

"From flat bread to ice-cream we make the lot"

APPETIZERS

Freshly cooked stone baked flat breads cooked fresh to order using our secret recipe, fantastic as a starter, light nibble or to just tease your taste buds. . .

Seasoned flat bread	2.75
Pesto Flat Bread.....	2.95
Garlic Bread.....	2.95
Add extra toppings: Tomato, Mozzarella Cheese each.....	0.50

NIBBLES

Mixed Olives.....	3.00
Bread Sticks with Hummus and Chilli dip.....	1.50
Mediterranean Platter Seasoned flat bread served with olives, hummus & roasted peppers	4.75

APPETIZERS FOR 2 PEOPLE TO SHARE

TORTILLA CHIPS Tortilla Chips served with hummus, Sour cream and Thai chilli sauce	3.00
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ITALIAN PLATTER Seasoned flat bread served with hummus Italian meats, olives and oven roasted peppers.....	9.95
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Mezze Tortilla chips, olives, bread sticks & cave roasted tomatoes and a collection of miniature starters (Can be served as a vegetarian option).....	9.95
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TO START

Pesto Chicken & Caramelized red onion MD Strips of pesto roasted chicken placed on a bed of leaves and served with Caramelized red onion	4.95
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Stuffed Mushrooms V MD Field mushrooms, stuffed with mozzarella, red onion and bread-crumbs, placed on leaves, served with a balsamic dressing.....	4.75
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Peppers, Tomato and Feta salad V MD Roasted peppers and tomatoes served with Feta cheese bound in a dressing.....	4.75
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Barbecue Pork Ribs MD Belly of pork ribs, slowly roasted in our tomato barbecue sauce Large.....£7.95 Starter.....	4.95
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Piri Piri Chicken Wings MD Chicken wings seasoned with spicy piri piri, served with a garlic sour cream.....	4.75
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Thai Fish Cakes MD Fish Cakes scented with Thai Spices and deep fried in a delicate bread-crumbs, served with a sweet Thai sauce.....	4.95
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Pancetta and Avocado Crostini MD Deep fried crostini served with pancetta & avocado and a chilli dressing.....	4.95
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Soup of the Day V MD Freshly made soup served with seasoned flat bread.....	3.75
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MD-Order a Starter; Main & dessert for a fixed price £19.95

V- Vegetarian suitable N-Contains nuts

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DESSERTS All desserts £4.75

Crème brûlée
Rich custard base served with a contrasting Caramelized top, served with a tuille biscuit

Summer Pudding
Quintessentially British pud, packed with juicy summer berries served with its own puree and whipped Cream.

Marmalade Bread and Butter Pudding
Classic hot bread pudding served with a twist of marmalade, served with double cream.

Strawberry Cheesecake
Our own cheese cake made with a oattie biscuit base topped with a strawberry puree

Mocca Panacotta
Creamy Italian classic pudding scented with chocolate and freshly ground coffee for those mocca aromas.

Chocolate Brownie
Favorite Chocolate pudding served with Chantilly Cream and a puree.

PIZZA

Our pizzas are cooked in the traditional method directly on a stone base as first done by the ancient Egyptians.

Classic pizza's
Queen Margarita6.95
First created as a peasant food and favoured by Queen Margarita with its tomato base and mozzarella cheese topping. (Extra toppings £1.25 each)

Hammy Funghi..... 7.95
Margarita pizza with freshly roasted ham, sliced fresh mushroom and chopped garlic.

Sicilian.....8.85
Margarita with Italian pepperoni shipped from Italy and sliced red onion .

House Special Pizza's

King Neptune9.95
Margarita topped with today's fish selection & garlic.

Flamin meat Feast.....9.95
Margarita, served with a melody of Italian meats and chicken.

Cajun Pizza.....8.85
A Margarita served with our house spiced Cajun chicken, peppers and onions, served with a sour cream and Thai chilli dips.

MAINS

Mediterranean Chicken MD.....11.95
Chicken Breast wrapped in bacon then roasted with vegetables and potatoes served with a napolise sauce.

Moroccan Lamb MD.....12.95
Slow roasted in a Moroccan Harissa sauce, slightly spicy, served in a roasted pepper pot on a bed of herb studded cous cous.

Stuffed Aubergine MD.....10.95
Stuffed Aubergines with Feta cheese, red onion and cherry tomatoes cave roasted and served with cous cous and a Cream sauce

Roasted Pork and garlic Potatoes MD.....10.95
Pork Loin simply seasoned and cave roasted served with fresh green beans, garlic crushed new potatoes with a delicate red wine jus.

