

## STARTERS

ASK YOUR WAITER FOR TODAY'S SPECIALS

<b>SELECTION OF BREAD FOR TWO</b> White Bloomer, Multi Grain & Multi Cereal 	5.5€
<b>DELICIOUS HOMEMADE SOUP OF THE DAY</b>	11€
<b>FRESH CALAMARI</b> In a Crispy Salt and Pepper coating with Ali-Oli 	17€
<b>CLASSIC PIL PIL PRAWNS</b> Cooked with Fresh Chilli, Garlic, Smoked Paprika, Parsley and White Wine 	15€
<b>TEQUILA PIL PIL PRAWNS</b> With Tequila, Fresh Chilli, Garlic, Smoked Paprika, Grated Parmesan, Coriander and Lime Juice 	17.5€
<b>TRADITIONAL PRAWN AND AVOCADO COCKTAIL</b> With Homemade Marie Rose Sauce 	15€
<b>TRADITIONAL PLATTER OF IBERIAN HAM AND MANCHEGO CHEESE</b> Served With a Sun Dried Tomato cream & Black Olive Tapenade and Toasted Ciabatta Bread 	25€
<b>SMOKED SALMON PARCEL</b> With Lettuce, Avocado, Horseradish and Crème Fraîche 	18€

<b>FILLET OF BEEF CARPACCIO</b> Served with a Rocket and shaved Parmesan Salad and a Sun Dried Tomato & Black Olive Tapenade 	19€
<b>HOMEMADE CHICKEN LIVER PARFAIT</b> Served with Toasted Ciabatta, Caramelised Onions and Cumberland Relish 	13€
<b>BUFFALO CHICKEN WINGS</b> <b>SHWINGS</b> Original Hot Wing Recipe with a Shwings Twist served with a Blue Cheese Dipping Sauce 	13€
<b>HONEY &amp; CHILLI CHICKEN WINGS</b> <b>SHWINGS</b> Seven Spice, Honey, Chilli Sauce, Chives, Spring Onion & Sesame 	13€
<b>RED TUNA TARTARE</b> Marinated in Sesame Oil, Wasabi and Ginger served with Sliced Truffle, Avocado, Mango and Wakame Seaweed 	22€
<b>JUMBO TIGER PRAWNS</b> Coated in a Crunchy Coconut, Lime and Sesame Panko, with Asian Salad and Dipping Sauces 	21€

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## SALADS

<b>CREAMY BURRATA WITH SUN DRIED TOMATOES (V)</b> Served with Rocket Salad, Pine Nuts, Fresh Tomatoes Parmesan Crisp, Pesto Dressing and Balsamic Glaze 	18€
<b>CAESAR SALAD</b> Crispy Bacon, Anchovies, Croutons, Boiled Egg and Shaved Parmesan With Grilled Chicken With Prawns	15€ 18€ 21€
<b>CRISPY BEEF SALAD WITH VEGETABLES</b> Served with Soy, Chilli and Coriander Dressing Starter Main 	17€ 24€
<b>CHARGILLED MEDITERRANEAN VEGETABLES (V)</b> Topped with Grilled Goats Cheese, Onion, Honey, Balsamic Glaze, Marmalade and Toasted Pine Nuts 	18€

## MAINS

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<b>TAGLIATELLE PRAWN PIL PIL</b> Served in a Rich Tomato Sauce with Chilli, Garlic, Smoked Paprika and White Wine 	25€
<b>WHOLE FRESH SOLE MEUNIÈRE</b> Served with Buttered Parsley Potatoes, Sautéed Seasonal Vegetables and a Caper, Shrimp and Brown Butter Sauce 	32€
<b>PAN FRIED SEA BASS MARINATED IN GINGER AND SOY</b> Served with Basmati Rice and Stir-Fried Vegetables 	29.5€
<b>TRADITIONAL FISH &amp; CHIPS</b> Deep Fried Hake in Crispy Beer Batter, Hand Cut Fries, Minted Mushy Peas & Homemade Tartare Sauce 	24€
<b>RED TUNA SATAY</b> Served with Aubergine & Coconut Sambol, Asian Quinoa Salad and Indonesian Tamarind Vinaigrette 	31€
<b>FULL RACK OF BBQ PORK RIBS</b> Served with Hand Cut Fries, Onion Rings and Homemade Coleslaw 	24.5€
<b>STICKY PORK BELLY</b> With Carrot and Pumpkin Cream, Tender Stem Broccoli, Asparagus and a Pistachio, Prune & Date Tartare 	28€

