



# lifehouse

spa & hotel

## Aperitivo

**Sandeman White Port & tonic**  
Served with a fresh orange garnish, a refreshing palate cleanser and a great lower alcohol (19.5%) alternative to a G&T! Pairs perfectly with fish, seafood and salty snacks  
6.50

## Aperitivo

**Winter Spritz**  
Aperol Spritz with a seasonal twist!  
Aperol, Prosecco, cranberry, soda & orange  
9.95

## DINNER MENU

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### Sharing Platters

Selection of breads V  
with salted butter & extra virgin olive oil 4.50

Olives 4.00

#### Antipasto Italiano

selection of Italian cured meats with Provençal olives, hummus, garlic sourdough bruschetta, sun-dried tomato & bocconcini of mozzarella  
19.00 (supplement 4.00)  
(also available for one person 10.00)

#### Antipasto vegetariano V

hummus with crudité, sun-dried tomatoes, olives, bocconcini of mozzarella, tomato & basil bruschetta, garlic sourdough bruschetta 15.00  
(also available for one person 8.00)

### Starters & Pasta

Soup of the day V  
5.95

#### Topinambur e Mozzarella V

roasted Jerusalem artichokes, Laverstoke buffalo mozzarella, roasted tomato & agresto sauce 10.50

#### Sgombro alla Siciliana

fillet of mackerel with Sicilian style salad 11.50

#### Gnocchi ai Gamberi

prawns with potato dumpling, crispy Jerusalem artichoke & gremolata 12.50  
(available as a main dish 15.50)

#### Tagliatelle Modenesi

ribbon pasta, Modena-style with sausages in a creamy tomato sauce & shavings of our baked ricotta 12.50  
(available as a main dish 15.50)

#### Risotto al vino rosso V

arborio rice with red wine, fontina cheese & chestnut 12.50  
(available as a main dish 15.50)

## Mains

### Healthy Options & Fish

#### Ugo's winter salad V

rainbow carrots, tender stem broccoli, edamame beans, pomegranate, pumpkin seeds, spinach leaves, radicchio di Treviso & Ugo's dressing  
9.50

Add a protein booster

chicken 17.00 cod 18.00 boiled egg 10.00

#### Baccala al cavolo nero

cod fillet, roast beetroot, creamy cavolo nero & Trapanese pesto 18.00

#### Cioppino fisherman stew

with cod, monkfish, mussels, clams & prawns, with sourdough bruschetta 22.00

#### Sea trout fillet

with roasted fennel, sweet potato puree & a wild garlic dressing 19.00

#### Squash & tomato curry V

with coconut and lime, served with rice 15.50

#### Peperone Imbottito V

stuffed bell pepper with brown rice, chestnut mushrooms & tomato salsa 17.50

### Charcoal Grill & Meat

#### Chateaubriand

succulent 18oz sharing fillet steak with dauphinoise, jus & tender stem broccoli, for two people to share  
58.00 (supplement 20.00)

#### Sirloin steak

deliciously tender with a richer flavour, recommended medium rare served with your choice of fries, rocket leaves, parmesan oil & truffle dressing  
28.00 (supplement 8.50)

#### Pollo al borlotti

roasted chicken breast wrapped in bacon and braised leg with borlotti Beans & King cabbage 18.50

#### Anatra con polenta

duck breast with polenta & stilton sformatino, king oyster mushrooms, with a garlic butter and rosemary sauce 20.00

#### Sauces

peppercorn, stilton, garlic & herb butter 3.50  
(all supplements as priced)

## Sides

mixed salad leaves with tomato 3.20 tender stem broccoli 3.80 buttered new potatoes 3.60  
dauphinoise potatoes 4.50 Italian fries 3.70 garlic & rosemary potato wedges 3.90  
(all supplements as priced)

Should you have a food allergy of any kind, please advise the waiting staff. A menu detailing allergens is available upon request. Most vegetarian dishes can also be prepared as suitable for vegans, please ask a member of staff. Whilst every effort is made to be extremely careful, it is with regret that we cannot guarantee any of our dishes will be free of any traces of allergens, including peanuts. Where supplements are shown, these are additional to your inclusive package, if applicable.