



OOZE

Starters

Burrata cheese with sweet cherry tomatoes, balsamic & basil	£5.00
Grilled market vegetables with a choice of homemade pesto	£3.50
Mixed bruschetta - See board for today's special	£4.00
Green salad with parmesan shavings	£3.00
<i>...and to share</i>	
Salumi misti (mixed, cured meats)	£8.00
Fresh breads of the day with a choice of homemade pesto	£4.50

Super Salads

Rocket, spinach, fennel, cherry tomatoes, flat leaf parsley, mixed sprouts, feta, lemon	£6.95
Sugar snaps, rocket, grilled marinated peppers, red leaf lettuce, mixed sprouts, alfalfa, roasted seeds	£6.95
Baby spinach, frisée, treviso, orange, pink grapefruit, apricot, mixed sprouts, pinenuts, mung beans	£6.95
<i>Why not combine your Super Salad with one of our tender chargrills:</i>	
Chicken breast and Super Salad	£8.95
Lamb chump and Super Salad	£9.95
Tuna steak and Super Salad	£10.95
Swordfish steak and Super Salad	£10.95

Grills

Lamb chump with salsa verde, grilled polenta and green beans	£10.95
Chicken breast with grilled, marinated peppers, rosemary potatoes & red pesto	£9.95
Tuna spiedini with borlotti bean & courgette ribbon salad ★	£11.95
Swordfish steak with panzanella salad and tomato salsa ★	£10.95

- ♥ Low in salt ○ Low in carbs
★ Low in fat ⊕ Gluten free

Small Main

Classic Risotto

Seafood with courgette and spring onion	£7.95	£9.95
Clam risotto	£7.75	£9.75
Parma ham and mint	£6.25	£8.25
Milanese	£4.95	£6.95
Porcini	£6.25	£8.25
Primavera - See board for today's combination	£5.85	£7.85

For a lower fat risotto, please ask us to leave out the butter & parmesan

Small Main

Special Risotto

Smoked salmon with flat leaf parsley	£6.75	£8.75
Fillet of sea bass with rocket, basil and garlic	n/a	£9.75
Meatballs (lamb and beef) with spicy tomato sauce	£5.75	£7.75
Chicken with tarragon and red peppers	£6.25	£8.25
Sliced sirloin with red onion, red wine and rocket	n/a	£9.65
Pancetta with broad beans, red onion and rosemary	£5.95	£7.95
Butternut squash with hazelnut and sage	£5.25	£7.25
Green beans with smoked provola and lemon zest	£5.15	£7.15

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Sides

Green pesto	£1.00
Red pesto	£1.00
Chilli pesto	£1.00
Garlic and rosemary potatoes	£2.50

Puds

Chocolate fondant	£4.00
Baked Alaska	£4.00
Pannacotta with seasonal compote ⊕	£4.00
Ooze crumble - See board for today's special	£4.00
Ice cream	£3.50