

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 or a starter and a main course

£19.50

Pinchos

CHOOSE 2

BABY CHORIZO [GF]

A chorizo from the Castilla and Leon region of Spain with honey and romesco

GRILLED HALLOUMI [V] [GF]

Harissa yoghurt, pomegranate molasses, pomegranate seeds and coriander

WHITEBAIT

Breaded whitebait with a lemon and tarragon mayonnaise

WHIPPED FETA [V]

Honey, chilli flakes, pomegranate, mint and music bread

MOROCCAN SPICED CHICKEN WINGS

In a spiced chermoula marinade, coriander and fresh red chilli

CHORIZO AND MANCHEGO CROQUETTE

Hand-rolled chorizo and manchego béchamel croquette with romesco and pancetta crisp

OR

Starters

CHOOSE 1

GAMBAS AL AJILLO

Skillet-cooked king prawns and chorizo in a lemon, thyme and garlic infused oil with toasted sourdough

SPICED FALAFEL [V]

Moroccan inspired hummus, tzatziki, pomegranate molasses, fresh mint and pomegranate seeds

CHORIZO AND MANCHEGO CROQUETTES

Hand-rolled, béchamel croquettes with chorizo and aged Manchego cheese, toasted pine-nut romesco and a cheese tuille

Main Course

CHOOSE 1

Panuzzo

A delicious Italian sandwich made from pizza dough and baked in our pizza oven. Served warm with a side of seasoned fries

ITALIAN

Prosciutto, salami Milano, fior di latte mozzarella, rocket and cherry tomatoes

MOROCCAN [V]

Falafel, Moroccan inspired Hummus, gem lettuce, harissa yoghurt, fresh mint and pomegranate seeds

SPANISH

Manchego, grilled chicken, chorizo, romesco and rocket

Pasta

ARTEZZAN CARBONARA

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

SUMMER VEGETABLE PRIMAVERA [V] [VG]

Tagliatelle pasta in a plant-based cream sauce. Agave roasted carrots, sugar snaps and cavolo nero, toasted pine kernels, rocket and vegan parmesan

GNOCCHI CALABRESE

Baked gnocchi with smoked pancetta, garlic & rosemary roasted chicken and 'nduja in a tomato and mascarpone sauce, with basil and sundried tomatoes

From the Land

CHICKEN SOUVLAKI

Chicken breast in a traditional marinade with Greek salad, feta, 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)**

CHICKEN AND PANCETTA CAESAR SALAD

Baby gem lettuce, crispy pancetta and shaved Gran Moravia cheese in a creamy Caesar dressing with a grilled chicken breast and pancetta crisps

From the Sea

MENABREA BATTERED COD

Menabrea beer, lemon & thyme infused batter. Patatas bravas, citrus aioli, battered padrón pepper and burnt lemon

RED SNAPPER [GF]

Pan fried red snapper with sautéed cherry tomatoes, samphire and a fennel & lime dressing **(+£2)**

MOULES FRITES

Fresh mussels steamed in white wine in a cream sauce with garlic and shallots served with a side of fries

[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

CASTELLBLANC, Cava, Brut Seleccion, <i>Spain</i> [V] [VG]	125ML	
BOTTEGA POETI, PROSECCO, Brut, <i>Italy</i> [V] [VG]		7.10
TAITTINGER, CHAMPAGNE, Brut, <i>France</i> [V] [VG]		8.00
		16.00

ROSÉ PROSECCO & CHAMPAGNE

BOTTEGA POETI ROSÉ, PROSECCO, <i>Italy</i> [V] [VG]	125ML	
		7.90

WHITE WINE BY THE GLASS

VERDEJO BLANCO, LA VIVIENDA, <i>Spain</i>	175ML	250ML
	6.85	8.75
TREBBIANO DI ROMAGNA, LE COSTE, <i>Italy</i> [V] [VG]	7.00	9.20
CHARDONNAY, BARNABÉ, <i>France</i> [V] [VG]	7.40	9.80
RIOJA VIURA, BODEGAS CORRAL, RIOJA, <i>Italy</i> [V] [VG]	7.95	10.60
PINOT GRIGIO, BOTTEGA, <i>Italy</i> [V] [VG]	8.30	10.85
SAUVIGNON BLANC, JOSEPH MELLOTT DESTINÉA, <i>France</i> [V] [VG]	9.00	12.00

RED WINE BY THE GLASS

SHIRAZ, SOLSTICE, <i>Italy</i> [V] [VG]	175ML	250ML
	6.85	8.75
CABERNET SAUVIGNON, SON EXCELLENCE, <i>France</i>	7.30	9.70
MERLOT, BOTTEGA, <i>Italy</i> [V] [VG]	8.30	11.00
RIOJA VENDIMIA, DON JACOBO, <i>Spain</i> [V] [VG]	8.90	11.80
PRIMITIVO, FEUDI SALENTINI 125, <i>Italy</i>	9.25	12.10
CAHORS MALBEC, CHÂTEAU LABRANDE, <i>France</i>	9.40	12.55

ROSÉ WINE BY THE GLASS

ZINFANDEL ROSATO, VITA, <i>Italy</i> [V] [VG]	175ML	250ML
	6.85	8.90
PINOT GRIGIO ROSATO, PARINI, <i>Italy</i>	7.45	9.95
PROVENCE ROSÉ, REFLET, <i>France</i>	10.50	13.90

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