

MENU

FOR THE TABLE

WARM ROSEMARY FOCACCIA (ve)	£5.50
Olive oil, balsamic, mixed marinated olives	
CRISPY MALDON SALTED GNOCCHI (ve)	£5.50
Marinara sauce	

STARTERS

HOMEMADE SOUP OF THE DAY	£6.50
Warm bread roll, butter	
SHREDDED AROMATIC CRISPY DUCK SALAD	£8.95
Spring onions, toasted sesame seeds, hoisin sauce	
WILD MUSHROOM AND CHIVE ARANCINI RISOTTO BALLS (ve) (gf)	£7.50
Tomato and chilli confit	
KING PRAWN AND CHORIZO BRAVAS	£8.95
Toasted ciabatta	
BOCCONCINI MOZZARELLA AND SUNBLUSHED TOMATO ROSTI (v) (gf)	£7.95
Rocket oil, balsamic glaze, toasted sunflower seeds	
CRISPY CHICKEN AND VEGETABLE GYOZA	£7.50
Sweet chilli and coriander dip	

HOUSE SALADS

SUPERFOOD SALAD (ve)	£12.95
Quinoa, red cabbage, rocket leaves, dried cranberry, toasted sunflower seeds, char grilled tenderstem broccoli, rocket oil, beetroot glaze, black onion seeds	
<i>Add Char Grilled Chicken Breast, Lemon & Garlic King Prawn Skewer or Beetroot Falafel £4.50</i>	
CEASAR SALAD	£11.95
Ripped romaine lettuce, crispy smoked bacon bits, Caesar dressing, Grana Padano shavings, salted croutons	
<i>Add Char Grilled Chicken Breast, Lemon & Garlic King Prawn Skewer or Beetroot Falafel £4.50</i>	

LUNCH TIME MEAL DEAL **£8.50**

Sandwich, Salad, Vegetable Crisps, Tea or Coffee

Tuna Mayonnaise, Cucumber and Lettuce

Roast Chicken Breast and Stuffing

Classic Toasted B.L.T.

Beetroot Falafel, Roast Pepper Salsa and Lettuce (ve)

Monterey Jack Cheese, Tomato and Spring Onion (v)

All served on White, Brown Bloomer or Gluten Free Bread

SEVEN SEAS MAINS

CLASSIC SHEPHERD'S PIE (gf)	£16.50
Slow braised lamb and beef mince, mature cheddar mash, rosemary and chargrilled tenderstem broccoli	
THAI COCONUT CURRY ROASTED COD LOIN (gf)	£19.95
Sticky rice, fried samphire, coriander leaves	
CHICKEN AND CHORIZO SPAGHETTI CARBONARA	£15.50
Grana Padano shavings, pea shoots	
TRADITIONAL FISH AND CHIPS	£15.50
Hand battered haddock fillet, thick cut chips, mushy peas	
ANGUS BEEF CHEESEBURGER	£15.50
Sesame seeded brioche bun, Monterey Jack cheese, lettuce, skin on fries, burger sauce	
<i>Add grilled cured smoked bacon £1.75</i>	
MISO RAMEN (ve) (gf)	£12.95
Char grilled tenderstem broccoli, rice noodles, pak choi, shiitake mushrooms, chilli, spring onion, black onion seed	
<i>Add Char Grilled Chicken Breast, Lemon & Garlic King Prawn Skewer or Beetroot Falafel £4.50</i>	
HOUSE BAKED LASAGNE	£15.50
Bocconcini, sunblushed tomato and rocket salad	
GRASS FED BRITISH SIRLOIN STEAK 8oz/227g	£24.50
Char grilled with thick cut chips, garlic and herb button mushrooms, peashoots	
<i>Add peppercorn sauce £2.50</i>	

SIDES

SKIN ON FRIES	£2.95
THICK CUT CHIPS	£2.95
HALLOUMI FRIES	£4.50
GARLIC AND MOZZARELLA FLATBREAD	£5.95
CHAR GRILLED TENDERSTEM BROCCOLI	£4.50
WHOLE BATTERED ONION RINGS	£4.50
MIXED GARDEN SALAD WITH BALSAMIC GLAZE	£4.50
GARLIC AND HERB BUTTERED BUTTON MUSHROOMS	£4.50

