

Desserts

Classic Vanilla Crème Brûlée	£4.25	(n) Affogato di Gelato	£4.25
		A shot of espresso & amaretto over vanilla ice cream, topped with amaretti biscuit	
White Chocolate & Orange Panna Cotta	£4.50	(n) Lemon & Mascarpone Cheesecake	£4.75
Served with passion fruit sauce		Served with chantilly cream & lemon sauce	
Warm Chocolate Fondant	£4.95	Fruit & Berries	£4.50
<i>(10 mins cooking time)</i>		Served with dipping pots of chocolate, yoghurt & orange blossom honey	
Served with vanilla ice cream & fresh raspberries		Mediterranean Cheese Board (for 2 to share)	£8.25
Tiramisu	£4.95	Camembert, dolcelatte & manchego served with tomato ginger chutney, celery & crackers	
Coffee, mascarpone & sponge pudding sprinkled with chocolate flakes			
Selection of Ice Cream	£3.95		
Served with fresh berries			

Coffees

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

Liqueur Coffees

French	£3.95	Carribbean	£3.95
With Martel		With Captain Morgan	
Italian	£3.95	Irish	£3.95
With Disaronno		With Jameson	
Irish Cream	£3.95	Seville	£3.95
With Baileys		With Cointreau	
Calypso	£3.95		
With Tia Maria			

Monday Special

2 courses & bottle of house wine
each £17.50 per person

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 8 or more, a discretionary 10% service charge will be added to the bill, thank you.

(v) = suitable for vegetarians (n) = contains nuts

spring / summer menu

2009



mediterranean
restaurant & bar

Appetisers

Andalucian Olives	£2.95	Garlic Ciabatta	£2.75
<i>Artisan Bread (with olive oil & balsamic vinegar)</i>	£2.75	Garlic Ciabatta with mozzarella cheese	£3.25

Starters

Calamari Fritti	£4.95	Moules Marinière	£5.25
Deep fried calamari served with lemon, rocket & aioli		Fresh rope grown mussels steamed with a garlic, shallot, white wine & cream sauce	
(v) Soup du Jour	£3.75	Pan Fried Chorizo	£4.95
Homemade soup with fresh bread		Cooked in olive oil & red wine, served with toasted bread	
(v) Grilled Goats Cheese	£4.75	Gambas al Pil Pil	£5.95
On toasted brioche with caramelised red onions & ginger tomato chutney		Prawns sautéed with garlic, chilli & parsley served with tomato rubbed bread	
(n) (v) Insalata Caprese	£4.95	Chicken Liver & Rosemary Paté	£4.95
Mozzarella, tomatoes & basil leaves drizzled with pesto		Served with crusty bread & redcurrant chutney	

Sharing Boards

Spanish	£8.95	(v) French	£8.95
Pan fried chorizo in red wine, serrano ham, calamari fritti, roasted garlic aioli, Andalucian olives & manchego cheese		Baked camembert served with celery, bread sticks, ginger tomato chutney	
		Italian	£8.95
		Prosciutto crudo, salami milano, mozzarella & cantaloupe melon	

Pizza & Panini

(v) Margherita Pizza	£6.25	Spanish Panini	£5.75
Tomato, mozzarella & oregano		Serrano ham, manchego cheese, piquillo peppers & red onions	
Quattro Stagioni Pizza	£8.95	(v) Caprese Panini	£5.50
Prosciutto, mushrooms, mozzarella, olives & artichokes		Mozzarella, tomato, fresh basil & pesto	
Pepperoni Piccante Pizza	£9.25	Steak Panini	£6.50
Pepperoni, mozzarella & fresh chillies		Chargrilled rump steak & caramelised onions	
Pollo Pesto Pizza	£9.45		
<i>(n)</i> Chicken, roast peppers, roast onions, pesto & mozzarella			
(v) Rustica Pizza	£8.25		
Roasted vegetables, tomato & goats cheese			

Mains

Pollo di Milanese	£9.95	Steak Frites	£13.95
Breadcrumbs chicken breast stuffed with Italian ham & mozzarella on tomato spaghetti		28 day aged 8oz chargrilled sirloin steak served with French fries <i>(peppercorn, red wine or roasted shallot sauce £1.25)</i>	
(n) Tuscan Meatballs	£7.95	Greek Moussaka	£8.95
In a rustic tomato sauce served with spaghetti & parmesan shavings		Lightly spiced lamb, tomatoes & aubergines topped with cheese sauce, baked & served with fresh bread	
Moroccan Lamb Tajine	£9.95	Salmon & Smoked Haddock Fishcakes	£8.95
Slow cooked, casserole of lamb & Moroccan vegetables served with spiced cous cous & green pepper salsa		Served with French fries, roasted garlic aioli & rocket	
Pan Fried Sea Bass	£11.95	Pork Saltimbocca	£9.95
Served with crisp potatoes & salsa verde		Pork fillet wrapped in prosciutto & sage served with parmesan risotto	
Bouillabaise	£10.95	Beef Bourguignon	£8.95
Classic Mediterranean fish stew served with fresh bread		Slow cooked beef in red wine with mushrooms, shallots, bacon & served with parsnip crisps	
Pappardelle Portofino	£8.45	(v) Mushroom Risotto	£7.95
Pappardelle pasta, chargrilled chicken, olives, mushroom & sun dried tomatoes in a cream, red wine & tomato sauce <i>(v) can be served without chicken</i>		With rosemary, spinach & parmesan shavings	
(n) (v) Moroccan Vegetable Tajine	£7.95	(n) Pesto Gnocchi	£7.95
Spiced vegetable casserole served with cous cous, tzatziki & a pistachio crumb		With baby plum tomatoes, pancetta, toasted pine nuts, cream & pesto <i>(v) can be served without pancetta</i>	
(v) Greek Salad	£6.95	Salmon Niçoise Salad	£7.95
Feta cheese, tomatoes, black olives, cucumber & red onion drizzled with olive oil		Sautéed salmon fillet served on a classic nicoise salad including tomatoes, egg, olives & potatoes	

Sides

Leaf Salad	£2.95	French Fries	£2.75
Tomato & Red Onion Salad	£2.75	Roasted New Potatoes	£2.75
Rocket & Parmesan Salad	£2.95	French Beans	£2.95
Greek salad	£3.95	Courgette Fritti	£3.25

Prix Fixe

2 courses £11.95 / 3 courses £13.95

Monday to Friday 4pm - 7pm
Saturday 4pm - 6pm
Sunday *all day*

Starters
(v) Soup du Jour
Chicken Liver & Rosemary Paté
(v) Grilled Goats Cheese
(v) Mushroom Risotto

Mains
Steak Frites
(8oz 28 day aged rump steak)
Greek Moussaka
Salmon & Smoked Haddock Fishcakes
Pappardelle Portofino*
(n) Pesto Gnocchi*

Desserts
Classic Vanilla Crème Brûlée
White Chocolate & Orange Panna Cotta
Tiramisu

**Both dishes available as vegetarian*