



Vernazza Marina
Cinque Terre, Italy

A LA CARTE

APPETISERS

STONEBAKED GARLIC PIZZA BREAD (v) 821 kcal	£6.75
with TOMATO (v) 829 kcal	£7.95
with MOZZARELLA (v) 1004 kcal	£8.45
with 1/2 MOZZARELLA & 1/2 TOMATO (v) 916 kcal	£8.95

FRESH BAKED BAGUETTE, EXTRA VIRGIN OLIVE OIL & BALSAMIC VINEGAR (ve) 752 kcal	£4.95
with MIXED OLIVES (ve) 860 kcal	£6.95

MIXED OLIVES (ve) 108 kcal	£3.95
-----------------------------------	-------

HALLOUMI FRIES with CHILLI HONEY (v) 445 kcal	£5.25
-------------------------------------------------------------	-------

GRILLED PITTA with HUMMUS, TOASTED DUKKA & ROASTED GARLIC OIL (ve) (n) 664 kcal	£5.95
---------------------------------------------------------------------------------------------------	-------

EGO SHARING BOARD £17.95

Calamari fritti, chorizo & halloumi skewers, salmon fishcakes, spiced falafel, grilled pitta, tzatziki, hummus, aioli & red pepper tapenade 1577 kcal

STARTERS

SOUP DU JOUR (v)	£6.95
Soup of the day served with fresh bread 395 kcal	

CHORIZO FRITO AL VINO	£7.95
Braised in red wine, garlic, rosemary & thyme served with toasted baguette 776 kcal	

GARLIC MUSHROOMS (v)	£7.95
Sautéed field & wild mushrooms, garlic, lemon & parsley cream with toasted baguette 510 kcal	

PANKO CRUMBED IBERIAN BELLY PORK (n)	£8.25
Black pudding, toasted walnuts, mixed leaves & apple mayonnaise 626 kcal	

CALAMARI FRITTI	£8.45
Paprika floured squid rings, aioli & fresh lemon 368 kcal	

GRILLED GOAT'S CHEESE (v)	£8.25
Toasted brioche with caramelised red onions, aged balsamic & Jen's beetroot chutney 654 kcal	

SALMON FISHCAKE	£9.45
Soft poached egg, lemon & dill hollandaise and mixed leaves 683 kcal	

GAMBAS AL PIL PIL	£8.95 / £12.95
7 or 12 King prawns pan fried with garlic & guindilla chillies, toasted bread 840 kcal / 894 kcal	

BREADED CAMEMBERT (v)	£8.45
Panko breaded Camembert with mixed dressed leaves & cranberry compote 506 kcal	

MOULES MARINIÈRES	£10.95
Fresh rope mussels, shallots, parsley & garlic in white wine cream served with fresh baguette 852 kcal	

CHICKEN LIVER & ROSEMARY PÂTÉ	£7.45
Clarified butter & pink peppercorns, toasted baguette & Maria's chilli tomato marmalade 528 kcal	

MAIN COURSES

PAN-ROASTED CHICKEN SUPRÊME (n)	£18.45
With Grana Padano, sun blushed tomato, saffron risotto & basil pesto 1054 kcal	

PAN-FRIED SEA BASS FILLETS	£19.95
With roasted chorizo, cherry tomatoes, red onion, sautéed new potatoes & rocket 1043 kcal	

COURGETTE & SWEETCORN FRITTERS (ve) (n)	£16.95
Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus, & toasted dukka 722 kcal	

ANDALUCIAN PORK FILLET	£19.95
Wrapped in Serrano ham, with creamed savoy cabbage wholegrain mustard sauce & dauphinoise potatoes 1514 kcal	

MOROCCAN FALAFEL (v) (n)	£16.95
Spiced vegetables, fruity couscous, flaked almonds, tzatziki & toasted pitta bread 1091 kcal	

SLOW COOKED BEEF BOURGUIGNON	£19.95
Served with pommes purée, pancetta wrapped green beans & root vegetable crisps 1075 kcal	

MOROCCAN LAMB (n)	£19.95
Slow cooked spiced lamb with Moroccan vegetables, fruity couscous, flaked almonds, tzatziki & toasted pitta bread 1548 kcal	

LEMON CHICKEN MILANESE	£18.45
Rocket, sun blushed tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 1382 kcal	

MINTED LAMB RUMP	£20.95
Served pink with spring onion, olive & goats cheese pommes purée, rosemary jus & roasted courgette 1136 kcal	

PAN-ROASTED COD SUPRÊME	£19.95
Crushed new potatoes, with buttered greens beans & white wine cream 992 kcal	

TRADITIONAL GREEK SALAD (v)	£16.95
Greek feta from Trikala PDO, cherry, plum & sun blushed tomatoes, Kalamata olives, red onion, cucumber, piquillo peppers, capers, oregano 596 kcal	
with GRILLED LEMON CHICKEN 900 kcal	+£3

