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STARTERS






ASK YOUR WAITER FOR TODAY'S SPECIALS

HOMEMADE SOUP OF THE DAY	11€	FILLET OF BEEF CARPACCIO Served with a Rocket and shaved Parmesan Salad and a Sun Dried Tomato & Black Olive Tapenade	19€
FRESH CALAMARI In a Crispy Salt and Pepper coating with Ali-Oli	17€		
CLASSIC PIL PIL PRAWNS 	16€	HOMEMADE CHICKEN LIVER PARFAIT Served with Toasted Ciabatta, Caramelised Onions and Cumberland Relish	14€
TEQUILA PIL PIL PRAWNS 	18€	BUFFALO CHICKEN WINGS  SHWINGS Original Hot Wing Recipe with a Shwings Twist served with a Blue Cheese Dipping Sauce	14€
TRADITIONAL PLATTER OF IBERIAN HAM AND MANCHEGO CHEESE Served With a Sun Dried Tomato cream & Black Olive Tapenade and Toasted Ciabatta Bread	26€	HONEY & CHILLI CHICKEN WINGS  SHWINGS Seven Spice, Honey, Chilli Sauce, Chives, Spring Onion & Sesame	14€
TRADITIONAL PRAWN AND AVOCADO COCKTAIL With Homemade Marie Rose Sauce	16€	RED TUNA TARTARE Marinated in Sesame Oil, Wasabi and Ginger served with Avocado, Mango and Wakame Seaweed	23€
SMOKED SALMON PARCEL With Lettuce, Avocado, Horseradish and Crème Fraîche	18€	JUMBO TIGER PRAWNS Coated in a Crunchy Coconut, Lime and Sesame Panko, with Asian Salad and Dipping Sauces	22€

BUTTERNUT SQUASH SOUP Topped with Coconut Cream	11€
VEGAN BRUSCHETTA Topped with Fresh Tomato, Vegan Mozzarella and Basil	13€
MANGO & AVOCADO TARTARE With Cherry Tomatoes and a Passion Fruit Vinaigrette	14€
EDAMAME Spicy with Steamed Shichimi Togarashi, Garlic, Sriracha Sauce & Sesame Oil  Not So Spicy with Truffle Salt Flakes	11€
HUMMUS Smooth dip made with Chickpeas, Tahini, Lemon Juice, Tomato, Parsley & Mint served with Chopped Tomatoes & Warm Pitta Bread	14€
VEGETABLE GYOZAS With Sesame Oil, Sweet Chilli & Tamarind Dipping Sauces	14€

MAINS

 **VEGAN OPTIONS IN GREEN**

TAGLIATELLE PRAWN PIL PIL 	26€	CHATEAUBRIAND FOR TWO <small>(per person)</small> Served with Buttered New Potatoes, Padrón Peppers, Crispy Onion Rings, Hand Cut Fries, Grilled Tomatoes, Mushrooms. Béarnaise and Peppercorn Sauce	39€
WHOLE FRESH SOLE MEUNIÈRE Served with Buttered Parsley Potatoes, Sautéed Seasonal Vegetables and a Caper, Shrimp and Brown Butter Sauce	33€	CHARGRILLED SIRLOIN STEAK Served with Hand Cut Fries, Grilled Cherry Tomatoes, Mushrooms & Peppercorn Sauce	31€
PAN FRIED SEA BASS MARINATED IN GINGER AND SOY Served with Basmati Rice and Stir-Fried Vegetables	30€	CHARGRILLED FILLET STEAK TOPPED WITH GARLIC BUTTER AND ROCK SALT Served with Grilled Cherry Tomatoes, Mushrooms, Hand Cut Fries and Béarnaise Sauce	36€
TRADITIONAL FISH & CHIPS Deep Fried Hake in Crispy Beer Batter, Hand Cut Fries, Minted Mushy Peas & Homemade Tartar Sauce	25€	BEEF STROGANOFF Served in a Creamy Mushroom Sauce with Seasonal Vegetables and Basmati Rice	29€
RED TUNA SATAY Served with Aubergine & Coconut Sambol, Asian Quinoa Salad and Indonesian Tamarind Vinaigrette	31€	STEAK TARTARE 	30€
BELGIAN MUSSELS Served in a Creamy Garlic Sauce with Hand Cut Fries	21€	HOMEMADE COTTAGE PIE Slow cooked rich Beef, topped with Creamy Mash and Melted Cheese served with Peas, Carrots and Red Wine Jus	25€
FULL RACK OF BBQ PORK RIBS Served with Hand Cut Fries, Onion Rings and Homemade Coleslaw	26€	AUTHENTIC HOMEMADE THAI GREEN CURRY 	24€
STICKY PORK BELLY With Carrot and Pumpkin Cream, Tender Stem Broccoli, Asparagus and a Pistachio, Prune & Date Tartare	28€	With Vegetables and Tofu	26€
THE FAMOUS 'LA SALA FILLET STEAK BURGER' With Coleslaw, Hand Cut Fries, Crispy Onion Rings & Smoked Jalapeño Mayonnaise		With Chicken	27€
With Grilled Bacon and Melted Cheese	25€	With Prawns 	
With Grilled Goats Cheese and Caramelised Onions	26€	THAI CHICKEN PEPPER GARLIC 	24€

