

lunch and dinner menu (available 11am –10.30pm)

to start with...

soup of the day	£ 5.50
rocket, Parmesan, walnut and red onion salad with mixed seeds	£ 7.00
king scallops on lemon and parsley risotto	£ 9.95
sugar and juniper cured kangaroo with watercress salad	£ 8.95
Parmesan crusted cuttlefish with rocket salad and homemade tartar sauce	£ 8.50
handpicked crab and sweet potato tart with sun blushed tomatoes	£ 7.95
selection of dips and appetizers with a lavosh sail (platter for 2)	£ 9.95

main courses

roasted chicken breast with Portobello mushrooms, garlic sweet potato mash, and a herb butter	£ 13.50
rib eye fillet medallion with caramelised golden shallots and new potatoes mash	£ 17.00
herb crusted Atlantic salmon with thyme chats, wilted spinach and a citrus buerre blanc	£ 12.50
wild honey, mustard and ginger glazed pork rib eye chop served with Asian greens and coconut rice	£ 16.00
wild mushroom risotto with truffle oil and Parmesan (v)	£ 11.00
braised lamb shank with tomato and thyme risotto, Parmesan and gremolata	£ 16.50

on the side

avocado, tomato and boccocinni salad * steamed greens * truffle mash * chips with aioli * garden salad * warm spice cous cous	£2.75 each
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sandwiches

triple-decker with chicken, fried eggs, bacon, mixed leaves and tomato	£8.50
triple-decker with avocado, egg mayonnaise, rocket, tomato and cucumber	£7.50
steak or smoked chicken sandwich served with mustard in ciabatta	£9.50

light bites

breast of chicken dipped in our blend of our own spices and herbs	£6.50
veggie spring rolls (v) served with sweet chilli sauce	£5.50
Thai fish cake with a homemade nam jim sauce	£6.50
spicy vegetable samosa	£6.50
flour tortilla filled with goat's cheese and roasted vegetables	£5.00

to indulge...

caramelised banana puffs with golden syrup and cinnamon sugar	£ 6.50
Cointreau chocolate pot with biscotti	£ 6.00
Pistachio semi fredo with toffee dust and berries	£ 5.50
spiced chocolate pudding with vanilla ice cream	£ 5.50
trio of ice cream (vanilla, chocolate and strawberry)	£ 5.50
selection of cheese with quince paste, honeyed walnuts and dried apricots (for 2)	£ 6.25

set lunch menu (available 11am – 3pm)

2 courses £11.95

3 courses £14.95

inclusive of a glass of white or red wine, or a wellbeing smoothie

red pepper and tomato soup with honey roasted goat's cheese
sticky plum and tamarind duck salad with green pawpaw and nam jim sauce
gravadlax salmon wonton stack with crème fraiche

grilled Atlantic salmon with shallot and mustard seed mash and beurre blanc
tagliatelle with chicken breast, roasted butternut squash, walnuts and sage butter
roasted chicken breast with polenta cake and wilted spinach basil pesto

lemon tart

apricot frangipane with cinnamon cream
trio of ice cream (vanilla, chocolate and strawberry)