

STARTERS								
Soup of the Day Homemade Bread	£8.95	<b>Cajun Chicken Salad</b> Garlic Croutons, House Dressing	£11.95					
Mediterranean Fish Soup Homemade Bread	£13.95	Pan Roasted Scallops and Crispy Belly Pork Pea Puree	£13.50					
Sautee Tiger Prawns, Chorizo and Bock Choi Olive Oil, Garlic and Chilli	£11.95	Peppered Beef Carpaccio Rocket Salad, Parmesan Shavings and Balsamic	£13.50					
Atlantic Prawns, Smoked Scottish Salmon and Avocado Salad House Dressing	£12.50	Essence  Baked Honey Glazed Goats Cheese						
Pan Fried Calamari and Chorizo	£10.95	Roast Beetroot and Walnut Salad						

Olive Oil, Garlic and Chilli		£10.95	Grilled Halloumi Ch			£9.95 £11.95		
Crab Cakes Crispy Leaves and Jalapeno Mayo				£12.50	Greek Yoghurt and Cayenne Pepper  Caprese Salad  Mozzarella Cheese, Tomatoes Glazed Basamic, Olive Oil			
			ľ	MIAN				
VEGETARIAN					FISH / SEAFOOD			
Wild Mushroom Risotto Parmesan Shavings £11.50/			50//£19.00	Pan Seared Fillet of Seabass Crushed New Potatoes, Green Beans and Seafood Velouté				
Baked Vegetable Wellington Sauteed Potatoes and Vegetables with Roasted Pepper Sauce £19.00				<b>Grilled Supreme of Salmon</b> Herb Crushed Potatoes, Spinach and Hollandaise Sauce			£24.00	
MEAT				Oven Roast Monkfish Wrapped in Guanciale, Prawns, Garlic and Chilli Linguine and 'Nduja Dressing  £28.50				
Chargrilled Medallions of Fillet Steak Hand Cut Chips, Fine Beans and Madeira Jus £29.00			Baked Scallops and Prawns Thermidor Triple Cooked Hand Cut Chips			£28.50		
Oven Roasted Chicken Supreme £21.00 Sautéed Spinach, Pan Fried Gnoochi and Spicy Roast Pepper Sauce			Seafood Linguine Prawns. Mussels, Calamari, Crab Meat and Fresh Chillies £28.5					
Grilled Lamb Chops Feta Mash Potatoes, Buttered Carrots, Red Wine Mint Sauce				SAUCES £3.50				
Roasted Peppered Pork Tenderloin Mash Potato and Poivre Sauce £23.95				Diane Sauce // Pepper Sauce // Madeira Sauce Bernaise Sauce // Blue Cheese Sauce // Garlic Butter				
GRILL				SIDES				
All dishes	from the grill are	served with Ha	and Cut Chips		Carrots	£4.95	Lyonnaise Potatoes	5 £4.95
	6oz	8oz	10oz	12oz	Beans Broccoli Gratin	£4.95 £6.50	Hand Cut Chips Mash Potatoes	£4.95 £4.95
Sirloin Steak	£21.50	£27.50	£33.50	£39.50	Spinach	£5.95	Mac & Cheese	£6.50
Fillet Steak	£25.50	£32.50	£39.50	£46.50	Beans and Bacon Sautee Potatoes Tomato and Red On Spinach, Roast Hazo			£4.95 £3.95 £4.95 £4.95