

PIZZETTAS

Garlic & herb £3.50 V

Garlic, mozzarella & basil oil £4.25 V

Fontal cheese, chorizo jam & rosemary £4.95

Goats cheese & caramelised onion £4.95 V

Garlic Mushroom £4.50 V

...enjoy any larger pizzetta for and extra £2.95

OLIVES

Marinated olives £2.95 V

APPETISERS

WILD MUSHROOM & ROCKET SOUP garlic sourdough £4.95 V

CALAMARI rings & tentacles with lime & herb mayonnaise £6.95

CHICKEN SKEWERS cracked wheat salad, harissa pine nuts, tzatziki £6.50

LAMB MEATBALLS aubergine & tomato sauce and grilled polenta £6.50

NACHOS topped with cheese, 3-bean chilli, salsa, guacamole & sour cream £5.50/10.95 V

CHICKEN NACHOS as above with spicy cajun chicken pieces £6.25/£11.95

PANKO BREADED PRAWNS pickled cucumber salsa & sweet chilli dip £6.95

POTATO SKINS with garlic, guacamole or salsa dips £4.50 V

BABY BACK RIBS In barbecue sauce £7.95

GARLIC MUSHROOMS oven baked and topped with garlic sauce £5.50 V

MEZZE PLATE – FOR ONE OR TO SHARE 6.95/£12.95 V

hummus, tzatziki, grilled halloumi, mixed olives, tabbouleh, feta & garlic flat bread

SHARING SKILLET CHEESE sizzling cheese with garlic, rosemary & flat bread £9.95 V

...spice it up with chorizo jam for and extra £1.95

SALADS

WARM GOATS CHEESE rocket, pear, walnuts & maple dressing £6.50/£10.95 V

HOT SMOKED SALMON beetroot, lentils and whipped lemon ricotta £7.25/£12.50

CRISPY CHILLI BEEF Asian greens and sweet chilli dressing £7.25/£12.50

CAJUN CHICKEN CAESAR shaved parmesan, creamy dressing & croutons £6.95/£11.95

PASTA & NOODLES

LAMB POLPETTE spaghetti, lamb meatballs, tomato and aubergine sauce £9.95

GOATS CHEESE PAPPARDELLE creamy wild mushroom sauce £10.75 V

COCONUT CHILLI CHICKEN PENNE penne, chicken, spicy coconut sauce £10.95

MAC 'N' CHEESE smoked paprika and sourdough crumb £8.95 V

SALMON MAC 'N' CHEESE as above with hot smoked salmon & broccoli £11.95

ASIAN NOODLE STIR-FRY mixed vegetables, Asian greens, sesame & soy sauce £9.95

Add extra ...chicken £1.50 ...garlic king prawns £2.50 ...stir-fry beef £2.50

MAIN COURSE GRILLS & SPECIALITIES

CANTINA BURGER 8oz short-rib burger, brioche bun, mayo, lettuce, pickle, relish & crispy shallots with rosemary fries **£10.95**

CHEESE & BACON BURGER as above with cheddar cheese & maple bacon **£12.95**

TOWER BURGER add another layer, making 16oz of beef to your cantina or cheese & bacon burger for an extra **£3.50**

TANDOORI CHICKEN BURGER in chapatti with red onion, cucumber & raita, served with sweet potato fries and mango mayo **£11.95**

HALLOUMI & MUSHROOM BURGER in a brioche bun with mayo, lettuce, pickle, relish & red onion served with sweet potato fries **95 V**

LOW-CARB BURGERS

any of the above served without the bread & fries but with a generous salad

LAMB MOUSSAKA Greek salad & garlic flat bread **£12.95**

CHICKEN BURRITO Mexican rice, guacamole, salsa & sour cream **£10.95**

ENCHILADA three bean chilli, Mexican rice, guacamole, salsa & sour cream **£9.95 V**

CHICKEN SOUVLAKI with Greek salad & garlic flat bread **£12.75**

CAJUN BABY CHICKEN mixed leaves & sweet potato fries **£13.95**

GRILLED SEA BASS warm fennel & new potato salad, kalamata olives, sundried tomatoes and preserved lemon **£14.75**

THAI RED FISH CURRY with cod & prawns, served with coconut rice **£14.50**

RIBS & CHICKEN barbecue sauce & rosemary fries **£16.95**

RIB EYE STEAK 10oz grilled to your liking, served with roasted tomato, mushrooms and rosemary fries **£19.95**

Extra Sauces - Peppercorn / Chorizo jam / Garlic - all £1.95

PIZZAS

If you don't see your old favourite just ask your server!

MARGHERITA simply tomato, mozzarella & basil oil **£7.95**

GARLIC MUSHROOM mushrooms, garlic sauce & rosemary **£9.25 V**

CHEVRE goats cheese, caramelised onion & sundried tomatoes **£10.50 V**

SPICY EGGS FLORENTINE free range eggs, spinach, harissa, pine nuts **£10.25 V**

CHICKEN FAJITA cajun chicken, roasted peppers & onions **£10.95**

FOUR SEASONS anchovies, artichokes, olives, pepperoni, mushrooms **£10.95**

VESUVIUS pepperoni, chorizo jam & chilli peppers **£11.25**

MELANZANA aubergine, fontal cheese and harissa spiced pine nuts **£8.95 V**

MILANO ham, cajun chicken & pepperoni **£10.95**

PICCANTE pepperoni & chilli peppers **£10.50**

CANTINA SPECIAL margherita with your choice of any two toppings **£10.50**

Extra Toppings – All £1.50

SIDES

Sweet Potato Fries **£3.75**

Rosemary Fries **£3.25**

Mixed Salad **£4.25**

Rocket & Parmesan Salad **£3.50**

Mexican or Coconut Rice **£2.50**

Spiced spinach with potato & chickpeas **£3.50**

Stir-fry vegetables, sesame & soy **£3.95**

SPECIALS

Some Seasonal & Some Old Favourites

APPETISERS

SOUP OF THE DAY £4.95

always changing and always yummy!

GRILLED HALLOUMI SKEWERS £5.95 V

cracked wheat salad, harissa pine nuts, tzatziki

GRILLED POLENTA £5.26

Tender stem broccoli, aubergine sauce & shaved parmesan

MAINS

TANDOORI SALMON FILLET £14.95

spinach with potato & chickpeas, chapatti & raita

CHICKEN SATAY BURGER £11.95

in a brioche bun, served with sweet potato fries
and peanut sauce

CHORIZO MAC 'N' CHEESE £10.95

with choizo jam and smoked paprika & sourdough crumb

DUCK RENDANG £14.95

tender stem broccoli, coconut rice, crispy shallots

DESSERTS

PECAN PIE £5.25 V

peanut butter ice-cream & toffee sauce

AMARETTI & MORELLO CHERRY SUNDAE £5.95 V

amaretti and morello cherry ice-creams,
cherry sauce & crumbled amaretti biscuit

LUNCH TIME SPECIALS FROM £5.95

Lunchtime specials menu available
Mon to Sat 12noon to 5PM

ABOUT OUR MENUS Please inform us of any allergies or special dietary requirements before placing your order. Gluten free menus and detailed allergen information available on request. We cannot guarantee the total absence of allergens in our dishes. Fish dishes may contain small bones. All prices include VAT @ 20%. Gratuities are at your discretion but an optional 10% will be added to tables of 8 or more; all gratuities go directly to the staff.

redpeppers
GRILL & CANTINA