

Eco Sample Menu

Starters

Marinated olives £2.95

Cold dips

1 dip £3.90, 2 dips £6.95, 3 dips £9.95

Black olive tapenade (v)

Smoked aubergine, chilli peppers and fresh coriander (v)

Creamy avocado, coriander and lemon juice

Goat's cheese, ricotta and pesto (v)

Oven baked dips

Spicy prawn and tomato

Chorizo, sausage and tomato

*Avocado and rocket bruschetta (v) £4.95
With fresh chilli, tomato, coriander and parmesan*

*Caesar salad £4.95
Romaine lettuce, croutons, parmesan and caesar
dressing*

*Artichoke and baby mozzarella (v) £6.95
With beef tomato, fresh basil and olive oil*

Burrata, fresh tomato and pesto bruschetta (v) £6.95

Chilli prawns £6.95

*Panfried king prawns with a spicy chilli sauce and
cherry tomatoes*

*Antipasto misto £6.95 / £11.95
Mixed cured salami, parma ham, carved ham, scamorza,
olives, rocket and shaved parmesan*

Fried starters

Courgette fritters (v) £3.50

*Arancini £5.95
3 Risotto balls filled with mozzarella and...
Chilli beef; prawn & bisque sauce; porcini truffle oil.
Served with a tomato sauce*

*Salt and pepper squid £6.50
Deep fried in sourdough batter*

Grilled

*Grilled chicken breast £13.95
Served with wild mushroom sauce and mashed potato or
spaghetti*

*Steak £17.95
Aged sirloin, served with chips or roasted rosemary
potatoes and...
Crushed pepper and cream sauce +£1.50*

Wild mushroom and red wine sauce +£1.50

*Stone bass £16.95
Aegean Stone bass fillets panfried with fennel, zucchini,
tomatoes, olives and capers. Served with chips*

Pizza

Our pizzas are sourdough based, topped with blended spicy tomato, fior di latte mozzarella and fresh basil.

Margherita (v) £6.75

Napoletana; anchovies, capers and black olives £7.95

Oven charred vegetables (v) £8.50

Aubergine, mixed peppers, zucchini, mushroom, tomato, Rosemary and thyme

Goat's cheese and smoked red pepper (v) £8.95

With spinach and fresh coriander

Wild mushroom, truffle oil and pecorino (v) £9.50

Sausage, chorizo, potato and gorgonzola £9.50

Bianco (no tomato sauce)

Spicy piccante; Venticina, chorizo and nduja £9.50

Wild mushroom and home baked ham £8.95

Smoked aubergine and burrata (v) £9.75

With baked garlic and basil pesto

Four seasons £8.95

Ham, artichoke, mushrooms and olives

La dolce vita (v) £8.95

Mushroom, dolcelatte, cherry tomatoes and rocket

Scamorza and coppa £9.25

Coppa (salami of pork shoulder), smoked mozzarella,

rocket and pecorino
Spicy chicken and chorizo; nduja and oregano £9.50

Pizza extras £1.50

*Organic chorizo, salami, ham, wild mushroom, goats
cheese, blue cheese, peppers, capers, anchovies, avocado,
pepperoni
Parma ham £2*

Calzone

*Traditional; With home baked ham, artichoke, wild
mushroom, mozzarella and garlic £9.95*

*Goats cheese and roasted red peppers (v)
With aubergine, cherry tomato and mushroom £9.95*

Pasta

*Tomato and mozzarella gnocchi (v) £7.50
With chilli, garlic and fresh basil*

*Carbonara £8.50
Spaghetti with egg yolk, pancetta, cream and parmesan*

*Lasagna £8.95
Pasta layered with beef, cooked with red wine, tomato,
cream, parmesan, fresh dill and basil oil*

*Chilli chicken and zucchini £8.95
Chicken and zucchini cooked with tomato, red wine and
mixed chillies, served with penne or spaghetti*

*Spaghetti Bolognese £8.95
Slow cooked beef ragu, in a rich wine and tomato sauce*

*Prawn and smoked salmon £9.50
With spaghetti or penne (contains cream)*

*Artichoke, truffle oil and asparagus £9.95
Wild mushrooms and a creamy white wine sauce, served
with spaghetti (pappardelle +£0.50p)*

*Venison ragu £9.95
A rich ragu of venison, slow cooked with red wine.
served with spaghetti (pappardelle +£0.50p)*

*Vongole £9.95
Spaghetti with clams, garlic, white wine bisque sauce,
tomato and chilli*

Risotto

*Porcini with truffle oil £9.95
Cooked with white wine, shallots, stock and parmesan*

Salads

*Chicken caesar £9.95
Pancetta, anchovies, grilled chicken, romaine
lettuce, parmesan, baked croutons and a home made
Caesar dressing*

*Grilled vegetable and avocado (v) £9.95
Zucchini, mixed peppers, aubergine, artichoke,
asparagus, avocado, mixed leaves and house dressing*

*Asparagus and poached egg £10.95
Baked sourdough topped with asparagus and pancetta,
baked mozzarella wrapped in parma ham, mixed leaves
and house dressing*

Burrata tricolore (v) £10.95
*Burrata, crushed avocado, beef tomatoes and grilled
bruschetta, topped with pine nuts and basil pesto*

Sides

Chips or Roasted rosemary potatoes (v) £3.50

Courgette fritters (v) £3.50

Spinach with olive oil and garlic (v) £2.95

Rocket and parmesan salad (v) £3.95
With olive oil and balsamic vinegar

Green salad (v) £2.95 / £3.95
Mixed leaves, olives, cucumber, avocado, herbs

Mixed salad (v) £2.50 / £3.50
*Tomato, cucumber, mixed leaves, herbs and house
dressing*

Bread

Garlic pizza bread (v) £3.50

Melted cheese bread (v) £3.95

Homemade sourdough bread basket (v) £2.95

Desserts

Tiramisu £4.75

Tunisian orange and almond slice (gf) £3.95

Limoncello Trifle £4.95

White and dark chocolate mousse £4.95

Strawberry cheesecake £4.95

Ice cream and sorbet selection
1 scoop £1.75 / 2 scoops £2.75 / 3 scoops £3.95