



mediterranean
restaurant & bar

autumn / winter menu

2010

AU SOLEIL
Pizzeria Pizzeria Restauration

Menu board with prices and descriptions:

15	20
15	16
6	

Appetisers

Garlic Pizza Bread (v)	£3.45
Garlic and Tomato Pizza Bread (v)	£3.75
Andalucian Olives (v)	£2.95
Artisan Bread with olive oil and balsamic (v)	£2.95

Starters

Gambas al Pil Pil	£5.95
Prawns sautéed with garlic, chilli and parsley served with tomato rubbed bread	

Chicken Liver & Rosemary Paté	£4.95
Served with toasted ciabatta and an orange & apricot chutney	

Calamari Fritti	£4.95
Deep fried calamari served with lemon, rocket and aioli	

Soup du Jour (v)	£3.95
With fresh bread	

Grilled Goats Cheese (v)	£4.95
On toasted brioche with caramelised red onions and an apple & cranberry chutney	

Sicilian Arancini (v)	£4.95
Breaded mozzarella & spring onion risotto balls served with a warm Neapolitan sauce	

Dijon Chicken Salad	£5.95
Warm salad of chicken, pancetta and roasted red peppers, topped with a Dijon yoghurt dressing	

Insalata Caprese (v) (n)	£4.75
Buffalo mozzarella, beef tomatoes and basil leaves with pesto and olive oil.	

Grilled Sardines on Toast	£5.45
Marinated and grilled sardines served on toasted brioche with a roasted red pepper & balsamic compote	

Chorizo Frito al Vino	£5.25
Chorizo pan fried in red wine with garlic, chopped herbs and served with grilled ciabatta	

Moules Marinière	£5.95
Fresh rope grown mussels steamed in a white wine, parsley, lemon & cream sauce	

Sharing Boards

Italian – for two to share	£9.95
Prosciutto crudo, salami Milano, mortadella, grilled portobello mushrooms Stuffed with gorgonzola, Sicilian arancini, parmesan shavings and warm Neapolitan sauce	

Greek Mezze – for two to share	£9.95
Pitta bread, tzatziki, hummus, olives, taramasalata, chargrilled haloumi and Greek salad	

Spanish – for two to share	£9.95
Pan fried chorizo in red wine, Serrano ham, calamari, roasted garlic aioli, Andalucian olives and manchego wedges	

Pizza and Pasta

Margherita Pizza (v)	£7.95
Tomato, mozzarella and oregano	

Pepperoni Piccante Pizza	£9.75
Pepperoni, mozzarella and fresh chillies	

Pollo Peŕsto Pizza (n)	£9.75
Chicken, roasted peppers, red onions, pesto and mozzarella	

Ruŕtica Pizza (v)	£8.95
Roasted vegetables, tomato, goats cheese and rocket	

Caprese Pizza (v)	£9.45
Buffalo mozzarella, sliced beef tomatoes and basil leaves	

Quattro Stagioni Pizza	£9.95
Prosciutto, mushrooms, mozzarella, olives and artichokes	

Prawn and Chilli Linguine	£9.45
Prawns marinated in chilli and garlic served with linguine pasta and finished with rocket	

Tuscan Meatballs (n)	£8.95
In a rustic tomato sauce with tagliatelle and parmesan shavings	

Wild Mushroom Tagliatelle (v)	£8.45
Sautéed wild mushrooms in a white wine and shallot cream sauce, served on tagliatelle	

Spaghetti Carbonara	£8.95
Spaghetti with sautéed pancetta, cream and parmesan cheese	

Main Courses

Coq Au Vin £10.95

Marinated and braised chicken cooked in a red wine sauce with pancetta, mushrooms and silverskin onions

Moroccan Lamb Tajine £12.45

Slow cooked spiced lamb served with cous cous, Moroccan vegetables and green pepper salsa

Salmon Fishcakes £9.65

Poached salmon & herb fishcakes served with French fries, lemon mayonnaise and rocket leaves

Andalucian Pork Fillet £12.45

Pork fillet wrapped in prosciutto, roasted and served with a spinach, apricot & sherry cream sauce

