

CROSTINI & STUZZICHINI

A BOWL OF BREAD 3.95
olive oil & balsamic

MARINATED GREEN & BLACK OLIVES 4.95

GARLIC CIABATTA 3.75
with cheese 4.25

HOT TORTILLA CRISPS 3.95
sweet chilli dip

SAUTE OF KING PRAWNS 7.50
with chilli & garlic

TASTY NIBBLES

SALT & PEPPER CALAMARI FRITTI 7.95
tartare sauce

PRAWN COCKTAIL 8.95
a great favourite!

CAPRESE SALAD 7.95
mozzarella, tomato & basil

HOT SAUSAGES ON STICKS 4.95

BREAD & SALAMI 6.95

crostini
SMOKED SALMON 7.50
cream cheese

HOUMOUS 5.95
red pepper & rocket

PARMA HAM 6.95
rocket & parmesan flakes

CHICKEN LIVER PATE 5.50
fruit chutney

TOMATO BRUSCHETTA 6.95
basil & garlic

SHARING ANTIPASTO PLATTERS

classic italian
parma ham, salami,
feta cheese, mozzarella,
olives, sunblush tomatoes
homemade chutney,
fresh baked bread
13.95

cheese board
homemade
chutney
&
biscuits
7.95

seafood
smoked salmon, crayfish,
prawns, tuna paté,
fresh baked bread,
marie rose dip,
lemon wedges
15.50

SANDWICHES & WRAPS

ALL SERVED WITH MIXED SALAD

SHREDDED DUCK WRAP 9.95
cucumber, spring onion &
plum sauce

SMOKED SALMON BAGEL 9.95
cream cheese

ZEST CLUB 10.95
grilled chicken, bacon, avocado,
egg, lettuce, tomato & mayo
triple decker toastie

PRAWN SANDWICH 9.75
on wholemeal with rocket
& marie rose sauce

THE MONTE CRISTO 8.95
ham, cheese & mustard mayo
toastie dipped in egg & grilled

CHEESE ON TOAST 6.95
simple & delicious
homemade chutney

ROAST HAM SALAD 7.95
on wholemeal with chutney

TUNA SALAD 7.95
on wholemeal with mayonnaise

GRILLED CHICKEN & BACON CIABATTA 9.75
mayonnaise

SPICY CHICKEN WRAP 8.95
peppers, onions & aioli

MELTED BRIE & CRISPY BACON CIABATTA 8.95
cranberry sauce

ITALIAN SAUSAGE CIABATTA & SAUTÉ ONIONS 8.95
mustard mayo dip

TUNA MAYO WRAP 7.95
spring onions, cucumber
& cherry tomatoes

ASPARAGUS, AVOCADO & ROAST PEPPER BAGEL 9.50
with cream cheese

B.L.T. 7.95
Bacon, lettuce & tomato on
wholemeal, mayonnaise

TUNA MELT CIABATTA 8.95
tuna topped with melted
cheddar

HOUMOUS WRAP 8.25
crunchy salad vegetables,
sweet chilli dip

FRESH CRAB & CRUSHED AVOCADO 10.95
open sandwich with chilli,
lime & coriander

A TASTE OF THE BIG APPLE

NEW YORK MELT 9.75

hot pastrami, onions &
melted cheese, ciabatta

PHILLY STEAK SANDWICH 9.75

finely sliced steak, sauté
onions and cream cheese,
ciabatta

Burgers

HOUSEBURGER 11.95

100% pure beef, melted cheese,
onion, salad, dill pickle on a
gourmet bun, relish & fries

CHURRASCO BURGER 12.75
peri peri chicken breast, roast red
pepper, melted cheese on a
gourmet bun, salad, fries &
peri mayo

INSALATE

SALADS

CRAB & PRAWN SALAD 10.95
avocado, cucumber, cherry
tomatoes, peppers, leaves, red
onion & marie rose dip

GREEK SALAD 9.50
feta cheese, olives, mixed salad
& a pot of houmous

CAESAR 10.50
grilled chicken & bacon,
anchovies, parmesan & croutons

CRAYFISH & AVOCADO 12.95
rocket, cherry tomatoes,
red onions, cucumber, lemon
& lime wedges

AVOCADO & CRISPY BACON 8.95
salad leaves, peppers,
red onions, cherry tomatoes
& cucumber

GRILLED GOATS CHEESE 9.95
beetroot, pomegranate,
pumpkin seeds, mixed salad &
balsamic drizzle

