

LUNCH MENU

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

ANTIPASTI

*Antipasti to share	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 & oregano bruschetta</i>	<i>for 1 person</i>	15
*Vegan antipasti to share ✓	ce-g-mu-s-sd-se	24
<i>Classic & pepper hummus with crudités, sun-dried tomatoes in olive oil, nocellara olives, tomato & oregano bruschetta, garlic sourdough bread, giardiniera, cipollotti in balsamic vinegar & artichoke heart in oil</i>	<i>for 1 person</i>	12

LIGHT LUNCH

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

All fish dishes may contain bones.

SIDES

Seasoned fries ✓	sd	5.8
Tomato & red onion salad ✓	sd	5.8
Mixed salad leaves with tomato ✓	mu-sd	5.8

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