

## LUNCH MENU

Light lunch from 12 - 3pm | \*Dishes served 12 - 5pm daily

### ANTIPASTI

<b>*Antipasti to share</b>	d-g-mu-n-s-sd-se	29
<i>A selection of finest Italian cured meats, baked ricotta cheese, sundried tomato in olive oil, nocellara olives, 24 month aged parmesan cheese, cipollotti in balsamic vinegar, artichoke hearts in oil, tomato &amp; oregano bruschetta</i>	<i>for 1 person</i>	15
<b>*Vegan antipasti to share</b> ✓	ce-g-mu-s-sd-se	24
<i>Classic &amp; pepper hummus with crudités, sun-dried tomatoes in olive oil, nocellara olives, tomato &amp; oregano bruschetta, garlic sourdough bread, giardiniera, cipollotti in balsamic vinegar &amp; artichoke heart in oil</i>	<i>for 1 person</i>	12

### LIGHT LUNCH

<b>Olives</b> ✓ <i>Italian green olives marinated with lemon &amp; oregano</i>		4.5
<b>Selection of breads</b> ✓ <i>Homemade artisan breads, and Tarallini pugliesi with Bungay Suffolk butter &amp; extra virgin olive oil</i>	d-g-sd	7.5
<b>Butternut squash soup</b> ✓ <i>Caramelised onion &amp; pomegranate molasses</i>	ce-g-sd	8.75
<b>*Lifehouse prawn roll</b> <i>King prawns dressed in lightly seasoned mayonnaise, cucumber in a brioche roll with seasoned fries</i>	ce-e-g-s-sd	18.5
<b>*Ciabatta sandwich</b> <i>Mortadella ham, Norfolk tawny cheese, slice tomato, basil mayonnaise &amp; seasoned fries</i>	d-e-g-n-sd	18.5
<b>*Chickpea &amp; Mozzarella di Bufala bruschetta</b> ✓ <i>Chickpea, sun dried tomato, mozzarella on toasted sourdough bread, fresh basil</i>	d-g-se	18
<b>*Roast pepper</b> ✓ <i>Carignola olive, capers, hummus on flat bread</i>	g-sd-se	16.5
<b>Roasted chicken wings</b> <i>Marinated in bbq sauce. Served with seasoned fries</i>	mu-sd	16.5
<b>Prime steak burger</b> <i>On brioche bun with nduja mayonnaise &amp; crispy spicy salami. Served with seasoned fries</i>	d-e-g-mu	24
<b>Puttanesca</b> ✓ <i>Classic Italian pasta, olives, capers &amp; cherry tomato</i>	g-sd	16
	<i>with chicken</i>	22.5
<b>Trofie pasta</b> <i>Lifehouse wild garlic pesto, parmesan &amp; rocket</i>	d-g-n	18.5
<b>Tortellini</b> <i>Spinach &amp; ricotta egg pasta, tomato &amp; basil sauce</i>	ce-d-e-f-g-mu-n-s-sd	18.5
<b>Roasted teriyaki aubergine</b> ✓ <i>On Baba Ganoush, sautéed pak choi, almonds &amp; pomegranate chilli garlic dressing</i>	g-n-s-sd-se	20
<b>Niçoise salad</b> <i>Mediterranean salad, boiled free-range egg &amp; Dijon dressing</i>	ce-e-f-mu-sd	
	<i>With mackerel</i>	18.5
	<i>With chicken</i>	24

### SIDES

<b>Seasoned fries</b> ✓	sd	5.8
<b>Tomato &amp; red onion salad</b> ✓	sd	5.8
<b>Mixed salad leaves with tomato</b> ✓	mu-sd	5.8

All fish dishes may contain bones.



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Allergens key

c crustaceans | ce celery | d dairy | e eggs | f fish | g gluten | l lupin | m molluscs | mu mustard | n nuts | p peanuts | s soya | sd sulphur dioxide

se sesame seeds | V vegetarian | ✓ vegan - we are unable to guarantee a 100% nut-free preparation environment