CHICKEN MILANESE 	26€
SUCCULENT BRAISED LAMB SHANK, WITH A RICH RED WINE JUS Served with Fresh Asparagus, Cherry Tomatoes, Seasonal Vegetables and Dauphinoise Potatoes	29€
BEYOND VEGAN BURGER  On a Burger Bun topped with Tomato, Caramelised Onions, Salad Leaves & Chipotle Mayonnaise served with Coleslaw & Hand Cut Fries	24€
VEGAN BANGERS & MASH Beyond Meat Sausages served with Creamy Mash, Peas, Mushrooms and Onion Gravy	22€
CRISPY TOFU NUGGETS Served with Hand Cut Fries and a Selection of Dipping Sauces	
Starter	15€
Main	25€
CREAMY VEGAN CARBONARA With Mushrooms, Vegan Bacon, Vegan Cheese and Spinach Pasta served with Garlic Bread	22€

CHEF'S SPECIAL

T BONE STEAK	POD
Served with Hand Cut Fries, Padrón Peppers, Grilled Cherry Tomatoes & Mushrooms. Choose from Béarnaise, Peppercorn or Chimichurri Sauce	



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SALADS

CREAMY BURRATA WITH
SUN DRIED TOMATOES (V) 18€
Served with Rocket Salad, Pine Nuts, Fresh Tomatoes
Parmesan Crisp, Pesto Dressing and Balsamic Glaze

CAESAR SALAD 15€
Crispy Bacon, Anchovies, Croutons, Boiled Egg and
Shaved Parmesan
With Grilled Chicken 18€
With Grilled Prawns 21€

CRISPY BEEF SALAD WITH VEGETABLES 17€
Served with Soy, Chilli and Coriander Dressing
Starter
Main 24€

CRISPY VEGAN ‘BEEF’ SALAD 17€
With Heura, Stir-Fried Vegetables and a Soy, Chilli and
Coriander Dressing
Starter
Main 24€

SCANDINAVIAN CORNER

SALMON GRAVLAX 19€
Served with homemade Mustard & Dill Sauce
and fresh Rye Bread

SKAGEN TOAST 18€
With Shrimp, Avocado Salad, Red Onion,
Crème Fraiche, Dill & Salmon Roe

OPEN SHRIMP SANDWICH 19€
With Fresh Shrimp & Egg, on a bed of Salad Leaves
topped with Mayonnaise, Caviar & Lemon.
Choose between Sliced White or Fresh Rye Bread

SWEDISH MEATBALLS 22€
Served with Mashed Potatoes, Pickled Gherkins and
a Creamy Dill Sauce

FISH OF THE DAY &
MEAT OF THE DAY

Please ask your server

A LITTLE EXTRA

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

Side Salads: 6.5€
Green, Mixed
Coleslaw
Rocket and Parmesan

Extra Sauces: 2.5€
Mushroom
Red Wine
Béarnaise
Ali-Oli
Curry Mayonnaise
Smoked Jalapeño Mayonnaise
Chimichirri
Peppercorn

DESSERTS

ASK YOUR WAITER FOR TODAY'S SPECIALS

BAKED APPLE AND PEAR CRUMBLE 10€
With Homemade Custard

CRÈME BRÛLÉE 10€
With Mixed Berry Compote and Shortbread Biscuit

HOMEMADE NEW YORK BAKED CHEESECAKE 10€
With Salted Caramel Sauce and Vanilla Ice Cream

DUO OF CHOCOLATE BROWNIES 10€
With Salted Caramel Sauce and Vanilla Ice Cream

WHITE CHOCOLATE GRATINATED FRESH FRUIT 10€
With Passion Fruit Syrup and Vanilla Ice Cream

ICED BERRIES 10€
With Hot White Chocolate Sauce

FRESH FRUIT PLATTER 12€
With Yoghurt and Mint Dip

PINEAPPLE CARPACCIO 10€
With Coconut Ice Cream and Vanilla Syrup

SELECTION OF ICE CREAMS AND SORBETS 10€
Vanilla, Chocolate, Strawberry, Lemon and Mango

Add a Topping 1€
Salted Caramel Sauce, Hot Dark Chocolate Sauce,
Hot White Chocolate Sauce



Peanuts



Tree Nuts



Eggs



Soy



Sesame



Gluten



Lactose



Celery



Mustard



Fish



Crustaceans



Molluscs



Sulphites



Lupins