Leg of Lamb Steak MD.....12.95
A leg of lamb steak cave roasted served with rosemary and garlic roasted potatoes, caramelized onions and roasted courgette.

Herb roasted Salmon with cous cous MD.....12.95
Fillet of Salmon covered in herbs, roasted and served with a compote of baby vegetables, cous cous and a white wine Cream SAUCE.

Fish of the day.....Market price

All our beef is naturally reared on British Farms and Carefully matured for a minimum of 28 days.

80z Rump Steak.....	£9.95
80z Sirloin Steak.....	£13.95
80z Fillet Steak.....	£18.95
Mixed Grill Garlic Leg of lamb, Cajun Chicken, Thai Pork and rump steak.....	£14.95

All steaks above and mixed grill are served with either roasted Mediterranean vegetables or Rustic chips, tomato and green beans
Choice of sauce: Cream garlic, tomato barbecue, dijon pepper.
All sauces£1.75

Cheese Platter.....4.75

ICE-CREAMS

Freshly churned free range ice-creams made at flamin nosh, giving a rich Creamy taste of luxury; simply natural flavoured with fresh ingredients.

Vanilla - Old favorite made the real way!

Strawberry - Simply made with fresh strawberries

Chocolate - Simply Made with Chocolate

Lemon Meringue - Fresh lemon juice and crumbles of meringue

Today's special flavours please ask....
A selection of 3 scoops served in tuille basket£4.75

extra Scoops£1.25
Why not add a scoop to your dessert?

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Ask about Christenings, Weddings, Parties....

Menu

PASTA

Lasagne

Simply Italian Beef Lasagne served with a cheese topping7.95

Gnocchi with Mozzarella pearls V

Gnocchi served with mozzarella pearls and a napolise sauce with fresh basil7.95

Florentina La Mer

Mixed seafood and spinach served with pasta in a south of France tomato sauce.....8.95

Tuna and Green Bean pasta

Chunks of tuna Cave roasted served on a bed of pasta with a Cream pesto sauce.....7.95

FLAMIN' FAJITA - "House Speciality"

Our Flamin fajitas have our own special twist. In modern culinary times fajitas were created in Texas in the 1930's with strips of beef trimming used to pay the Mexican cowboys, which they wrapped in tortillas; however the principle of eating food in flat breads goes back thousands of years to the ancient Greeks.

Our Fajitas are served with traditional hand rolled flour tortillas which our chefs prepare and cook in the cave. These are accompanied with our special sweet Thai chilli sauce, soured cream and mozzarella.

Chicken Fajita MD..... 11.95

Strips of lean chicken breast marinated in oregano, coriander seeds, flaked chilli and fresh garlic, cooked on a sizzler tray with peppers and onions in the open cave and served on a square platter.

Chilli Beef Fajita.....14.95

The original fajita, marinated in our special Thai chilli sauce with garlic and flaked chillies, cooked with peppers and onions and served on our signature square platter.

Veggi Fajita V MD..... 10.95

A selection of seasonal Mediterranean vegetables, given a seasoning of oregano, coriander seed, flaked chilli, and fresh garlic.

MD-Order a Starter; Main & dessert for a fixed price £19.95

SIDE ORDERS:-

Rustic Chips & sour cream - Hand cut chunky chips£2.95

Tomato onion salad.....£2.95

Mixed salad..... £2.95

Roasted New Potatoes with garlic & Rosemary..... £2.95

Mediterranean Vegetables..... £2.95

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Our Coffee is imported from Italy and is freshly ground beans served straight to the cup to maximise freshness and aromas.

Pot of Tea.....1.50

Herbal Tea.....1.50

Hot Chocolate2.00

Freshly Ground coffee.....1.75

Cappuccino - A freshly ground coffee with foamed milk on top with a dusting of cocoa powder.....2.00

Café Latte - Foamed milk with an espresso added on top.....2.00

Espresso - thicker consistency, a higher concentration of suspended solids, and crema
Single.....2.00
Double..... 2.50

Americano - An espresso with hot water added on top..... 2.00

Long Black - An espresso added on top of hot water2.00

Irish Coffee - A coffee served in a glass with Irish Whiskey, sugar and a thick Cream top.(Alternatives amaretto, Tia Maria or Brandy).....4.50

Floater Coffee - A coffee served in a glass with a thick cream top.....2.50

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Desserts

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