

## STARTERS

BREAD BASKET  
(SOURDOUGH, FOCACCIA & CIABATTA) 3.75

MARINATED OLIVES 3.50

GARLIC BREAD – TOASTED CIABATTA WITH  
GARLIC & FRESH HERBS 3.50

ADD TOPPINGS... Mozzarella Cheese 1.00

MANGO CHUTNEY HUMMUS SERVED WITH  
TORTILLA CHIPS 3.50

BRUSCHETTA WITH RICOTTA BASIL CHEESE,  
SUN-DRIED TOMATO, CAPERS, IOW TOMATOES &  
BALSAMIC GLAZE 6.00

KING PRAWNS WITH TEQUILA & ORANGE BUTTER  
S/W FOCACCIA BREAD 7.95

BOWL OF MALIBU COZZE MUSSELS IN SPICED  
COCONUT BROTH WITH A DASH OF MALIBU S/W  
FOCACCIA BREAD 8.50 SMALL OR 12.50 LARGE

## ANTIPASTO

SERVED WITH A SELECTION OF BREAD WITH  
OLIVE & BALSAMIC OIL & TORTILLA CHIPS

MEAT ANTIPASTO

PORK BELLY, PARMA HAM, CHORIZO, GOATS  
CHEESE, MANGO CHUTNEY HUMMUS, OLIVES,  
PANZANELLA SALAD 16.50

VEGAN ANTIPASTO

CORONATION CHICKPEA PASTE, OLIVES, MANGO  
CHUTNEY HUMMUS, ROASTED IOW TOMATOES,  
ASPARAGUS, COURGETTES & FRIED POLENTA  
15.00

ANTIPASTO SPECIAL! ADD 2 GLASSES OF  
PROSECCO FOR 5.00 EACH

## SALADS

ADD TOPPINGS... for an extra 3.00 each add  
Chicken, Bacon, Prawns, Mussels, Chorizo  
or Goats Cheese

(V) HALF STUFFED PINEAPPLE SALAD WITH DICED  
CUCUMBER, AVOCADO, PEPPERS, PINEAPPLE, RED  
ONION, CHILLI, CORIANDER, MIXED GREENS,  
SPINACH, OLIVES, JALAPENO, IOW TOMATOES &  
CITRUS DRESSING 9.50

PANZANELLA SALAD OF PEPPERS, CAPERS,  
CUCUMBER, RED ONION, ANCHOVY, BASIL, OLIVES &  
RED WINE VINEGAR DRESSING TOPPED WITH  
FOCACCIA CROUTONS 9.50

## SIDE SALADS

ROCKET, IOW TOMATOES, PARMESAN &  
BALSAMIC GLAZE 3.95

PAN FRIED POLENTA, AVOCADO, TOMATO SALSA  
& ROCKET 3.95

## MAINS

CHICKEN BREAST STUFFED WITH BASIL RICOTTA &  
SUN-DRIED TOMATO S/W BEARNAISE GNOCCHI &  
GARLIC BABY SPINACH 15.00

PORK BELLY WITH MASH POTATO, STEWED WHITE  
CABBAGE WITH DILL, JALAPENO & MUSTARD SAUCE  
15.50

(V) STUFFED COURGETTE WITH SOYA MINCE,  
PUTTANESCA SAUCE WITH OLIVES, CAPERS, IOW  
TOMATOES TOPPED WITH CRUSTY PANKO  
JAPANESE BREADCRUMBS & VEGAN CHEESE 14.00

8OZ RIB EYE BEEF STEAK WITH MASH POTATO,  
ASPARAGUS, PLUMS & RED WINE SAUCE 18.50

EN PAPILOTE SMOKED HADDOCK WITH CREAMY  
TURMERIC POTATO, ONION & GARLIC BABY  
SPINACH 17.50

## PASTA, RISOTTO & GNOCCHI

GLUTEN FREE PASTA AVAILABLE ON REQUEST

PENNE ARRABIATTA WITH ONION & TOMATO  
SAUCE 7.95

ADD TOPPINGS... Add prawns £3.50, Mussels,  
Chicken, Bacon or Chorizo £3.00

SPAGHETTI BOLOGNESE 9.50

(V) VEGAN SOYA MINCE BOLOGNESE 11.00

SEAFOOD SPAGHETTI WITH PRAWNS, MUSSELS,  
COURGETTE, IOW TOMATOES, BABY SPINACH &  
WINE SAUCE 14.50 AVAILABLE AS A RISOTTO

PENNE PUTTANESCA WITH TOMATO SAUCE,  
OLIVES, CAPERS & IOW TOMATOES 11.50

ADD TOPPINGS... Prawns 3.50, Mussels,  
Chicken, Bacon, Chorizo 3.00

CREAMY MUSHROOM & TRUFFLE PENNE WITH  
PARMESAN & ROSEMARY 11.50  
AVAILABLE AS A RISOTTO

(V) SUMMER SWEETCORN & COURGETTE  
RISOTTO 8.50

ADD TOPPINGS... Prawns 3.50, Chicken, Bacon  
or Chorizo 3.00

RISOTTO WITH CHORIZO, GOATS CHEESE,  
ASPARAGUS, MIXED PEPPERS & JALAPENOS 12.50

CREAMY SPICED GNOCCHI WITH CHICKEN,  
MUSHROOM & GARDEN PEAS TOPPED WITH  
ALMOND FLAKES 12.50

IF YOU HAVE ANY ALLERGIES OR  
DIETARY REQUIREMENTS, PLEASE  
SPEAK TO OUR STAFF