PASTA & PAELLA

PAELLA MIXTA	£18.95
Chicken, chorizo, King prawns, squid, mussels piquillo peppers, tomato, green beans & peas 1474 kcal	

CHICKEN & CHORIZO PAELLA	£17.95
Piquillo peppers, tomato, green beans & peas 1489 kcal	

VEGETABLE PAELLA (ve)	£15.95
Artichoke, courgette, aubergine and tomato, piquillo peppers, green beans & peas 1139 kcal	

KING PRAWN & CHILLI LINGUINE	£17.95
King prawns, garlic, red chilli & fresh rocket 783 kcal	

SPAGHETTI CARBONARA	£15.95
Spaghetti tossed with pancetta, cream & Grana Padano 1290 kcal	

CHARGRILLED KEBABS

All skewered with red onion, courgette & peppers with mixed leaf salad, tzatziki & tortillas

MIXED KEBAB £24.95
300g Piri-piri chicken, chorizo, lamb rump & belly pork 1438 kcal

PIRI-PIRI CHICKEN & CHORIZO £20.95
250g Piri-piri chicken & chorizo 1235 kcal

PIRI-PIRI CHICKEN £18.95
200g Piri-piri chicken 1008 kcal

CYPRriot HALLOUMI (v) £19.95
Lemon caper chilli dressing 1167 kcal

Truffle & Grana Padano fries £4.95

Skin-on fries £3.45

Sweet potato fries £4.95

Halloumi fries with chilli honey £5.25

STEAK FRITES

All chargrilled and served with grilled vine plum tomato, sautéed flat mushroom, dressed rocket & skin-on fries

227g SIRLOIN 917 kcal £23.95

227g PRIME RUMP 956 kcal £21.95

170g FILLET 849 kcal £28.95

280g RIBEYE 1117 kcal £27.95

Swap to truffle & Grana Padano fries +£1.50

Swap to sweet potato fries +£1.50

Garlic butter 160 kcal £1.50

Peppercorn sauce 121 kcal £2.00

King prawn skewers 113 kcal £3.95

STONEBAKED SOURDOUGH PIZZA

MARGHERITA (v) £11.95
Tomato, mozzarella, fresh basil 806 kcal

CHARGRILLED CHICKEN £13.95
Roquito pepper pearls, red onion, tomato & mozzarella 878 kcal

GOAT'S CHEESE & CARAMELISED ONION (v) £12.95
Roasted Mediterranean vegetables & fresh rocket 1299 kcal

PEPPERONI PICCANTE £13.95
Tomato, mozzarella, pepperoni, sliced red chillies 1166 kcal

CREATE YOUR OWN PIZZA £14.95
Add any 3 pizza toppings from above or listed below to a Margherita: 1095 kcal
King prawns / Black olives / Chorizo / Pancetta
Mushrooms / Serrano ham / Artichokes / Pineapple

SIDES

SKIN-ON FRIES 356 kcal £3.45

TRUFFLE & GRANA PADANO FRIES 417 kcal £4.95

SWEET POTATO FRIES 352 kcal £4.95

HALLOUMI FRIES with CHILLI HONEY 445 kcal £5.25

GRATIN DAUPHINOISE 400 kcal £4.95

GREEK SALAD 237 kcal £4.95

TENDERSTEM BROCCOLI, GARLIC & CHILLI, TOASTED ALMONDS (n) 120 kcal £4.45

BUTTERED GREEN BEANS 100 kcal £3.95

MEDITERRANEAN VEGETABLES & PESTO (n) 382 kcal £4.95

ROCKET & GRANA PADANO SALAD 121 kcal £4.95

PRIX FIXE MENU

Mon-Sat until 5.30pm Sun from 5.30pm

2 Courses £18.95 3 Courses £22.95

STARTERS

Soup du Jour (v) 395 kcal

Calamari Fritti 368 kcal

Garlic Mushrooms (v) 510 kcal

Gambas al Pil Pil 840 kcal +£1.50

Grilled Goat's Cheese (v) 654 kcal

Chicken Liver & Rosemary Pâte 528 kcal

MAIN COURSES

Pan-Roasted Chicken Suprême, Mustard Cream Sauce, Pommes Purée & buttered green beans 1386 kcal

