

LUNCH MENU

Light lunch from 12 - 3pm | *Dishes served 12 - 5pm daily

ANTIPASTI

*Antipasti to share	d-g-mu-n-s-sd-se	29
<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 & oregano bruschetta</i>	<i>for 1 person</i>	15
*Vegan antipasti to share ✓	ce-g-mu-s-sd-se	24
<i>Classic & pepper hummus with crudités, sun-dried tomatoes in olive oil, nocellara olives, tomato & oregano bruschetta, garlic sourdough bread, giardiniera, cipollotti in balsamic vinegar & artichoke heart in oil</i>	<i>for 1 person</i>	12

LIGHT LUNCH

Olives ✓		4.5
<i>Italian green olives marinated with lemon & oregano</i>		
Selection of breads V	d-g-sd	6.5
<i>Selection of homemade artisan breads, and Tarallini pugliesi with Bungay Suffolk butter & extra virgin olive oil</i>		
Butternut squash soup ✓	ce-g-sd	8
<i>Caramelised onion & pomegranate molasses</i>		
Roasted chicken wings	mu-sd	16.5
<i>Marinated in bbq sauce. Served with seasoned fries</i>		
Prime steak burger	d-e-g-mu	24
<i>On brioche bun with nduja mayonnaise & crispy spicy salami. Served with seasoned fries</i>		
Puttanesca ✓	g-sd	16
<i>Classic Italian pasta, olives, capers & cherry tomato</i>	<i>with chicken</i>	20
Mussel linguine	e-g-m-sd	18.5
<i>Squid ink pasta, mussel, garlic, white wine, parsley & chilli</i>		
Classic southern Italian pasta	ce-g-sd	18
<i>Cannellini bean puree, crispy pancetta & rosemary garlic oil</i>		
Cumin roasted cauliflower ✓	n-sd-se	18
<i>On Baba Ganoush, pistachio, pomegranate, mint & sesame seeds</i>		
Niçoise salad	ce-e-f-mu-sd	
<i>Mediterranean salad, boiled free-range egg & Dijon dressing</i>	<i>With mackerel</i>	18.5
	<i>With chicken</i>	24
*Burrata & Bologna	ce-d-g-n-sd	18
<i>Mortadella ham, honey drizzle & mint leaves on flat bread</i>		
*Mozzarella di Bufala V	d-g-n-s-se	18
<i>Cherry tomato, basil rocket pesto on toasted sourdough</i>		
*Roast pepper ✓	g-sd-se	16.5
<i>Carignola olive, capers, hummus on flat bread</i>		
*Lifehouse prawn roll	ce-e-g-s-sd	18.5
<i>King prawns dressed in lightly seasoned mayonnaise, gem lettuce in a brioche roll with seasoned fries</i>		

SIDES

Seasoned fries ✓	sd	5
Tomato & red onion salad ✓	sd	5
Mixed salad leaves with tomato ✓	mu-sd	5

All fish dishes may contain bones.

Allergens key

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

se sesame seeds | V vegetarian | ✓ vegan - we are unable to guarantee a 100% nut-free preparation environment