

# DINNER MENU

Lifehouse Restaurant offers a culinary journey inspired by Italy. Our dishes are crafted with local, seasonal ingredients and a modern twist. Behind every bite lies a story rooted in tradition.

## APPETISERS

Hand crafted breads <i>Bungay butter &amp; Lifehouse honey butter</i> V	8.5
Nocellara Olives V	6
Padron peppers & Maldon sea salt V	6.5
Provolone piccante & hand cut spicy Italian salami	9
Hummus & flat bread V	8

## STARTERS & PASTA

Essex asparagus soup <i>Sourdough bread &amp; Bungay butter</i>	9	
Asparagus spring salad <i>Zabaoine sauce (vegan option available)</i>	14	
South coast crab salad <i>On a Panissa Sicilian chickpea cake</i>	15	
Crispy pork terrine <i>Piccalilli &amp; seasonal salad</i>	14	
Hand rolled ravioli <i>Filled with smoked scamorza cheese, sprouting broccoli &amp; lemon chilli crumb</i> V	16	28
Paccheri pasta <b>Lifehouse Bolognese</b> <i>Slow cooked beef &amp; pork in a red wine &amp; rich tomato sauce</i>	16	24
First in season asparagus risotto <i>Crispy guanciale ham</i>	16	26

## M A I N S

<b>Classic Italian sausages</b> <i>Butter beans &amp; tomato casserole, sourdough bruschetta</i>	27
<b>Free range chicken breast</b> <i>Roasted baby root vegetables &amp; green peppercorn sauce</i>	28.5
<b>Smoked aubergine &amp; fregola Sada caponata</b> ✓	20
<b>Braised celeriac steak</b> <i>Shimeji mushrooms, winter leaves &amp; mushroom jus</i> ✓	25
<b>Cod supreme</b> <i>Chickpea &amp; lemon leaf stew sautéed salt marsh vegetable</i>	28
<b>Monkfish Calabrian style</b> <i>Wrapped in spicy salami &amp; a creamy sauce</i>	30
<b>Gressingham duck breast</b> <i>Candy beetroot, celeriac purée &amp; our sloe gin sauce</i>	32 Sup 5
<b>Blixes Farm dry aged beef sirloin</b> <i>Jerusalem artichoke, smoked baby leeks &amp; truffle jus</i>	38 Sup 10

All fish dishes may contain bones.

Our kitchen is not a nut free environment.

## S I D E S

Rocket leaves & parmesan shavings	6	Sautéed mushrooms	6
Tomato & red onion salad	6	Seasoned fries	6
Tender stem broccoli	6	Lifthouse spicy potatoes	6



For allergen information, please scan the QR code

& inform your server of your specific allergies.

