

STARTERS

ASK YOUR WAITER FOR TODAY'S SPECIALS

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| SELECTION OF BREAD FOR TWO White Bloomer, Multi Grain & Multi Cereal | 5.5€ | FILLET OF BEEF CARPACCIO Served with a Rocket and shaved Parmesan Salad and a Sun Dried Tomato & Black Olive Tapenade | 19€ |
| DELICIOUS HOMEMADE SOUP OF THE DAY | 11€ | HOMEMADE CHICKEN LIVER PARFAIT Served with Toasted Ciabatta, Caramelised Onions and Cumberland Relish | 13€ |
| FRESH CALAMARI In a Crispy Salt and Pepper coating with Ali-Oli | 17€ | BUFFALO CHICKEN WINGS SHWINGS Original Hot Wing Recipe with a Shwings Twist served with a Blue Cheese Dipping Sauce | 13€ |
| CLASSIC PIL PIL PRAWNS Cooked with Fresh Chilli, Garlic, Smoked Paprika, Parsley and White Wine | 15€ | HONEY & CHILLI CHICKEN WINGS SHWINGS Seven Spice, Honey, Chilli Sauce, Chives, Spring Onion & Sesame | 13€ |
| TEQUILA PIL PIL PRAWNS With Tequila, Fresh Chilli, Garlic, Smoked Paprika, Grated Parmesan, Coriander and Lime Juice | 17.5€ | RED TUNA TARTARE Marinated in Sesame Oil, Wasabi and Ginger served with Sliced Truffle, Avocado, Mango and Wakame Seaweed | 22€ |
| TRADITIONAL PRAWN AND AVOCADO COCKTAIL With Homemade Marie Rose Sauce | 15€ | JUMBO TIGER PRAWNS Coated in a Crunchy Coconut, Lime and Sesame Panko, with Asian Salad and Dipping Sauces | 21€ |
| TRADITIONAL PLATTER OF IBERIAN HAM AND MANCHEGO CHEESE Served With a Sun Dried Tomato cream & Black Olive Tapenade and Ciabatta Bread | 25€ | | |
| SMOKED SALMON PARCEL With Lettuce, Avocado, Horseradish and Crème Fraîche | 18€ | | |

We cannot guarantee that items on our menu are free from nut or nut trace elements or any other allergens. If you have a food allergy please let any of our team know and we will be happy to advise on which dishes may be suitable.