<b>BANGERS &amp; MASH</b> Served with Creamy Mash, Peas and Onion Gravy 	22€
<b>THE FAMOUS 'LA SALA FILLET STEAK BURGER'</b> With Coleslaw, Hand Cut Fries, Crispy Onion Rings & Smoked Jalapeño Mayonnaise With Grilled Bacon and Melted Cheese 23.5€ With Grilled Goats Cheese and Caramelised Onions 24.5€ 	
<b>CHATEAUBRIAND FOR TWO (PER PERSON)</b> Served with Buttered New Potatoes, Padrón Peppers, Crispy Onion Rings, Hand Cut Fries, Grilled Tomatoes, Mushrooms, Peppercorn Sauce or Béarnaise Sauce 	36€
<b>CHARGILLED SIRLOIN STEAK</b> Served with Hand Cut Fries, Grilled Cherry Tomatoes, Mushrooms & Peppercorn Sauce 	30€
<b>CHARGILLED FILLET STEAK TOPPED WITH GARLIC BUTTER AND ROCK SALT</b> Served with Grilled Cherry Tomatoes, Mushrooms, Hand Cut Fries and Béarnaise Sauce 	35€
<b>STEAK TARTARE</b> Fresh ground Fillet Steak, Capers, Gherkins, Olives and Traditional Spices Served with Hand Cut Fries, Mixed Salad and Grilled Ciabatta 	29€

<b>HOMEMADE COTTAGE PIE</b> Slow cooked rich Beef, topped with Creamy Mash and Grated Cheese served with Peas, Carrots and Red Wine Jus 	24€
<b>AUTHENTIC HOMEMADE THAI GREEN CURRY</b> Served with Steamed Basmati Rice With Vegetables and Tofu (v) 23€ With Chicken 24.5€ With Prawns  27€	
<b>THAI CHICKEN PEPPER GARLIC</b> Served with Steamed Basmati Rice 	24€
<b>CHICKEN MILANESE</b> Topped with a Rich Tomato Sauce and Grilled Parmesan, served with Chilli and Parsley Spaghetti 	24.5€
<b>TRADITIONAL CHICKEN, LEEK &amp; TARRAGON PIE</b> Topped with Puff Pastry and served with Creamy Mash and Seasonal Vegetables 	23€
<b>SUCCULENT BRAISED LAMB SHANK, WITH A RICH RED WINE JUS</b> Served with Fresh Asparagus, Cherry Tomatoes, Seasonal Vegetables and Dauphinoise Potatoes 	28€



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## VEGGIE & VEGAN

<p><b>EDAMAME</b> Spicy with Steamed Shichimi Togarashi, Garlic, Sriracha Sauce &amp; Sesame Oil 🌶️🌶️ <b>Not So Spicy</b> with Truffle Salt Flakes 🌱🌱🌱</p>	<p><b>QUINOA SALAD</b> With Carrot, Courgette, Peppers, Asparagus and Feta Cheese served with Mixed Leaves and an Oregano and Lime Vinaigrette (Also available with Beans or Chickpeas instead of Feta Cheese) 🌱</p>	<p><b>GAN RED/GREEN CURRY</b> 🌶️ Tofu or Jack Fruit Curry with Coconut Milk, Red and Green Peppers, Baby Corn, Shitake Mushrooms and Broccoli served with Basmati Rice</p>	<p>10€ 10€ 13€ 13€</p>	<p>14€ 22€ 24€</p>	<p>25€ 21€</p>
<p><b>HUMMUS</b> Smooth dip made with Chickpeas, Tahini, Lemon Juice, Tomato, Parsley &amp; Mint served with Chopped Tomatoes &amp; Warm Pitta Bread 🌱🌱</p>	<p><b>BEYOND STEAK TARTARE</b> 🌶️ <b>BEYOND MEAT</b> Ground Beyond Meat, Capers, Gherkins, Olives &amp; Traditional Spices served with Hand Cut Fries, Mixed Salad &amp; Vegan Bread 🌱🌱🌱</p>	<p><b>VEGAN BANGERS &amp; MASH</b> Beyond Meat Sausages served with Creamy Mash, Peas, Mushrooms and Onion Gravy 🌱🌱🌱</p>			
<p><b>VEGETABLE GYOZAS</b> With Sweet Chilli &amp; Tamarind Dipping Sauces, Sesame Oil 🌱🌱🌱🌱</p>	<p><b>BEYOND VEGAN BURGER</b> <b>BEYOND MEAT</b> On a Burger Bun topped with Tomato, Caramelized Onions, Salad Leaves &amp; Chipotle Mayonnaise served with Coleslaw &amp; Hand Cut Fries 🌱🌱🌱🌱</p>				