Greek Moussaka £10.95

Lightly spiced lamb, tomatoes and aubergines topped with cheese sauce and parmesan

Pan Fried Sea Bass £12.45

Pan fried fillets of sea bass served with roasted chorizo, baby plum tomatoes, red onion and finished with rocket leaves

Chicken Forestière £9.95

Roasted chicken breast with sautéed wild mushrooms, leeks and a red wine cream sauce

Greek Salad (v) £8.95

Feta cheese, tomatoes, cucumber, romaine lettuce, red onion and black olives dressed with olive oil and aged balsamic

Steak Frites

28 day aged 8oz sirloin £15.95

28 day aged 10oz rib-eye £17.95

Served with rocket, French fries and your choice of peppercorn, roasted shallot or dolcelatte sauce

Moroccan Fish Stew (n) £12.95

Spiced fish stew of red mullet, cod, mussels, calamari and chickpeas with toasted almonds and coriander

Confit Duck £11.95

Roasted duck leg in a red wine & thyme jus, served with a mixed bean, tomato & chorizo cassoulet

Grilled Plaice £12.45

Fresh whole grilled plaice served with buttered green beans and salsa verde

Beef Bourguignon £11.95

Slow cooked beef in red wine with mushrooms and silverskin onions, served with pommes purée

Smoked Haddock, Chive and Pea Risotto £8.95

Vialone rice with smoked haddock, chives and peas

Goats Cheese, Leek and Red Pepper Tart (v) £8.95

Puff pastry tart with roasted red peppers, sautéed leeks and goats cheese, served with a baby mixed leaf salad

Moroccan Vegetable Tajine (v) (n) £9.45

Spiced vegetable casserole served with cous cous, tzatziki and a pistachio crumb

Sides

French Fries	£2.95	French Beans	£3.25	Greek Salad	£3.25
Mashed Potatoes	£2.95	Courgette Fritti	£3.25	House Salad	£3.25
Buttered New Potatoes	£2.95	Buttered Chantenay Carrots	£3.25	Rocket and Parmesan Salad	£3.25

PRIX FIXE 2 courses £11.95 3 courses £13.95 Mon - Fri 4-7pm Saturday 4-6pm Sunday all day

Starters

Soup du Jour (v)
Grilled Goats Cheese (v)
Dijon Chicken Salad
Calamari Fritti
Chicken Liver & Rosemary Pate

Main Courses

Steak Frites (6oz 28 day aged sirloin steak)
Salmon Fishcakes
Smoked Haddock, Chive and Pea Risotto
Chicken Forestière
Wild Mushroom Tagliatelle (v)

Desserts

Tiramisu
Classic Vanilla Crème Brûlée
White Chocolate & Orange
Panna Cotta

Desserts

White Chocolate & Orange Panna Cotta	£4.95
Served with a raspberry coulis	
Chocolate Brownie (n)	£4.95
Served warm with vanilla ice cream and chocolate fudge sauce	
Tiramisu	£4.95
Coffee, mascarpone & sponge pudding sprinkled with chocolate flakes	
Classic Vanilla Crème Brûlée	£4.50
Vanilla Mascarpone Cheesecake	£4.95
Served with Chantilly cream and a black cherry compote	
Panettone Bread & Butter Pudding	£4.95
Caramelised panettone bread & butter pudding served with vanilla ice cream	
Warm Chocolate Fondant	£5.45
Served with pistachio (n) ice cream (10 minutes cooking time)	
Fruit and Berries	£5.95
Served with dipping pots of chocolate, yoghurt and orange blossom honey	
Dessert Sharing Plate (n)	£9.95
Vanilla crème brûlée, tiramisu, vanilla cheesecake and warm chocolate brownie with fresh fruit and vanilla ice cream	
Mediterranean Cheese Board	£8.95
Camembert, dolcelatte and manchego served with orange & apricot chutney (also available for 1 person for £5.95)	
Selection of Ice Creams	£4.25
3 scoops of vanilla, strawberry, chocolate or pistachio (n)	

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

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(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.