



mediterranean
restaurant & bar

spring / summer menu

2010

Appetisers

Andalucian Olives [v]	£2.95
Artisan Bread with Olive Oil and Balsamic Vinegar [v]	£2.75
Garlic Pizza Bread [v]	£3.25
Garlic & Tomato Pizza Bread [v]	£3.45

Starters

Calamari Fritti	£4.95
Deep fried calamari served with lemon, rocket and aioli	
Soup du Jour [v]	£3.75
With fresh bread	
Grilled Goats Cheese [v]	£4.75
On toasted brioche with caramelised red onions and a sultana and mango chutney	
Bresaola	£5.45
Marinated and dried beef fillet served with rocket and parmesan shavings	
Gambas al Pil Pil	£5.95
Prawns sautéed with garlic, chilli & parsley served with tomato rubbed bread	
Fresh Asparagus [v]	£5.45
Warm asparagus served with Grana Padano shavings and olive oil	
Moules Marinière	£5.75
Fresh mussels steamed with a garlic, shallot, white wine and cream sauce	
Chicken & Grapefruit Salad [n]	£4.75
Marinated chicken with grapefruit and pistachio nuts	
Oak Smoked Salmon and Clementines	£5.95
Served with a cress salad and a clementine dressing	
Chicken Liver & Rosemary Paté	£4.95
Served with toasted ciabatta & redcurrant chutney	
Grilled Sardines	£4.95
Marinated and grilled sardines served with a baby leaf salad and lemon	
Insalata Caprese [v] [n]	£4.45
Buffalo mozzarella, beef tomatoes, and basil leaves with pesto and olive oil	

Sharing Boards

Greek Mezze – for two to share	£8.95
Pitta bread, tzatziki, hummus, olives, taramasalata, chargrilled haloumi and Greek salad	
Spanish – for two to share	£8.95
Pan fried chorizo in red wine, Serrano ham, deep fried calamari, roasted garlic aioli, Andalucian olives and manchego shavings	
Italian – for two to share	£8.95
Prosciutto crudo, Milano salami, buffalo mozzarella and cantaloupe melon	

Salads

Greek Salad [v]	£7.95
Feta cheese, tomatoes, black olives, cucumber, romaine lettuce and red onion, drizzled with olive oil	
Seared Tuna & Fennel Salad	£9.95
Chargrilled fresh tuna with fennel, romaine lettuce, chicory and finished with a lemon dressing	

Pizza

Margherita [v]	£6.75
Tomato, mozzarella and oregano	
RuStica [v]	£8.25
Roasted vegetables, tomato and goats cheese	
Quattro Stagioni	£8.95
Italian ham, mushrooms, mozzarella, olives and artichokes	
Pepperoni Piccante	£9.25
Pepperoni, mozzarella and fresh chillies	
Pollo PeSto [n]	£9.45
Chicken, roast peppers, red onions, pesto and mozzarella	
Quattro Formaggi	£8.75
Mozzarella, dolcelatte, Grana Padano and goats cheese	