170g Rump Steak 838 kcal +£2

227g Sirloin Steak 899 kcal +£6

Served with Peppercorn Sauce, Skin-on Fries & Grilled Tomato

Salmon & Dill Fishcakes, Skin-on Fries, Rocket & Tartare Sauce 1242 kcal

Spaghetti Carbonara 1290 kcal

King Prawn & Chilli Linguine 783 kcal

Courgette & Sweetcorn Fritters (ve) (n) 722 kcal

DESSERTS

Warm Apple & Cinnamon Pie 549 kcal

Sticky Toffee Pudding 856 kcal

Sicilian Lemon Tart 448 kcal

Warm Triple Chocolate Brownie 707 kcal

Jude's Farm Ice Cream 236 kcal

LUNCH

MON - SAT UNTIL 4PM

STARTERS

SOUP DU JOUR (v) Soup of the day served with fresh bread 395 kcal	£5.95	CHICKEN LIVER & ROSEMARY PÂTÉ With clarified butter & pink peppercorns, toasted baguette & Maria's chilli tomato marmalade 528 kcal	£5.95
GARLIC MUSHROOMS (v) Sautéed field & wild mushrooms, garlic, lemon & parsley cream with toasted baguette 510 kcal	£6.95	GRILLED GOAT'S CHEESE (v) Toasted brioche with caramelised red onions, aged balsamic & Jen's beetroot chutney 654 kcal	£6.95
CALAMARI FRITTI Paprika floured squid rings, aioli & fresh lemon 368 kcal	£7.45		

LUNCH MAIN COURSES

SALMON & DILL FISHCAKES Skin-on fries, fresh rocket & tartare sauce 1242 kcal	£11.95	PEPPERONI PICCANTE PIZZA Tomato, mozzarella, pepperoni, red chillies 1166 kcal	£11.95
LEMON CHICKEN MILANESE Rocket, sun blushed tomato & Grana Padano salad, lemon caper chilli dressing and skin-on fries 853 kcal	£10.95	COURGETTE & SWEETCORN FRITTERS (ve) (n) Homemade spiced fritters, carrot, raisin & orange salad, red pepper tapenade, hummus, & toasted dukka 722 kcal	£10.95
PAN-ROASTED CHICKEN SUPRÊME Mustard cream sauce, pommes purée & buttered green beans 1386 kcal	£12.95	MOROCCAN CHICKEN WRAP Carrot salad, hummus, skin-on fries, rocket & tzatziki 833 kcal	£8.95
170g PRIME RUMP STEAK Chargrilled & served with grilled plum tomato and skin-on fries 838 kcal Swap to truffle & Grana Padano fries +£1.50 Swap to sweet potato fries +£1.50 Add garlic butter £1.50 or peppercorn sauce £2	£13.95	FALAFEL WRAP (ve) Carrot salad, hummus, skin-on fries, rocket & red pepper tapenade 1062 kcal	£8.95
KING PRAWN & CHILLI LINGUINE King prawns, garlic, red chilli and fresh rocket 783 kcal	£12.95	LAMB KÖFTE WRAP Carrot salad, hummus, skin-on fries, rocket & tzatziki 995 kcal	£8.95
MOULES FRITES Fresh rope mussels, shallots, parsley & garlic in white wine cream served with fresh baguette & skin-on-fries 1022 kcal	£12.95	TRADITIONAL GREEK SALAD (v) Greek feta from Trikala PDO, cherry, plum & sun blushed tomatoes, Kalamata olives, red onion, cucumber, piquillo peppers, capers, oregano 293 kcal	£8.95
SPAGHETTI CARBONARA Spaghetti tossed with pancetta, cream & Grana Padano 1290 kcal	£11.95		

DESSERTS

WARM APPLE & CINNAMON PIE Served with vanilla custard 549 kcal	£6.95	EGO MINIS MINI DESSERTS WITH ANY COFFEE OR TEA + £2 UPGRADE TO ANY LIQUEUR COFFEE	
WARM TRIPLE CHOCOLATE BROWNIE Triple chocolate brownie, chocolate fudge sauce & vanilla pod ice cream 707 kcal	£6.95	WARM TRIPLE CHOCOLATE BROWNIE Triple chocolate brownie, chocolate fudge sauce 237 kcal	£7.45
SICILIAN LEMON TART Chantilly cream & raspberry coulis 448 kcal	£6.45	RHUBARB & GIN CRUMBLE Served warm 244 kcal	£7.45
STICKY TOFFEE PUDDING Steamed sponge date pudding, toffee sauce & vanilla pod ice cream 856 kcal	£6.95	STICKY TOFFEE PUDDING Steamed sponge date pudding, toffee sauce 268 kcal	£7.45
JUDE'S FARM ICE CREAM 3 scoops of vanilla, chocolate, strawberry or honeycomb 236 kcal	£6.45	STRAWBERRY & PASSIONFRUIT ETON MESS Chantilly cream, crushed meringue & strawberries 108 kcal	£7.45
		JUDE'S FARM ICE CREAM One scoop of vanilla, chocolate, strawberry or honeycomb 77 kcal	£7.45

(v) vegetarian (ve) vegan (n) contains nuts (gf) gluten free

Due to the presence of nuts in some products, there is a small possibility that nut traces may be found in any of our menu items. The recommended daily calorie intake for women is 2000 kcal and for men is 2500 kcal. For parties of 8 or more, a discretionary 10% service charge will be added to the bill, thank you.