

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

£18.50

Pinchos

CHOOSE 2

WHITEBAIT

Breaded whitebait with fresh lime and a lime and tarragon mayonnaise

GREEK LAMB KOFTA

Grilled with tzatziki, fresh mint and sumac

GRILLED CHISTORRA [GF]

A chorizo from the Aragon region of Spain, served with honey, paprika, sumac, feta and coriander

BELLY PORK

6-hour slow cooked and honey glazed, apple purée, crispy pancetta and fried sage

CHICHARRONES

Pork crackling with red chilli and rosemary salt

GNUDI [V]

Fried goats' cheese, ricotta and Gran Moravia cheese gnudi with basil pesto

SUN-DRIED TOMATOES [V]

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

WATERMELON & FETA [V] [GF]

Chunks of watermelon with mint, feta, honey and black pepper

GREEK BAKED CHICKEN WINGS

Baked in wild garlic marinade with fresh mint

PADRON PEPPERS [V] [VG]

Charred and seasoned with rosemary salt, smoked paprika and extra virgin olive oil

CHORIZO AND MANCHEGO CROQUETTE

Hand rolled, béchamel croquette with chorizo, manchego and smoked paprika aioli

MIXED MEDITERRANEAN OLIVES [V] [VG] [GF]
With extra virgin olive oil

SUN-DRIED TOMATO ARANCINI [V]
Sun-dried tomato, Gran Moravia cheese and a basil aioli

Main Course

CHOOSE 1

From the Land

CHICKEN SOUVLAKI

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

MOROCCAN INSPIRED BISTRO RUMP

Chargrilled bistro rump with Moroccan chermoula marinade, ras el hanout seasoned skin on fries, pomegranate, coriander, mint and harissa yoghurt (+£3)

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]

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

From the Sea

SWORDFISH STEAK [GF]

Chargrilled with sautéed samphire, cherry tomatoes and lime dressing (+£2)

BATTERED FILET OF HAKE

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

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]

Roasted pumpkin base, vegan mozzarella, spinach, red onion, rocket and toasted pumpkin seeds

[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.



By the Glass

WE HAVE CHOSEN THE BEST THE MED HAS TO OFFER

PROSECCO & CHAMPAGNE BY THE GLASS

VILLA CONCHI, Cava, Brut Seleccion, <i>Spain</i> [V] [VG]	125ML.	6.80
BOTTEGA POETI, PROSECCO, Brut, <i>Italy</i> [V] [VG]		7.10
TAITTINGER, CHAMPAGNE, Brut, <i>France</i> [V] [VG]		13.00

ROSÉ PROSECCO & CHAMPAGNE

BOTTEGA POETI ROSÉ, PROSECCO, <i>Italy</i> [V] [VG]	125ML.	7.10
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WHITE WINE BY THE GLASS

	175ML.	250ML.
VERDEJO BLANCO, LA VIVIENDA, <i>Spain</i>	5.70	7.75
TREBBIANO DI ROMAGNA, LE COSTE, <i>Italy</i> [V] [VG]	6.80	8.80
CHARDONNAY, BARNABE, <i>France</i> [V] [VG]	6.90	8.90
RIOJA VIURA, BODEGAS CORRAL, RIOJA, <i>Italy</i> [V] [VG]	6.95	9.25
PINOT GRIGIO, BOTTEGA, <i>Italy</i> [V] [VG]	7.50	9.95
SAUVIGNON BLANC, JOSEPH MELLOTT DESTINÉA, <i>France</i> [V] [VG]	8.20	10.95

RED WINE BY THE GLASS

	175ML.	250ML.
SHIRAZ, SOLSTICE, <i>Italy</i> [V] [VG]	5.55	7.50
CABERNET SAUVIGNON, SON EXCELLENCE, <i>France</i>	6.40	8.40
MERLOT, BOTTEGA, <i>Italy</i> [V] [VG]	7.20	9.50
RIOJA VENDIMIA, DON JACOBO, <i>Spain</i> [V] [VG]	8.20	10.90
CAHORS MALBEC, CHÂTEAU LABRANDE, <i>France</i>	8.25	11.00
PRIMITIVO, FEUDI SALENTINI 125, <i>Italy</i>	8.90	11.70

ROSÉ WINE BY THE GLASS

	175ML.	250ML.
ZINFANDEL ROSATO, VITA, <i>Italy</i> [V] [VG]	6.25	8.10
PINOT GRIGIO ROSATO, PARINI, <i>Italy</i>	6.90	9.00
PROVENCE ROSÉ, REFLET, <i>France</i>	9.50	12.50

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