SALADS

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

MAINS

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| TAGLIATELLE PRAWN PIL PIL With Chilli, Garlic, Smoked Paprika and White Wine | 25€ | BANGERS & MASH Served with Creamy Mash, Peas and Onion Gravy | 22€ | STEAK TARTARE Fresh ground Fillet Steak, Capers, Gherkins, Olives and Traditional Spices Served with Hand Cut Fries, Mixed Salad and Grilled Ciabatta | 29€ |
| WHOLE FRESH SOLE MEUNIÈRE Served with Buttered Parsley Potatoes, Sautéed Seasonal Vegetables and a Caper, Shrimp and Brown Butter Sauce | 32€ | THE FAMOUS 'LA SALA FILLET STEAK BURGER' 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€ | | HOMEMADE COTTAGE PIE Slow cooked rich Beef, topped with Creamy Mash served with Peas, Carrots and Red Wine Jus | 24€ |
| PAN FRIED SEA BASS MARINATED IN GINGER AND SOY Served with Basmati Rice and Stir-Fried Vegetables | 29.5€ | CHATEAUBRIAND FOR TWO (PER PERSON) Served with Buttered New Potatoes, Crispy Onion Rings, Hand Cut Fries, Grilled Tomatoes, Mushrooms, Peppercorn Sauce or Béarnaise Sauce | 36€ | AUTHENTIC HOMEMADE THAI GREEN CURRY Served with Steamed Basmati Rice With Vegetables and Tofu (v) 23€ With Chicken 24.5€ With Prawns 27€ | |
| TRADITIONAL FISH & CHIPS Deep Fried Hake in Crispy Beer Batter, Hand Cut Fries, Minted MUSHY PEAS & Homemade Tartare Sauce | 24€ | CHARGRILLED SIRLOIN STEAK Served with Hand Cut Fries, Grilled Cherry Tomatoes, Mushrooms & Peppercorn Sauce | 30€ | THAI CHICKEN PEPPER GARLIC Served with Steamed Basmati Rice | 24€ |
| SEARED FRESH KING SCALLOPS On a bed of Creamed Spinach, Broccoli, Seaweed & Truffle with Mashed Potato & Swede, Sautéed Vegetables, Sun Dried Tomatoes & Pine Nuts topped with a Squid Ink Cracker | 29€ | CHARGRILLED FILLET STEAK TOPPED WITH GARLIC BUTTER AND ROCK SALT Served with Grilled Cherry Tomatoes, Mushrooms, Hand Cut Fries and Béarnaise Sauce | 35€ | CHICKEN MILANESE Topped with a Rich Tomato Sauce and Grilled Parmesan, served with Chilli and Parsley Spaghetti | 24.5€ |
| RED TUNA SATAY Served with Aubergine & Coconut Sambol, Asian Quinoa Salad and Indonesian Tamarind Vinaigrette | 31€ | 50Z CHARGRILLED FILLET MIGNON TOPPED WITH GARLIC BUTTER AND ROCK SALT Served with Hand Cut Fries, Cherry Tomatoes, Mushrooms and Bearnaise Sauce With King Prawns With Fresh Half Lobster | 39€ 46€ | TRADITIONAL CHICKEN, LEEK & TARRAGON PIE Topped with Puff Pastry and served with Creamy Mash and Seasonal Vegetables | 23€ |
| FULL RACK OF BBQ PORK RIBS Served with Hand Cut Fries, Onion Rings and Homemade Coleslaw | 24.5€ | | | SUCCULENT BRAISED LAMB SHANK, WITH A RICH RED WINE JUS Served with Fresh Asparagus, Cherry Tomatoes, Seasonal Vegetables and Dauphinoise Potatoes | 28€ |
| STICKY PORK BELLY With Carrot and Pumpkin Cream, Tender Stem Broccoli, Asparagus and a Pistachio, Prune & Date Tartare | 28€ | | | | |



VEGGIE & VEGAN

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

SCANDINAVIAN CORNER



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

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| <p>T BONE STEAK Served with Hand Cut Fries, Grilled Cherry Tomatoes & 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

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| <p>Hand Cut Fries 🌱 6.5€ 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>BAKED APPLE AND PEAR CRUMBLE With Homemade Custard 🌱🌱🌱</p> | <p>10€</p> | <p>ICED BERRIES With Hot White Chocolate Sauce 🌱</p> | <p>10€</p> |
| <p>CRÈME BRÛLÉE With Mixed Berry Compote and Shortbread Biscuit 🌱🌱🌱</p> | <p>10€</p> | <p>FRESH FRUIT PLATTER With Yoghurt and Mint Dip 🌱</p> | <p>12€</p> |
| <p>HOMEMADE NEW YORK BAKED CHEESECAKE With Salted Caramel Sauce and Vanilla Ice Cream 🌱🌱🌱</p> | <p>10€</p> | <p>GIN & TONIC JELLY With Glazed Cherries, Juniper Berry Syrup and Lime & Basil Sorbet 🌱🌱🌱</p> | <p>10€</p> |
| <p>DUO OF CHOCOLATE BROWNIES With Salted Caramel Sauce and Vanilla Ice Cream 🌱🌱🌱</p> | <p>10€</p> | <p>SELECTION OF ICE CREAMS AND SORBETS Vanilla, Chocolate, Strawberry, Lemon and Mango 🌱🌱🌱</p> | <p>10€</p> |
| <p>WHITE CHOCOLATE GRATINATED FRESH FRUIT With Passion Fruit Syrup and Vanilla Ice Cream 🌱🌱</p> | <p>10€</p> | <p>Add a Topping Salted Caramel Sauce, Hot Dark Chocolate Sauce, 🌱 Hot White Chocolate Sauce 🌱</p> | <p>1€</p> |