Main Courses

Chicken Schnitzel	£8.95	Steak Frites	
Chicken breast coated in breadcrumbs and herbs served with fennel coleslaw		28 day aged 8oz Sirloin steak with French fries	£13.95
Prawn and Chilli Linguine	£9.45	28 day aged 10oz Rib-eye steak with French fries	£15.95
Prawns marinated in chilli and garlic served with linguine pasta and finished with rocket		(peppercorn, roasted shallot or dolcelatte sauce £1.25)	
Greek Moussaka	£8.95	Pan Fried Sea Bass	£12.45
Lightly spiced lamb, tomatoes and aubergines topped with cheese sauce and parmesan		Pan fried sea bass fillets served with artichokes and roasted cherry tomatoes	
Moroccan Lamb Tajine	£10.45	Chicken Cacciatore	£8.95
Slow cooked, spiced lamb and moroccan vegetables served with spiced cous cous and a green pepper salsa		Roasted chicken breast with a red pepper, mushroom, onion & tomato sauce	
Sweetcorn Frittatas [v]	£8.45	Bouillabaisse	£10.95
Served with an avocado, tomato and chilli salsa		Classic Mediterranean fish stew made with calamari, mussels, red mullet and monkfish	
Andalucian Pork Fillet	£10.95	Whole Grilled Plaice	£11.95
Pork fillet wrapped in parma ham and served with an apricot and sherry sauce		Fresh whole grilled plaice served with a caper and herb butter	
Breaded Lamb Cutlets	£9.95	Tuscan Meatballs [n]	£8.45
Pan fried breaded lamb cutlets served with a coriander and yoghurt dip		In a rustic tomato sauce served with pappardelle pasta and parmesan shavings	
Basil, Peŕsto and Tomato Linguine [v] [n]	£7.95	Mushroom Risotto [v]	£7.95
Fresh basil and cherry tomatoes tossed in a peŕsto cream sauce served over linguine		With rosemary, spinach and parmesan shavings	
Salmon Fishcakes	£8.95	Moroccan Vegetable Tajine [v] [n]	£7.95
Poached salmon and herb fishcakes served with French fries, lemon mayonnaise and rocket		Spiced vegetable casserole served with cous cous, tzatziki and a pistachio crumb	

Sides

Courgette Fritti	£3.25	Buttered New Potatoes	£2.75	Greek Salad	£3.25
Mange Tout	£2.95	Rocket and Parmesan Salad	£2.95	Fennel Coleslaw	£2.95
House Salad	£2.95	Tomato and Onion Salad	£2.95	French Fries	£2.75

PRIX FIXE	2 courses £11.95	3 courses £13.95	Mon - Fri 4-7pm	Saturday 4-6pm	Sunday all day
Starters	Main Courses		Desserts		
Soup du Jour [v]	Steak Frites (6oz 28 day aged sirloin)		Tarte au Citron		
Calamari Fritti	Chicken Cacciatore		Classic Vanilla Crème Brûlée		
Grilled Goats Cheese [v]	Salmon Fishcakes		White Chocolate and Orange Panna Cotta		
Chicken Liver & Rosemary Paté	Mushroom Risotto [v]				
	Basil, Peŕsto and Tomato Linguine [v] [n]				

Desserts

Classic vanilla Crème Brûlée	£4.25
Mascarpone and Vanilla Cheesecake [n] Served with Chantilly cream and passion fruit syrup	£4.95
White Chocolate and Orange Panna Cotta Served with a raspberry coulis	£4.50
Fruit and Berries Served with dipping pots of chocolate, yoghurt and orange blossom honey	£4.50
Tarte au Citron A light tangy lemon tart served with orange creme fraiche	£4.45
Warm Chocolate Fondant Served with vanilla ice cream (15 minutes cooking time)	£4.95
Tiramisu Coffee, mascarpone and sponge pudding sprinkled with chocolate flakes	£4.95
Selection of Ice Cream Served with fresh berries	£3.95
Mediterranean Cheese Board - for two to share Camembert, dolcelatte and manchego served with sultana and mango chutney and crackers (also available for 1 person for £5.75)	£8.25
Dessert Sharing Plate [n] Vanilla crème brûlée, tiramisu, vanilla cheesecake and tarte au citron with fresh fruit and chocolate ice cream	£8.95

[v] = suitable for vegetarians

[n] = contains nuts

Due to the presence of nuts in some products, there is a small possibility that nut traces may be found in any of our menu items.

Please inform our staff of any special dietary requirements.

For parties of eight or more, a discretionary 10% service charge will be added to the bill - thank you.

Coffees

Fresh ground coffee	£1.95
Espresso	£1.95
Double Espresso	£2.25
Cappuccino	£2.25
Latte	£2.50
Macchiato	£1.95
Hot Chocolate	£2.50
Tea	£1.75
Herbal & Fruit Tea	£1.75

Liqueur Coffees

French with Martell	£3.95
Italian with Disaronno	£3.95
Irish Cream with Baileys	£3.95
Calypso with Tia Maria	£3.95
Caribbean with Captain Morgan	£3.95
Irish with Jameson	£3.95
Seville with Cointreau	£3.95

Monday Special

2 courses and a bottle of house wine
each for just £17.50 per person