

# Lunch Menu



FRIDAY & SATURDAY

12PM - 2:30PM

## Bruschetta

£5.95

- 1: (V) Mushroom and garlic  
(add blue cheese for £1)
- 2: (V) Tomato, red onion and basil
- 3: (V) Chargrilled Mediterranean vegetables and feta

£6.95

- 4: Smoked salmon, anchovy, capers and tomato
- 5: Peppered beef (served rare), red onion, rocket and parmesan
- 6: Homemade Italian meatballs, basil and flaked parmesan

## Ciabatta

Homemade toasted Ciabatta served with salad garnish and root vegetable crisps. Upgrade to chips for £1.00

£6.95

- 7: (V) Tomato, mozzarella and basil oil
- 8: (V) Grilled Mediterranean vegetables and feta (served hot)
- 9: Sausage and red onion (served hot)
- 10: Tuna, black olive, anchovy and caper mayonnaise

£7.95

- 11: Chicken, pesto & smoked cheese
- 12: Cured Italian meats & rocket
- 13: Smoked salmon, cucumber and mint crème fraiche

£8.95

- 14: Peppered beef, red onions, mushrooms and blue cheese (served hot)

## Soup of the day

£4.95

## Frittata

served with rocket

£5.95

- 15: (V) Mushroom & red onion
- 16: Mushroom & pancetta
- 17: N'Duja sausage and potato
- 18: Smoked salmon & tomato

## Pasta and Risotto

- » Classic lasagne **£9.95**
- » Spaghetti carbonara alla Mio **£10.95**
- » (V) Tagliatelle with roasted Mediterranean vegetables and feta cheese **£9.50**
- » N'Duja sausage, sundried tomato, basil & nutmeg risotto **£9.95**
- » Smoked salmon and tomato risotto **£11.95**
- » (V) Broccoli, chickpea, broad bean and feta risotto **£9.95**

## Pizzas

- » (V) Margherita; cheese, tomato and basil oil **£7.95**
- » Chicken, mozzarella, spicy N'Duja, mushrooms, sundried tomato **£9.95**
- » (V) Broccoli, chickpea, broad bean & feta pizza **£8.95**
- » Parma ham, rocket, parmesan, balsamic glaze **£10.50**
- » Calzone folded pizza; minced beef, ham, mozzarella, tomato **£9.95**

## Sides:

- (V) Chips / (V) Mixed Salad / (V) Garlic Bread **£3.50 each**
- Rocket & Parmesan Salad / (V) Vegetables / (V) Caprese Salad **£4.00 each**
- (V) Garlic Bread with Cheese **£4.50**

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