

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 & 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 & Bungay butter</i>	9	
Asparagus spring salad <i>Zabaoine sauce (vegan option available)</i>	14	
Beetroot cured salmon <i>Goat's cheese cream & rye bread</i>	15	
Crispy pork terrine <i>Piccalilli & seasonal salad</i>	14	
Hand rolled ravioli <i>Filled with smoked scamorza cheese, sprouting broccoli & lemon chilli crumb</i> V	16	28
Paccheri pasta Lifehouse Bolognese <i>Slow cooked beef & pork in a red wine & rich tomato sauce</i>	16	24
First in season asparagus risotto <i>Crispy guanciale ham</i>	16	26

M A I N S

Classic Italian sausages <i>Butter beans & tomato casserole, sourdough bruschetta</i>	27
Free range chicken breast <i>Roasted baby root vegetables & green peppercorn sauce</i>	28.5
Fragrant butternut squash curry <i>Served with coriander rice</i> ✓	20
Braised celeriac steak <i>Shimeji mushrooms, winter leaves & mushroom jus</i> ✓	25
Cod supreme <i>Chickpea & lemon leaf stew sautéed salt marsh vegetable</i>	28
Stone bass fillet <i>Pak choi, guanciale ham, kohlrabi purée & bouillabaisse sauce</i>	30
Gressingham duck breast <i>Candy beetroot, celeriac purée & our sloe gin sauce</i>	32 Sup 5
Blixes Farm dry aged beef sirloin <i>Jerusalem artichoke, smoked baby leeks & 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	Buttered new potatoes	6



For allergen information, please scan the QR code

& inform your server of your specific allergies.