CRISP SHREDDED DUCK 11.50
crunchy salad, apples &
plum sauce

SPICY MARINATED CHICKEN 10.50
mango, cherry tomatoes,
salad leaves, peppers,
red onions, cucumber & aioli

MEXICAN BURGER 12.95
100% pure beef, jalapeno
peppers, guacamole, melted
cheese, on a gourmet bun,
sweet chilli dip & fries

GARSTANG BLUE BURGER 12.95
100% pure beef, onion,
mushroom, a melted blue cheese
gourmet bun, relish & fries

PO'BOY BURGER 12.95
breadcrumbed fresh fish
goujons & crispy king prawns
with salad on a gourmet bun,
marie rose dip & fries

KING OF BURGERS 19.95
two 100% pure beef burgers
bacon, chorizo, dill pickle,
melted cheese, onion rings,
salad on a soft gourmet bun,
fries & relish

SPECIALITA DELLA CASA

HOUSE FAVOURITES

CHICKEN GOUJONS 8.95
salad & fries; aioli & sweet
chilli dip

GOATS CHEESE BRUSCHETTA 9.50
roast peppers, rocket &
balsamic drizzle

PERI PERI CHICKEN 12.95
grilled breast, chilli peppers
& garlic; salad, fries
& chilli mayonnaise

FISH GOUJONS 9.95
made with fresh haddock,
salad & fries, tartare sauce

SALMON FISHCAKES 8.50
mixed salad; aioli &
sweet chilli dip

CHICKEN ALLA CREMA 11.95
cream, mushroom, white wine
& spinach,
rice or fries **NEW**

STEAK SHARING PLATTER

16oz steak, grilled mushrooms, tomato, fries & onion rings
available weekends

SINGAPORE VERMICELLI 12.50
king prawns, chicken & stir fried
crunchy vegetables, rice noodles,
chilli garlic & curry

CHILLI CON CARNE 10.95
rice, guacamole,
tortilla crisps **NEW**

EGGS RANCHEROS 7.95
griddled eggs on a hot tortilla,
peppers, tomatoes, onions,
chilli & garlic
try with chorizo **9.50**

HOMEMADE LASAGNE 9.95
topped with a creamy cheese
sauce, garlic bread & salad

FRESH FISH SPECIALS
see the blackboard

BAMBINI

KIDDIES (UNDER 10'S)

FISH GOUJONS & CHIPS 4.95

CHEESE ON TOAST 3.50

CHICKEN GOUJONS & CHIPS 4.95

SAUSAGE & CHIPS 4.95

HAM SANDWICH & CHIPS 4.50

GRILLED CHICKEN & CHIPS 5.50

BACON & BEANS ON TOAST 3.50

SIDES

crisp thin fries 3.50

garlic fries 3.95

onion rings 3.95

mixed salad bowl 3.95

sweet potato fries 4.25

garlic ciabatta 3.95

with cheese 4.25

cheesy fries 4.75

spicy fries 3.95

rocket & parmesan salad 4.25

SWEETS Dolce

please see our display fridge for
a selection of tempting cakes,
pastries & meringues **4.50**

BLUEBERRY MUFFINS 3.25

FRUIT SCONES 3.50
clotted cream & jam

ICE CREAM 4.50
vanilla, chocolate & strawberry

AFTERNOON DELIGHT

Coffee & Cake
5.95

weekdays 3 till 6pm

CAFFE



**COFFEE, TEA &
HOT CHOCOLATE**

CAPPUCCINO 2.80
espresso with steamed milk & froth

ESPRESSO 2.20
strong, short, black coffee

AMERICANO 2.50

CAFFE LATTE 2.75
long steamed milk coffee with
espresso & a touch of froth

ICED CAFFE LATTE 2.75

WHITE COFFEE 2.60
small or large

MOCHA 3.25
long hot chocolate
& coffee drink

HOT CHOCOLATE 2.95
rich, milky chocolate drink
- add syrup, marshmallows
& whipped cream **30p each**

TEA
english breakfast tea 1.95
herb & fruit tea 2.25
earl grey 2.15



ICE CREAM MILKSHAKE 3.95
banana, chocolate & strawberry
coffee, mocha
& mint choc chip

SOYA MILK AVAILABLE

Many of our dishes can be adapted to
suit lacto vegetarian requirements

In accordance with Food Standards Agency Regulations
FOOD ALLERGY

Please advise if you have an allergy to any foods.
We can provide you with a list of any allergens in the
dish you choose to ensure a safe eating experience.

CELEBRATING 16 YEARS OF FINE FOOD, WINE & ITALIAN COFFEE