



## DINNER MENU

### “Consigli” Suggestion

<b>Pane Cafone V</b>	G-SD-D	5
<i>Sourdough bread, with Bungay Suffolk butter &amp; extra virgin olive oil</i>		
<b>Olives</b>	SD	4.5
<i>Italian green olives marinated with lemon &amp; oregano</i>		
<b>Antipasto Italiano</b>	G-D-SD-S-MU-SE-N	25
<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 and oregano bruschetta</i>		
	Supplement	6
	for 1 person	12
<b>Antipasto Vegano</b> 	G-SD-S-MU-SE-CE	17
<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 and artichoke heart in oil</i>		
	For 1 person	10

### “Per incominciare” Starters

<b>Minestrone di verdure</b> 	SD-CE	7.5
<i>A classic Italian soup of seasonal vegetables sourced from our local farms</i>		
<b>Radicchio variegato di Castelfranco alle nocciole V</b>	SD-D-N	10
<i>Castelfranco radicchio salad leaves with poached apple in Montepulciano red wine, Beenleigh blue cheese &amp; toasted hazelnuts</i>		
<b>Salmone affumicato con insalata d arancio</b>	SD-F-MU	11.50
<i>Maldon Cure smoked salmon from Lambton &amp; Jackson served with a orange and fennel salad</i>		
<b>Crostino di fegatini Toscano</b>	SD-F-D-G-CE	9.5
<i>One of the best Tuscan style starters. Chicken liver crostino with celeriac, pomegranate and chicory leaves</i>		

### Paste e Risotto

		Starter	Main
<b>Ravioli di rucola e patate</b>	G-D-E-SD	12	15
<i>Our homemade pasta filled with potato, rocket &amp; chilli, served with a olive oil and rocket sauce, topped with shaved pecorino Romano scorza nera</i>			
<b>Bucatini all’Amatriciana</b>	G-SD-CE-D	10	13.5
<i>Ugo’s favourite pasta dish with pancetta slow cooked in a rich tomato and red wine sauce topped with a sprinkling of aged pecorino</i>			
<b>Risotto Primavera &amp; Asparagi</b>	D-SD-CE	12	15
<i>Tendring area asparagus &amp; spring vegetable risotto “mantecato” with parmesan cheese</i>			

#### 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

**Main Course**  
*“I Classici della Nostra Cucina” Classic dishes of the Lifehouse Kitchen*

<b>Peperone Imbuttunate</b> ✓	SD	18
<i>Bell pepper stuffed with locally sourced seasonal vegetables, served with a tomato and basil salsa</i>		
<b>Cavolfiore al curry</b> ✓	SD-CE	20
<i>Vibrant curry Brookelynn farm cauliflower, chickpeas and coconut rice</i>		
<b>‘Cioppino’</b>	C-F-G-M-SD-CE	25
<i>Seafood stew with the catch of the day and mussels, clams &amp; prawns, Sardinian style giant cous cous &amp; sourdough bruschetta</i>		
<b>Filetto di Pesce del giorno ai tre legume</b>	F-SD	28
<i>Fish of the day served with three pulses, garden herbs salad &amp; tempura basil</i>		
<b>Costata di Maiale ai peperoni</b>	SD	22
<i>Wicks Manor pork chop, grilled red peppers dressed with olives, capers and served with roast potatoes</i>		
<b>Petto di pollo alle verdure di stagione</b>	E-MU	22
<i>Free range chicken breast served with local asparagus, seasonal green vegetables, roasted new potatoes and mayonnaise infused with wild garlic from our woods</i>		

**“Carne” Chargrilled Meat Dishes**  
*Our 42 day dry aged beef (Limousine crossed with Belgium Blue)*

<b>“Filetto di manzo” Chateaubriand</b>	SD-CE-D-MU	76
<i>Succulent 18oz sharing fillet steak for two to share. Served with seasonal local farm vegetables and roast potatoes in beef fat</i>		
<b>“Contro filetto di Manzo” Sirloin steak 10oz</b>	SD-CE-D-MU	35
<i>Served with fries and rocket leaves, parmesan and truffle dressing</i>		
<b>“Salse” Sauces for Steak</b>	CE-MU-F-D	3.8
<i>Peppercorn, diane, or café de paris butter</i>		
<b>Petto d’Anatra con gnocchi al pesto</b>	D-N-SD-G	25
<i>Gressingham duck breast, gnocchi with basil &amp; rocket pesto, slow roast tomatoes &amp; zucchini.</i>		

**“Contorni” Sides**

<b>Mixed salad leaves with tomato</b>	SD-MU	4
<b>Tomato &amp; red onion salad</b>	SD	4
<b>Tender stem broccoli</b>	SD	4
<b>Sautéed mushrooms</b>		4
<b>Fries</b>		4
<b>Buttered new potatoes</b>	D	4
<b>Roast potatoes in beef fat</b>		4

**Dessert**

*Please ask your waiter for today’s menu*