DESSERTS

CHOCOLATE BROWNIE	£6.50
Warm with vanilla pod ice cream, chocolate sauce	
CRÈME BRÛLÉE (gf)	£6.50
Sugar crusted with fresh raspberries	
RED VELVET CAKE (ve)	£6.00
Berry coulis, plant cream	
SELECTION OF DAIRY ICE CREAM	£6.00
Vanilla pod, chocolate chip, strawberry	
TART AUX CITRON	£7.00
Torché meringue pieces, shortbread crumb, pomegranate seeds	

Mini Dessert £6.50 Choice of coffee, mini dessert



WINE LIST

WHITES

175ml 250ml Bottle

VIA ALTA SAUVIGNON BLANC £5.90 £7.60 £22.50

(Chile)

"A fresh, zesty Sauvignon Blanc with wonderful aromatic aromas, hints of citrus and floral notes."

SERENO PINOT GRIGIO £5.90 £7.60 £22.50

(Italy)

"This delicious wine has a light citrus aroma which leads to a mixture of juicy fruits and just a hint of vanilla on the palate."

DOWN UNDER CHARDONNAY £5.90 £7.60 £22.50

(Australia)

"This Chardonnay displays classic characteristics of zesty lemon and apple aromas. Flavours of white peach and pear burst on the palate."

ENTREFLORES ALBARINO £30.00

(Spain)

"An intense and complex white wine with aromas of pineapple, lemon verbena and white flowers. On the palate, it is soft and rounded with ripe fruit flavours, zesty citrus and a fresh, intense finish."

LONG WHITE CLOUD SAUVIGNON BLANC £30.00

(New Zealand)

"Our deliciously crisp and fresh Marlborough Sauvignon Blanc shows wonderful green citrus notes alongside ripe stonefruit flavours."

SPARKLING & CHAMPAGNE

125ml Bottle

PROSECCO SIMPATICO DOC £6.50 £30.00

(Italy)

"Elegant fruity aromas of apple and apricot. A smooth, fresh and well-balanced sparkling wine."

PROSECCO SERENELLO ROSÉ £32.00

(Italy)

"A pale, bright pink colour with a lively perlage and persistent foam. It has intense aromas of floral scents accompanied by fruity notes of strawberries."

MOËT & CHANDON CHAMPAGNE £60.00

(France)

"Golden straw yellow with the vibrant intensity of green apple and citrus fruit."

MOËT & CHANDON ROSÉ CHAMPAGNE £65.00

(France)

"Pink with amber highlights, a lively, intense bouquet of wild strawberry, raspberry and cherry."

ROSÉ

175ml 250ml Bottle

SERENO PINOT GRIGIO BLUSH £5.90 £7.60 £22.50

(Italy)

"The height of fashion – light fresh strawberry flavours and very easy drinking."

CHARLIE ZIN - WHITE ZINFANDEL £5.90 £7.60 £22.50

(USA)

"Fruity and fresh. A gorgeous rosé laden by red fruit and hints of delicate spices. Rich in flavour with an elegant and harmonious after taste."

REDS

175ml 250ml Bottle

VIA ALTA MERLOT £5.90 £7.60 £22.50

(Chile)

"Rich and concentrated with flavours of plum, mulberry and vanilla. A classic example of Merlot."

CENTRAL MONTE CABERNET SAUVIGNON £5.90 £7.60 £22.50

(Chile)

"Full bodied and velvety this wine is bursting with rich red fruits and a hint of vanilla. A real joy to drink."

DOWN UNDER SHIRAZ £5.90 £7.60 £22.50

(Australia)

"Lovely plum aromas with a hint of pepper and spice. Complimented by a luscious berry palate."

THE GUV'NOR TEMPRANILLO £5.90 £7.60 £22.50

(Spain)

"Rich aromas of dark fruit lead to a full-bodied and fruity wine with oaky vanilla notes and a long, expressive finish."

BODEGA PIEDRA NEGRA MALBEC £30.00

(Argentina)

"Bright ruby colour. On the nose red summer fruit aromas dominate with a slight touch of black pepper. On the palate there is an attractive concentration of ripe red fruits which gives volume to the wine. It has a good structure and the tannins are soft and smooth."

VIÑA CERRADA CRIANZA RIOJA £30.00

(Spain)

"Striking plum above other various red berries, classic vanilla with a touch pepper, kicking at the end. Medium body making justice to its ageing and good finish."