

Lunch Menu

FROM 'SIESTA' TO 'RIPOSO', LUNCH IN THE MEDITERRANEAN IS CONSIDERED A NECESSARY BREAK IN THE DAY TO RELAX, UNWIND AND REFRESH.

Enjoy 2 pinchos and a main course
£17.95

Pinchos

CHOOSE 2

GREEK LAMB KOFTA

Grilled with tzatziki and fresh mint

GRILLED CHORIZO [GF]

With honey, paprika, sumac and feta

SMOKED HADDOCK ARANCINI

With mint, sweet peas, lemon and dill mayonnaise

MUSHROOM BRUSCHETTA [V]

Garlic and rosemary roasted chestnut mushrooms on grilled sourdough with tarragon and a Gran Moravia crisp

HARISSA MARINATED HALLOUMI [V]

Fried in a herb crumb, honey glazed, harissa yoghurt, pomegranate and fresh coriander

BELLY PORK

6-hour slow cooked and honey glazed, apple purée, crispy pancetta and fried sage with mint, sweet peas, lemon and dill mayonnaise

PADRON PEPPERS [V] [VG]

Charred and seasoned with rosemary salt and extra virgin olive oil

SUNDRIED TOMATO

With creamy Greek feta, fresh basil and extra virgin olive oil

PANCETTA & 'NDUJA CROQUETTE

Hand rolled, béchamel croquette with Gran Moravia and paprika aioli

MIXED MEDITERRANEAN OLIVES [V] [VG] [GF]

With extra virgin olive oil

CHICHARRONES

Pork crackling with red chilli and rosemary salt

Main Course

CHOOSE 1

From the Land

CHICKEN SOUVLAKI

Chicken breast in a traditional marinade with Greek salad, warm flat breads, tzatziki and lemon

CHERMOULA' FLATTENED RUMP STEAK

Marinated in a traditional Moroccan chermoula blend with an eastern inspired couscous salad, pomegranate, coriander and fresh lime **(+£3)**

From the Sea

RED SNAPPER FILLET [GF]

Pan roasted with garlic butter king prawns, sautéed samphire and cherry tomatoes. Lime and lemon dressing **(+£2)**

BATTERED FILLET OF HAKE

Estrella Damm and paprika infused batter. Patatas bravas, fresh lime, paprika aioli and grilled padrón peppers

Pasta

ARTEZZAN CARBONARA

Our twist on a traditional Roman dish. Fresh linguini with egg yolks, smoked pancetta and Gran Moravia cheese

ORECCHIETTE ARRABIATA [V] [VG]

Orecchiette pasta in a rich tomato sauce with red chilli, garlic, sundried tomatoes and fresh basil

Neapolitan Style Pizza

MARGHERITA [V]

Fior di Latte, Neapolitana sauce, basil, extra virgin olive oil and a touch of rosemary salt

PEPPERONI

Fior di Latte, Neapolitana sauce and pepperoni, basil and a touch of rosemary salt

VEGANO [V] [VG]

Vegan mozzarella, roasted butternut squash, tenderstem broccoli, red chilli, sundried tomatoes, rocket and balsamic

[V] VEGETARIAN [VG] VEGAN [GF] GLUTEN FREE



Our dishes may contain nuts or nut traces. For all allergen information please scan the QR code. All prices are in GBP and include VAT at the current rate. A 10% discretionary service charge will be added to your bill for parties of 6 or more.



Wine by the Glass

WE HAVE CHOSEN THE BEST THE MED HAS TO OFFER

PROSECCO & CHAMPAGNE BY THE GLASS

	125ML
VILLA CONCHI, CAVA, Brut Seleccion, Spain [V] [VG]	6.80
BOTTEGA POETI, PROSECCO, Brut, Italy, [V] [VG]	7.10
TAITTINGER, CHAMPAGNE, Brut, France [V] [VG]	12.00

ROSÉ PROSECCO & CHAMPAGNE

	125ML
BOTTEGA POETI ROSÉ, PROSECCO, Italy [V] [VG]	7.00
TAITTINGER ROSÉ, CHAMPAGNE, France [V] [VG]	13.70

WHITE WINE BY THE GLASS

	175ML	250ML
ARIEN, AYRUM, Spain [V]	5.60	7.45
VERMENTINO, PASSO SARDO, Italy [V] [VG]	6.70	9.00
CHARDONNAY, BARNABE, France [V] [VG]	7.00	9.50
PINOT GRIGIO, BOTTEGA, Italy [V] [VG]	7.40	9.95
PICPOUL DE PINET, PETITE RONDE, France [V] [VG]	7.90	10.20
SAUVIGNON BLANC, JOSEPH MELLOTT DESTINÉA, France [V] [VG]	8.15	10.85

RED WINE BY THE GLASS

	175ML	250ML
SHIRAZ, SOLSTICE, Italy [V] [VG]	5.50	7.45
CABERNET SAUVIGNON, SON EXCELLENCE, France [V] [VG]	6.30	8.20
MERLOT, BOTTEGA, Italy [V] [VG]	7.10	9.30
RIOJA VENDIMIA, DON JACOBO, Spain [V] [VG]	8.05	10.60
CAHORS MALBEC, CHÂTEAU LABRANDE, France [V] [VG]	8.15	10.70
PRIMITIVO, FEUDI SALENTINI 125, Italy	8.90	11.70

ROSÉ WINE BY THE GLASS

	175ML	250ML
ZINFANDEL ROSATO, VITA, Italy [V] [VG]	6.25	8.10
PINOT GRIGIO ROSATO, PARINI, Italy	6.90	9.00

ALL WINES BY THE GLASS AVAILABLE IN 125ML [V] VEGETARIAN [VG] VEGAN