

LUNCH MENU

From 12 - 3pm | *Dishes served 12 - 5pm

PERFECT TO SHARE

"Pinsa" Sourdough Roman focaccia

Pinsa dough is made from a combination of soy, rice & wheat flour. This makes Roman Pinsa a much healthier alternative to traditional pizza.

Spicy Italian salami *San Marzano tomato, fior di latte cheese & oregano* 22

Goats cheese *Sundried tomato, onion in balsamic, mozzarella cheese & rocket* 22

NIBBLES

Olives *Italian green olives marinated with lemon & oregano* ✓ 6

Hand crafted breads *Bungay butter & Lifehouse honey butter* ✓ 8.5

Hummus & flat bread ✓ 8

Padron peppers & Maldon sea salt ✓ 7

Provolone piccante & hand cut spicy Italian salami 9

SANDWICH, PASTA & SALAD

***King prawn roll** *Maria rose sauce & seasoned fries* 17

***Prime beef burger** *Slaw, spicy mayo, brioche bun & seasoned fries* 22

***Wild Mushroom** *Roasted goats cheese & toasted sourdough bread* ✓ 17

***Ham & cheese melt** *Sourdough ciabatta, Dijon mayonnaise & seasoned fries* 18.5

Prawns, chorizo, tomato & butter bean stew *Padron peppers & flat bread* 22

Penne arrabiata *San marzano tomato sauce, grated salted ricotta (Vegan option available)* ✓ 18.5

Paccheri pasta *Prawns, cherry tomato, garlic, chilli & samphire* 25

Essex asparagus soup *Sourdough bread & Bungay butter* 9

Warm seasonal salad *Seasonal vegetables dressed with pistachio nuts, pumpkin seed oil & pomegranate dressing* ✓ 14.5

Goats cheese 18

Prawns 22

Chicken 24

SIDES

Seasoned fries ✓ 6

Tomato & red onion salad ✓ 6

Rocket leaves & parmesan shavings 6



For allergen information please scan the QR code & inform your server of your specific allergies.