

Panini's or Wraps

LUNCH OFFER 25% OFF

All served with salad garnish and fries or sweet potato fries

	<u>WAS</u>	<u>NOW</u>
Tuna, mayo, mild cheddar cheese, red onions	£7.95	£5.95
Grilled chicken, bacon, and cheddar with tomato	£9.00	£6.75
Roasted peppers, pesto and melted mozzarella (v)(n)	£7.90	£5.95
Bacon, brie, & tomato	£8.40	£6.30

Your Choice

Panini, Wrap, or Omelette – Fillings of your choice served with fries and salad garnish	£5.40	£3.50
<u>Fillings:</u> onion, mushroom, bacon, chicken, cheddar, brie, prawns, sausage, avocado, mozzarella, tomato, tuna, parmesan, sweetcorn, £1.50 per filling		

Spicy Chicken Fajita Wrap – Mixed peppers, onions, salsa, & guacamole	£9.95	£8.00
Chicken Caesar Wrap – Grilled chicken, lettuce, Caesar dressing & parmesan – with fries	£8.50	£6.50
Ultimate Caesar Wrap – Grilled chicken, bacon, egg, lettuce, Caesar dressing & parmesan – with fries	£9.50	£7.50
Freshly Baked Jacket Potato – Filling of your choice & a side salad	£8.95	£4.50
<u>Fillings:</u> Chicken, bacon, tuna and sweet corn, chilli con carne, cheddar cheese, mushroom, onion		

Gourmet Burgers and Sandwiches

All served with fries or sweet potato fries

Club Sandwich – Chargrilled chicken, tomato, bacon, fried egg, mayo & salad (White or Brown Bread)	£9.95	£8.00
Gourmet Burger – Tomato, onion, salad & relish	<u>Single</u> £10.95	£8.25
	<u>Double</u> £14.95	£11.25
Bacon & Avocado Gourmet Burger – Salad & relish	£12.50	£10.50
BAR 1 Burger – Cheddar cheese, bacon, onion, mushroom and chilli	£14.00	£11.50
Chargrilled Chicken Burger – Tomato, onion and salad	£11.00	£8.50
BAR 1 Chicken Burger – Grilled chicken breast, bacon, chilli, salad & relish	£13.00	£10.95

Salads

Grilled Chicken Caesar Salad – Parmesan shavings and croutons,	<u>Small</u> £8.95	£5.75
	<u>Large</u> £12.95	£7.95
Ultimate Caesar Salad – Cos lettuce, grilled chicken, crispy bacon, croutons, egg, and Parmesan shavings	£16.95	£9.50
Tuna Niçoise Salad – Tuna steak, fresh lettuce, potatoes, olives, capers, green beans, and boiled egg	£22.95	£11.95

TAPAS £5.00 each – Dining offer does not apply

Pan Catalan

rustic bread with tomato

Pan de Ajo

spanish garlic bread

Homemade Chips

chips with garlic and parmesan

Alitas de Pollo Picante

chicken wings

Patatas Alioli

fried potatoes with alioli

Gambas all Ajillo

prawns in white wine & garlic sauce

Aceitunas

green and black marinated olives

Costillas de Cerdo

spare ribs marinated in red wine and honey

Champiñones all Ajillo

sauté button mushrooms in white wine & garlic sauce

Chanquetes

fried whitebait

Patatas Bravas

chunky cubed potatoes in spicy tomato sauce

Calamares Fritos

fried squid with alioli

Chorizo

grilled chorizo in brandy flame

Costillas de Cordero

grilled lamb cutlets (2)

Arroz con pollo

spanish rice with chicken, prawns and peas

Halloumi

Grilled Halloumi

Bread & Oil £2.50

homemade bread with olive oil and balsamic vinegar

Pizza Oven

Margherita – Tomato and Mozzarella	£8.95
American – Mozzarella and pepperoni	£10.50
American Hot - Mozzarella, pepperoni, and jalapeno peppers	£10.95
Regina - Tomato,Mozzarella,Ham, Mushrooms	£11.50
Diavola – Tomato,Mozzarella,Pepperoni, Fresh Chilli,Mushrooms	£11.50
Chefs Special Calzone - pepperoni, mixed peppers, mushrooms, mozzarella, tomato sauce,parma ham	£14.95
Vegetarian – Tomato,Mozzarella,Onion,Mushrooms,Peppers,Sweetcorn	£11.95
Meat Feast -Tomato,Mozzarella,Bacon,Chorizo,Chicken	£12.95
Tuna -Tomato,Mozzarella,Onion,Tuna,Capers	£11.95
Golosa -Bolognese sauce,Mozzarella,Beef Meatballs	£14.95
Bar1 -Fresh Tomato,Buffalo Mozzarella,ParmaHam, Cherry Tomatoes,Rocket, Parmesan	£12.95
Paradise -Mozzarella&Goat's Cheese base,Bacon, Red Onion,Rocket	£12.95

STARTERS

Garlic Bread (add mozzarella £1.50)	£4.50
Bruschetta - Goat's cheese,red onion jam,balsamico glaze	£5.95
Bruschetta - Fresh tomato,garlic,basil and olive oil	£5.95
King Prawns -Sauted with garlic,fresh chilli,white wine and tomato	£8.95
Buffalo Mozzarella -Cherry tomatoes, rocket pesto, parma ham	£7.95
Salmon Gravalax&Smoked Mackerel -Tzatziki sauce, crostino	£8.95
Chicken Pinchos Morunos -Andalusian style spiced chicken skewer with tabouleh	£7.95
Steamed Mussels -with garlic,white wine,fresh chilli and tomato sauce	£7.95
Deep Fried Calamari -in golden polenta crumbs, with alioli	£6.95
Homemade Beef Meatballs in a spicy tomato sauce	£8.95
Soup of the Day	£5.50

MAIN COURSE

Homemade Lasagne	£8.50
Spaghetti Bolognese - Traditional bolognese sauce	£11.95
Spaghetti allo Scoglio - with mussels,clams and king prawns	£15.95
Spaghetti Carbonara – with pancetta,black pepper,parmesan and cream	£13.50
Penne Cacciatora - with chicken,bacon,chilli,garlic and tomato sauce	£14.95
Risotto -with porcini mushrooms,butter and parmesan	£14.95
Lamb Shank – served with mash potato and a red wine demi-glace,tenderstem broccoli	£16.95
Lamb Cutlets - with a port wine and rosemary reduction	£16.95
with saute potatoes and seasonal veg	
Chicken Ballottine - stuffed with goat's cheese, roast peppers,wrapped in parma ham, served with chorizo sauce saute potatoes and vegetables	£17.95
Mediterranean grilled chicken - served with saute potatoes, topped with paprika,lemon,garlic and oregano sauce	£16.50
Sirloin Steak – with rosemary,garlic,saute potatoes,grilled tomato,rocket with a peppercorn or mushroom sauce	£17.95
Feather blade beef - braised in red wine,bacon,mushrooms,pearl onion, served with mash potatoes	£17.95
Pork Belly - rolled and stuffed with red onion,herbs, sage and onion stuffing, served with spicy orange sauce and baby potatoes	£16.95
Catch of the day	£18.50
Vegetable Tagine(V) - spicy and aromatic slow cooked veg, with tabouleh	£12.95
Paella de Marisco – Seafood Paella with prawns, mussels & baby squid (For 2)	£23.95

Please allow 25 mins cooking time

Side dishes: saute potatoes, fries, mash potato, mixed salad, rocket and parmesan salad, seasonal veg, tenderstem broccoli £4.50