## SCANDINAVIAN CORNER



<p><b>SALMON GRAVLAX</b> Served with homemade Mustard &amp; Dill Sauce and fresh Rye Bread 🌱🌱🌱🌱</p>	<p><b>SKAGEN TOAST</b> With Shrimp, Avocado Salad, Red Onion, Crème Fraiche, Dill &amp; Salmon Roe 🌱🌱🌱🌱🌱</p>	<p><b>OPEN SHRIMP SANDWICH</b> With Fresh Shrimp &amp; Egg, on a bed of Salad Leaves topped with Mayonnaise, Caviar &amp; Lemon. Choose between Sliced White or Fresh Rye Bread 🌱🌱🌱🌱🌱</p>	<p>18€ 17€ 18€</p>
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## CHEFS SPECIAL

<p><b>T BONE STEAK</b> Served with Hand Cut Fries, Padrón Peppers, Grilled Cherry Tomatoes &amp; Mushrooms. Choose from Béarnaise, Peppercorn or Chimichurri Sauce 🌱🌱🌱🌱</p>	<p>POD</p>
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## FISH OF THE DAY & MEAT OF THE DAY

Please ask your server

## A LITTLE EXTRA

<p>Hand Cut Fries 🌱 Sautéed Potatoes 🌱 Dauphinoise Potatoes 🌱 Crushed New Potatoes 🌱 Creamed Potatoes 🌱 Sweet Potato Fries 🌱 Crispy Onion Rings 🌱🌱 Chargrilled Mixed Vegetables Creamed Spinach 🌱🌱 Sautéed Green Beans 🌱 Seasonal Mixed Vegetables 🌱 Buttered Peas 🌱</p>	<p>6.5€</p>
<p>Side Salads: Green, Mixed 🌱🌱 Coleslaw 🌱🌱 Rocket and Parmesan 🌱</p>	<p>6.5€</p>
<p>Extra Sauces: Mushroom 🌱🌱 Red Wine 🌱🌱 Béarnaise 🌱 Ali-Oli 🌱 Curry Mayonnaise 🌱🌱 Smoked Jalapeño Mayonnaise 🌶️🌱 Chimichurri 🌱 Peppercorn 🌱🌱</p>	<p>2.5€</p>

## DESSERTS

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<p><b>BAKED APPLE AND PEAR CRUMBLE</b> With Homemade Custard 🌱🌱🌱</p>	<p>10€</p>	<p><b>ICED BERRIES</b> With Hot White Chocolate Sauce 🌱</p>	<p>10€</p>
<p><b>CRÈME BRÛLÉE</b> With Mixed Berry Compote and Shortbread Biscuit 🌱🌱🌱</p>	<p>10€</p>	<p><b>FRESH FRUIT PLATTER</b> With Yoghurt and Mint Dip 🌱</p>	<p>12€</p>
<p><b>HOMEMADE NEW YORK BAKED CHEESECAKE</b> With Salted Caramel Sauce and Vanilla Ice Cream 🌱🌱🌱</p>	<p>10€</p>	<p><b>GIN &amp; TONIC JELLY</b> With Glazed Cherries, Juniper Berry Syrup and Lime &amp; Basil Sorbet 🌱🌱🌱</p>	<p>10€</p>
<p><b>DUO OF CHOCOLATE BROWNIES</b> With Salted Caramel Sauce and Vanilla Ice Cream 🌱🌱🌱</p>	<p>10€</p>	<p><b>SELECTION OF ICE CREAMS AND SORBETS</b> Vanilla, Chocolate, Strawberry, Lemon and Mango 🌱🌱🌱</p>	<p>10€</p>
<p><b>WHITE CHOCOLATE GRATINATED FRESH FRUIT</b> With Passion Fruit Syrup and Vanilla Ice Cream 🌱🌱</p>	<p>10€</p>	<p><b>Add a Topping</b> Salted Caramel Sauce, Hot Dark Chocolate Sauce, Hot White Chocolate Sauce 🌱</p>	<p>1€</p>

