

## Panini's or Wraps

All served with salad garnish and fries or **sweet potato fries**

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

### Your Choice

Panini, Wrap, or Omelette, all with the fillings of your choice and served with fries and salad garnish £5.40 **£4.00**

Fillings: Onion, mushroom, bacon, chicken, cheddar, brie, prawns, sausage, avocado, mozzarella, tomato, tuna, Parmesan, sweet corn, £1.50 per filling

|                                                                                                      |       |              |
|------------------------------------------------------------------------------------------------------|-------|--------------|
| Spicy chicken fajita wrap with mixed peppers, onions, salsa, and guacamole                           | £9.95 | <b>£7.50</b> |
| Chicken Caesar wrap – grilled chicken, lettuce, Caesar dressing & parmesan – with fries              | £8.50 | <b>£6.45</b> |
| Ultimate Caesar wrap – grilled chicken, bacon, egg, lettuce, Caesar dressing & parmesan – with fries | £9.50 | <b>£7.25</b> |
| Freshly baked jacket potato served with a side salad and a filling of your choice                    | £8.95 | <b>£6.75</b> |

Fillings: 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 and salad<br>(White or Brown bread) | £9.95                       | <b>£7.50</b>        |
| Gourmet Burger, with tomato, onion, salad and relish                                                    | single £10.95/Double £14.95 | <b>£8.25/£11.25</b> |
| Bacon and Avocado Gourmet Burger with salad and relish                                                  | £12.50                      | <b>£9.50</b>        |
| BAR 1 Burger with cheddar cheese, bacon, onion, mushroom and chilli                                     | £14.00                      | <b>£10.50</b>       |
| Chargrilled Chicken Burger with tomato, onion and salad                                                 | £11.00                      | <b>£8.25</b>        |
| BAR 1 Chicken Burger - grilled chicken breast, bacon, chilli, salad and relish                          | £13.00                      | <b>£9.75</b>        |

## Pasta Bank

|                                                                                     |        |               |
|-------------------------------------------------------------------------------------|--------|---------------|
| Spaghetti Carbonara - Rich sauce made with cream, and white wine, with smoked bacon | £16.95 | <b>£8.50</b>  |
| Chefs special pasta – Penne arrabiata with chicken, bacon and mushrooms             | £18.95 | <b>£10.50</b> |
| Spaghetti Bolognese - traditional bolognese sauce                                   | £16.95 | <b>£8.50</b>  |

Toppings: Onion, mushroom, bacon, chicken, cheddar, brie, prawns, sausage, avocado, mozzarella, tomato, tuna, parmesan  
sweetcorn £1.50 per filling

|                                                                                                             |        |              |                    |
|-------------------------------------------------------------------------------------------------------------|--------|--------------|--------------------|
| Grilled Chicken Caesar Salad with Parmesan shavings and croutons, SM                                        | £8.95  | LRG £12.95   | <b>£4.75/£6.50</b> |
| Ultimate Caesar Salad with Cos lettuce, grilled chicken, crispy bacon, croutons, egg, and Parmesan shavings | £16.95 | <b>£8.50</b> |                    |

Tuna Niçoise Salad with tuna steak, fresh lettuce, potatoes, olives, capers, green beans, and boiled egg £22.95 **£10.95**

### TAPAS £4.50 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(amazing!!)

#### Alitas de Pollo Picante

chicken wings

#### Patatas Alioli

fried potatoes with alioli

#### Berenjenas

roasted aubergine with melted cheese

#### 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

#### Pulpo

octopus in olive oil, rock salt & paprika

#### Bread & Oils £2.50

Homemade bread with olive oil and balsamic vinegar

|                                                                                                                                                    |         |              |
|----------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------------|
| Margherita – the all time classic                                                                                                                  | £ 11.95 | <b>£5.95</b> |
| American – mozzarella and pepperoni                                                                                                                | £14.95  | <b>£7.50</b> |
| American Hot - mozzarella, pepperoni, and jalapeno peppers                                                                                         | £15.95  | <b>£7.95</b> |
| Meat Feast - mozzarella, bacon, sausage, chicken, and pepperoni                                                                                    | £17.95  | <b>£8.95</b> |
| Mediterranean (V) – mediterranean vegetables, artichoke & buffalo mozzarella                                                                       | £15.95  | <b>£7.95</b> |
| Chefs Special Calzone - Our chef's own combination of chicken, pepperoni, mixed peppers, mushrooms, mozzarella, tomato sauce topped with parma ham | £18.95  | <b>£9.50</b> |
| <i>Ruccola Prosciutto with parma ham and rocket</i>                                                                                                | £14.95  | <b>£7.50</b> |

