

Lunch Menu & Wine Pairing

Served 12 - 5pm daily

Antipasti – Starters

Pane Cafone - Sourdough bread with Bungay Suffolk butter and extra virgin olive oil <i>Prosecco Spumante Extra Dry, Ca'di Alte, Vento, Italy</i> – Clean floral and pear notes with a fine steam of bubbles	G-SD-D	4.50
Tagliere di salumi - Finest Italian cured meat board <i>Primitivo, La Masseria, Puglia, Italy</i> – Intense flavours of ripe red fruits balanced by soft tannins	N	7.50
Verdure con purea di ceci - Cruditie's with classic and pepper hummus <i>Chardonnay, 16 Stops, South Australia, Australia</i> – Fresh and elegant with apple and white peach flavours	S-SD-SE-CE	7.50
Zuppa di pomodoro e peperoni arrostiti - Roast pepper and tomato soup with basil oil <i>Corvina, Alpha Zeta, Venteo, Italy</i> – Lively and crisp on palate, a touch of marzipan & honey with a citrus finish	SD-CE-G	6.00
Castelfranco con ricotta salata - Crisp Radicchio leaves with baked ricotta, walnuts and a pomegranate dressing <i>Merlot, Chateau, Los Boldos Tradition Reserve, Chile</i> – Flavours of blueberry, plum and blackberry with a hint of spice	D-SD-N-SE	7.50
Insalata Caprese V - A simple fresh salad, traditionally from the island of Capri. Tomato, D.O.P Buffalo mozzarella olive oil & basil (Also available as a main course 12.50) <i>Gavi di Gavi, Terre Antiche, Piemonte, Italy</i> – Lemon and mineral aromas and flavours on this delicious example	SD-D	7.50

Pasta & Secondi – Pasta and Main Course

Gnocchi ai Funghi Porcini V – Potato dumplings served with cep mushrooms and a creamy rosemary sauce <i>Chardonnay, 16 Stops, South Australia, Australia</i> – Fresh and elegant with apple and white peach flavours	G-SD-D-MU	12.50
Spaghetti alle Cozze macchiati - Spaghetti pasta with Shetland Mussels, chilli and cherry tomato <i>Tattinger Brut Reserve, Champagne, France</i> - Classic light & fresh with hints of honey, biscuit and brioche	G-SD-M	14
Fettuccine all nostra Bolognese - Ribbon pasta served with our Bolognese sauce (contains pork) <i>Montepulciano d'Abuzzo, Gran Sasso, Marche Italy</i> – Fruity style with notes of cherry, sour cherry and blackberry aromas	G-SD-CE-E	12.50
Merluzzo alla Portoghese - Portuguese style pan fried cod with fried potato, sautéed onion and parsley leaves <i>Rioja Blanco, El Coto, Rioja, Spain</i> – Refreshing wine with peach, apples, citrus & tropical fruit flavours	F-SD	14
Ugo's spring salad V - Chiodini mushrooms, purple sprout broccoli, edamame beans, pomegranate, pumpkin seeds, spinach leaves,crispy lettuce & Ugo's dressing. <i>Add protein booster: Chicken £18, Cod £18 (F) or Boiled Egg £14 (E)</i> <i>Chenin Blanc, Liberty Fairtrade, Western Cape, South Africa</i> – Aromas of fresh apples with notes of tropical fruits	S-SD-CE-SE-MU	12.50

Panini – Sandwich

The Lifehouse Club Sandwich - Free range chicken, bacon, lettuce, tomato and egg mayonnaise	E-G-SD-S-MU	15.50
Bologna focaccina - Mortadella salumi, rocket, mayonnaise. Served with fries	N-G-D-S-SE-E-MU	12.50
Melanzane grigliate con purea di ceci V - Grilled Aubergine marinated with mint & balsamic vinegar, hummus and sundried tomato on toasted granary bread	G-S-SE-MU	12.50
Crostone al Salmone Affumicato -Italian sourdough style bread, Maldon smoked salmon with capers and shallot salad	G-F-SD-MU	12.50

Contorni – Sides

Fries V		3.80
Tomato & red onion salad V	SD	3.80
Mixed salad leaves with tomato V	SD-MU	3.20
Tender stem broccoli V	SD	3.80
Buttered new potatoes	D	3.80

Allergens key

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

c crustaceans | V vegan - we are unable to guarantee a 100% nut-free preparation environment