

Antipasti

Marinated Olives	£4.00
Garlic Bread	£4.00
Soup of the Day (Served with homemade bread)	£6.50

Starters – Cold

Caprese Salad (V) Buffalo mozzarella with tomato, basil and olive oil dressing	£6.50
Tricolore Salad (V) Mozzarella, avocado, tomato, mixed leaves and basil dressing	£7.50
Avocado Prawns Prawns, avocado, red onions and cherry tomato with Mary Rose sauce	£7.50
Salmon Salad Smoked salmon, avocado, cucumber, cherry tomato, red onions and mixed leaves with citrus dressing	£9.00
Caesar Salad Chicken, Romaine lettuce, a dressing of olive oil, egg yolk, garlic, Dijon mustard and anchovies with croutons and parmesan cheese	£9.00
Chicken Liver Parfait Chicken liver paté with toasted Focaccia bread, caramelised red onions and balsamic reduction	£6.50



(V) Suitable for vegetarians

Please note that our kitchen uses nuts and nut products in some dishes
12% service charge for parties of 5 or more

Starters – Hot

Bruschetta (V)

Toasted bread with chopped vine tomato, red onion, olive oil, rocket and a basil dressing

£5.50

Mushroom Crostini (V)

Toasted bread with garlic sauté mushrooms, cheese and basil dressing

£5.50

Goat's Cheese (V)

Grilled goat's cheese on toasted bread, roast peppers, courgettes, red onions and cherry tomatoes

£7.50

Baked Aubergine (V)

Baked aubergines layered with tomato, basil, parmesan and mozzarella

£7.50

Blue Shetland Mussels

Steamed mussels in garlic, white wine and cream sauce
or
tomato and aromatic herb sauce, served with bread

£8.95

Sauté King Prawns

Sauté King prawns in garlic and white wine sauce with cherry tomatoes

£8.95



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Pizzas

Our homemade pizzas are 12 inches

Garlic Pizza

Garlic parsley butter and mozzarella cheese

£8.95

Marinara Pizza

Tomato sauce, garlic, basil and oregano

£8.95

Margherita (V)

Tomato sauce, mozzarella cheese and basil

£9.95

Americana

Tomato sauce, mozzarella cheese and pepperoni

£11.95

Regina

Tomato sauce, mozzarella cheese, cured ham and mushrooms

£11.95

Fiorentina (V)

Tomato sauce, mozzarella, spinach, mushrooms, olives, egg & parmesan

£12.95

Quattro Formaggi (V)

Mozzarella, Parmesan, Gorgonzola and Camembert

£12.95

Pollo Piccante

Tomato and garlic sauce, mozzarella, grilled chicken, bell peppers, and chilli flakes

£12.95

Calzone

A folded pizza filled with mozzarella cheese and a choice of 3 toppings

£12.95



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Pasta and Risotto

Linguine Aglio e Olio Linguine pasta sauteed in olive oil, garlic, parsley and chilli flakes	£8.95
Spaghetti Bolognese Spaghetti with minced beef and rich Bolognese sauce	£9.95
Spaghetti Carbonara Spaghetti with smoked bacon, egg and parmesan in crême sauce	£9.95
Penne Chicken Arrabbiata Penne pasta with chicken in rich tomato sauce and chilli flakes	£9.95
Penne Amatriciana Penne pasta with smoked bacon, onion, tomato & chilli sauce and basil	£9.95
Penne Chicken & Mushroom Penne pasta with chicken and mushrooms in cream sauce and parmesan	£10.95
Mushroom Ravioli (V) Ravioli with mushroom in crême sauce and parmesan	£9.95
Gnocchi alla Sorrentina (V) Potato dumplings in a tomato sauce with basil, butter and mozzarella	£9.95
Lasagne (Beef or Veg) Layers of pasta with Bolognese sauce, béchamel, parmesan and mozzarella	£10.95
Mushroom or Asparagus Risotto (V) Italian rice tossed in butter, parmesan cheese and mushrooms or asparagus	£9.95
Salmon Pasta Penne pasta with salmon, spring onion in cream and hint of tomato sauce	£11.95
Seafood Linguine Linguine pasta with King prawn, calamari, mussels, cherry tomato sauce and chilli flakes	£12.95
Seafood Risotto Italian rice with calamari, mussels and King prawns with butter, white wine and light tomato sauce	£12.95

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Meat Dishes

Chicken Milanese	£13.95
Breaded chicken escalope, with spaghetti in tomato sauce	
Chicken with Mushroom Or Asparagus	£15.95
Breast of chicken with mushrooms or asparagus, with sauté potatoes and white wine and cream sauce	
Chicken Madeira	£15.95
Breast of chicken with melted Provola cheese, Madeira wine and sage sauce, with mash potato	
Confit Duck	£13.95
Confit duck with wholegrain mustard, gravy with sauté potatoes	
Calves Liver	£16.95
Calves liver with onion, parsley, red wine gravy with creamy mash potato	
Pork Belly	£14.95
Slow cooked belly of pork in red wine and wholegrain mustard and gravy with mash potato	
Brisket of Beef	£14.95
Brisket of beef in red wine and herb gravy with creamy mash potato	
Lamb cutlets	£16.95
Lamb cutlets, rosemary gravy with lyonnaise potatoes	
Veal Milanese	£16.95
Breaded veal escalope with spaghetti in tomato sauce	
Lamb Shank	£16.95
Slow cooked lamb shank in rich red wine gravy with creamy mash potatoes and green beans	

Steaks

Sirloin Steak	£16.95
Grilled sirloin steak with chips, peppercorn sauce and salad garnish	
Sirloin Steak with Gorgonzola	£17.95
Sirloin steak with Gorgonzola cheese sauce with chips and salad garnish	
Sirloin Steak Diana	£19.95
Sirloin steak with mushrooms in a creamy mustard, onion & brandy sauce, with sauté potatoes	
Fillet Steak	£18.95
Grilled fillet steak with chips, peppercorn sauce and salad garnish	
Fillet Steak Antica	£19.95
Grilled fillet steak with onions in Port sauce with chips and salad garnish	

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Fish Dishes

Blue Shetland Mussels Steamed mussels in garlic, white wine & cream sauce or tomato and aromatic herb sauce, with bread	£12.95
Mixed Fish Platter Deep fried King prawns, calamari, and salmon, with chips, salad and tartar sauce	£13.95
Roast Salmon Roast fillet of Salmon with sauté potatoes and tomato salsa	£14.95
Roast Sea Bass Roast fillet of Sea Bass with crushed New potatoes, red onions and olives with tomato salsa	£15.95
Lemon Sole Gremolata Pan fried fillet of Lemon Sole with caper, garlic, parsley and butter, with sauté potatoes, roasted cherry tomatoes and red onions	£16.95
King Prawn Mediterranean Whole King prawns in white wine, garlic and tomato sauce with chilli flakes served with rice	£16.95
Halibut Steak Halibut steak with crushed New potatoes with a butter, parsley, olives and caper sauce	£18.95

Sides

Chips or Sauté Potatoes or Mash Potato	£3.95
French Beans or Broccoli	£3.95
Fried Courgettes or Garlic Sauté Spinach	£4.95
Mixed Seasonal Vegetable	£4.95
Mixed Salad	£3.50
Tomato and Onion Salad	£3.50

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The restaurant is available on Mondays for private party/function for up to 75 people.

Please call to arrange your special event with
Cafe Medi

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