### STARTERS

|                                                                                        |                                  |                           |
|----------------------------------------------------------------------------------------|----------------------------------|---------------------------|
| <b>Prawn &amp; Avocado Cocktail</b> with rose-marie sauce on a bed of cos lettuce      | <b>£9.95</b>                     | <b>£4.95</b>              |
| <b>Deep fried Brie</b> with red currant sauce                                          | <b>£8.50</b>                     | <b>£4.25</b>              |
| <b>BBQ Ribs</b> Slow cooked in our home made BBQ sauce                                 | <b>£9.90</b>                     | <b>£4.95</b>              |
| <b>Garlic Bread</b>                                                                    |                                  |                           |
| Oven baked pizza base, lightly drizzled with garlic, herbs, and olive oil              | <b>£8.95</b>                     | <b>£4.50</b>              |
| With mozzarella                                                                        | <b>£9.95</b>                     | <b>£4.95</b>              |
| With mozzarella and tomato sauce                                                       | <b>£10.95</b>                    | <b>£5.50</b>              |
| <b>Vegetarian Bruschetta</b> toasted bread with garlic, herbs, tomatoes and avocado    | <b>£7.80</b>                     | <b>£3.90</b>              |
| <b>Pate</b> served with red onion marmalade and toasted bread                          | <b>£8.95</b>                     | <b>£4.50</b>              |
| Rocket and parmesan drizzled with olive oil and balsamic vinegar                       | sm <b>£6.95</b> Lrg <b>£9.95</b> | <b>£3.50</b> <b>£4.95</b> |
| <b>Tomato, Mozzarella &amp; Avocado Salad</b> with a basil dressing and balsamic glaze | sm <b>£6.95</b> Lrg <b>£9.95</b> | <b>£3.50/£5.00</b>        |

### MAIN COURSE

|                                                                                                                       |                                              |                      |
|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------|----------------------|
| <b>Spaghetti Bolognese</b>                                                                                            | <b>£16.95</b>                                | <b>£8.50</b>         |
| <b>Spaghetti De mare</b>                                                                                              | <b>£21.95</b>                                | <b>£10.95</b>        |
| Spaghetti pasta with king prawns, mussels, baby squid, and spinach in a white wine and tomato sauce                   |                                              |                      |
| <b>Spaghetti Carbonara</b>                                                                                            | <b>£16.95</b>                                | <b>£8.50</b>         |
| Traditional white wine, and cream sauce with smoked bacon                                                             |                                              |                      |
| <b>Chefs Special Pasta</b>                                                                                            | <b>£16.95</b>                                | <b>£8.50</b>         |
| Penne in arrabiata sauce with chicken, bacon and mushrooms                                                            |                                              |                      |
| <b>Vegetarian Pasta</b>                                                                                               | <b>£16.95</b>                                | <b>£8.50</b>         |
| Penne pasta with cherry tomatoes, mushrooms, basil and mozzarella cheese                                              |                                              |                      |
| <b>Penne Pasta Salad</b>                                                                                              | <b>£14.95</b>                                | <b>£7.50</b>         |
| Penne pasta, rocket, cherry tomatoes, olives, red pepper, mozzarella with a lemon & olive oil dressing                |                                              |                      |
|                                                                                                                       | <i>please allow 25 minutes cooking time)</i> |                      |
|                                                                                                                       | <i>For 1</i>                                 | <i>For 2</i>         |
| <b>Paella de Mariscos</b>                                                                                             | <b>£24.95/£42.95</b>                         | <b>£12.50/£21.50</b> |
| Seafood Paella with prawns, mussels and baby squid (For 1 or 2)                                                       |                                              |                      |
| <b>Paella De Carne</b>                                                                                                | <b>£24.95/£42.95</b>                         | <b>£12.50/£21.50</b> |
| Chicken and Chorizo (For 1 or 2)                                                                                      |                                              |                      |
| <b>Paella Verduras</b>                                                                                                | <b>£18.50/£28.50</b>                         | <b>£9.25/£14.25</b>  |
| Vegetarian Paella made with vegetables of the day (For 1 or 2)                                                        |                                              |                      |
| <b>Lamb Cutlets served with saute potatoes, rocket and mint sauce</b>                                                 | <b>£22.50</b>                                | <b>£11.50</b>        |
| <b>8oz Fillet of Beef</b>                                                                                             | <b>£32.95</b>                                | <b>£15.95</b>        |
| served with homemade chips(topped with garlic and parmesan) and, either a peppercorn, or red wine sauce               |                                              |                      |
| <b>Sirloin Steak</b>                                                                                                  | <b>£24.50</b>                                | <b>£12.50</b>        |
| served with homemade chips(topped with garlic and parmesan) and either a peppercorn, or red wine sauce                |                                              |                      |
| <b>Sirloin Julienne</b>                                                                                               |                                              |                      |
| Grilled sirloin steak with julienne fries, grilled tomato, and a mixed salad                                          | <b>£24.50</b>                                | <b>£12.50</b>        |
| <b>Lamb Shank</b> with rosemary, garlic, served with mash and a red wine demi-glance                                  | <b>£22.95</b>                                | <b>£11.50</b>        |
| <b>Ribs bbq ribs slow cooked in bbq sauce served with fries</b>                                                       | <b>£19.95</b>                                | <b>£9.95</b>         |
| <b>French cut chicken stuffed with cheese and mushroom, wrapped in bacon with a garlic sauce, with saute potatoes</b> | <b>£16.95</b>                                | <b>£8.50</b>         |
| <b>Beer Battered Haddock and homemade Chips mushy peas and tartare sauce</b>                                          | <b>£17.95</b>                                | <b>£8.99</b>         |
| <b>Beef Lasagne homemade served with a side salad</b>                                                                 | <b>£19.95</b>                                | <b>£9.95</b>         |
| <b>Fillet of Tuna with med veg, served with tomato lime and coriander salsa</b>                                       | <b>£22.50</b>                                | <b>£11.25</b>        |
| <b>Whole Seabass</b> grilled with chilli, ginger, coriander, lemongrass and garlic, with saute potatoes               | <b>£22.50</b>                                | <b>£11.25</b>        |
| <b>King Prawn Skewer</b> grilled with exotic spices served with saute potatoes and tender stem broccoli               | <b>£23.95</b>                                | <b>£11.95</b>        |