



EAT BETTER NOW.

STARTERS & SALADS

BRAISED DUCK AND PEA RISOTTO 8£
fresh herbs and parmesan

CAESAR SALAD 7£ ♥

romaine, homemade dressing, parmesan, wholemeal croutons and anchovies (add chicken) 5£

WINTER RADICCHIO SALAD 6£ 🍷

roasted pear, gorgonzola, walnuts & pomegranate

ROASTED BEETROOT CARPACCIO 6£ 🍷 ♥

goat cheese, local honey, rocket, walnuts

CHICKEN WINGS^{A, B, C} 6£ / 7.50£

BBQ or extra hot

NACHOS^C 5£ 🍷

melted cheese, sour cream, guacamole, salsa

SEASONAL SOUP OF THE DAY 5£

PIZZA, PASTA & SANDWICHES

MARGHERITA 11.50£ 🍷

tomato sauce, mozzarella, and oregano

PROSCIUTTO E FUNGHI 13.50£

tomato sauce, mozzarella, ham, and mushrooms

TONNO 13.50£

tomato sauce, mozzarella, tuna, and onions

ORTOLANA 12.50£ 🍷

tomato sauce, mozzarella, and assorted vegetables

ROASTED BUTTERNUT & LEEK PAPPARDELLE 12£

parmesan cream

SPAGHETTI BOLOGNESE 11£

parmesan and herbs

CLUB SANDWICH^{A, C} 12£

grilled chicken, bacon, fried egg and fries

CUBAN SANDWICH 12£

slow cooked pork shoulder, glazed ham, pickles, Dijon mustard, Swiss cheese

this sandwich comes with a choice of soup, fries or salad

MAIN COURSES & STEAKS

300G FILLET STEAK 29£ ♥

250G SIRLOIN STEAK 24£ ♥

350G RIB EYE STEAK 29£ ♥

SALMON FILLET 15.50£

fava beans, lentils, baby spinach, lemon butter

SEAFOOD LAKSA^C 18.50£ / VEGAN LAKSA 16.50£ 🍷 ♥

salmon, cod, shrimp, rice noodles, Thai coconut curry sauce

LEMON PARMESAN CHICKEN 14£

new potatoes, baby carrots, creamed spinach, parmesan

GRILLED STEAK POKE BOWL 17£

brown rice, avocado, cucumber, radish, edamame, spring onions, coriander & fresh chili

SIDES

battered new potatoes 3.50 £ 🍷 ♥

French fries 3£

sweet chili popcorn cauliflower 3.50£ 🍷/🍷 ♥

halloumi fries 3£ 🍷

fresh steamed vegetables 3.50£ 🍷 ♥

green asparagus 4£ 🍷 ♥

baked potato with sour cream 3.50£ 🍷

side salad 3£ 🍷 ♥

BURGER BAR

PENTA BEEF BURGER 13.50£

PENTA BACON-CHEESE BURGER 15.50£

B12 VEGETARIAN BURGER^C 13.50£ 🍷 100% plant based, mushroom, beetroot, oats, soya protein, herbs

BUTTERMILK FRIED CHICKEN^A 13.50£

CHOOSE YOUR BUN

rustic^{A, D}, wholemeal^{A, D}, salad wrap 🍷

CHOOSE YOUR TOPPING

caramelised onion^D

guacamole

grilled mushrooms

Irish cheddar^{A, D}

smoked bacon^{A, C}

blue cheese^A

fried egg



all burgers served with tomato lettuce, red onion and french fries

INDIVIDUAL

DESSERTS

SHARING

CRÈME BRULEE 6.50£ 🍷

caramelised orange

WARM CHOCOLATE FONDANT 6.50£ 🍷

vanilla ice cream

CHEESECAKE^{A, D} 6.50£ 🍷



SEASONAL FRUIT PLATTER 6.50£ 🍷 ♥

passion fruit syrup and mint

BAKED COOKIE^D 6.50£ / SHARING 8.50£ 🍷

vanilla bean ice cream & chocolate sauce

LOCAL CHEESE PLATE 6.50£ 🍷

2 local cheese, crackers and chutney

Our dish descriptions may not include every ingredient. Should you have any concerns about food allergies, let us know and we will do our best to help.

^APreservatives ^BArtificial Sweetener ^CAntioxidants ^DArtificial Colours ^EPhosphat

All prices are in GBP and include VAT.

