushrooms. cream

mediterranean pasta £18

onion. courgettes. peppers. olives

veggie noodles £19

mixed peppers. courgette. onion.
leek. mushrooms. carrot. sweet
chilli-soy add salmon £8

healthy pasta £20

red onion. asparagus. olives.
courgettes. spinach. olive oil.
garlic butter

gnocchi £21

rose sauce. spinach. mushrooms.
parmesan

al-forno £21

penne. rose sauce. red onion. leek.
black olives. mozzarella melt.

lasagne £22

béchamel. tomatoes. mixed
vegetables mozzarella.

home-made ravioli £23

Filling:

cheese / mushroom/ sweet potato

Sauce:

tomato/ cream/ rose/ pesto

pesto pasta £25

smoked salmon. creamy fettuccini.
red onion. black olives.

salmon risotto / fettuccini £27

cubed salmon. mushrooms.
courgette. asparagus.
creamy sauce

Risotto

risotto crema £20

creamy mushroom. asparagus.

risotto bello £20

tomato sauce. green beans. onion.
asparagus. green leek.

Fish

fish goujons £25

cod fillet. panko. chips. salad

fish & chips £28

haddock fillet. batter. chips. salad

salmon teriyaki £31

grilled salmon fillet. stir fry
veggies. rice

salmon steak £34

creamy risotto. mushrooms.
asparagus.

salmon skewers £34

seasoned rice. green beans.
asparagus. courgettes. spinach

cod shawarma £35

aubergine. tahini . roast potatoes.
grilled tomato. onion. pickles.

salmon tandoori £35

baked potatoes. courgette.
aubergine. sautéed spinach.
red pepper. korma dressing

herb- crusted cod £35

mashed potato. roasted
courgettes. asparagus. grilled
cherry tomatoes. caper-dill sauce

fillets of sea bass £35

roasted new potatoes. sweet potato.
grilled tomatoes. lemon-cream

tuna steak £38

roast potatoes. asparagus. roasted
carrot. sautéed mushroom. creamy
peppercorn sauce

Side

chips £6

rice £6

roast potatoes £6

small salad £6

Pizza

classic £15

toppings £1.50

olives. mushrooms. sweetcorn.
aubergine. peppers. spinach. chilli.
extra cheese / tuna £2

fungi £17

mushrooms. truffle

fiorentina £18

pomodoro. spinach. black olives.
egg. parmesan

sunset pizza £18

pomodoro. mozzarella. orange
cheddar. halloumi. parmesan.
potato crisps

tuna pepperoni £22

pomodoro. mozzarella. tuna
carpaccio. rocket

trio pizza dips £1.5

garlic-mayo. sweet chilli.
thousand island

Kids

pizza £10

tomato penne £10

creamy-melted penne £11

pancakes £11

kids goujons & chips £13