



SAMPLE MENU

Light lunches

Antipasto (perfect for 2 to share) | 12.95

Selection of cured meats w/ chargrilled Mediterranean vegetables, homemade chutney, confit garlic and leaf.
Served with grilled ciabatta

Focaccia Al' Aglio (to share!) | 8.50

Pizza-style focaccia w/roasted garlic, parmesan & rocket.

Tricolore Salad | 6.95

Buffalo mozzarella, confit tomatos, basil pesto and rocket

Smoked Ham & Mushroom Frittata | 6.95

Classic omelette w/smoked gammon, local field mushrooms, confit cherry tomatoes. Finished w/parmesan & dressed rocket.

Mediterranean Frittata (V) | 6.95

W/ char-grilled artichokes, aubergine, courgette, olives and roasted red peppers. Finished w/parmesan & dressed rocket

Home Smoked Salmon Frittata | 7.95

Home hot smoked salmon, butter roasted mushrooms and chives
Finished w/ parmesan and dressed rocket

Paninis

Panini Mediterraneo (V) | 5.50

Grilled aubergines and courgettes, red peppers, confit tomatoes, mozzarella and fresh basil pesto

Panini Calabrese | 5.50

Homemade meatballs, tomato pasata and mozzarella

Panini Prosciutto | 5.50

Smoked gammon, Tallegio cheese and confit tomatoes

Panini Tricolore | 5.50

Mozzarella, confit tomatoes and basil pesto