

lite bites

Starters and light options

24	Soup of the day with warmed bread	£3.95
	Selection of breads, olives and anti-pasti	£4.95
	Corn nachos, melted cheddar, salsa (v)	£3.95
	Warm crostin of goats cheese, parmesan dressed baby gem lettuce (v)	£4.95
	King prawn, avocado, lime and chilli salad	£5.95

sandwiches

Served on a choice of baguette, focaccia, white or wholemeal bread with salad garnish and crisps:

	Pan fried steak, rocket, onion, wholegrain mayonnaise	£10.95
	Poached chicken, avocado, roasted peppers, pesto mayonnaise	£6.95
	Classic club - chicken, bacon, tomato, iceberg, egg mayonnaise	£9.95
	BLT - bacon, lettuce, tomato	£6.95
24	Tuna, mayonnaise, sweetcorn salsa, rocket	£6.95
	Vegetable club - beef tomato, avocado, mozzarella, rocket (v)	£7.95
24	Applebee cheddar, red onion chutney (v)	£6.95
24	Smoked salmon, cream cheese, cucumber	£6.95
24	Add a shot of home made soup to any sandwich	£1.50
	Add hand cut chips to any sandwich	£1.95

main meals

Rustic beef burger £10.95
100% beef, tarragon and parsley, red onion relish, hand cut chips or French fries, dressed salad

Choose any additions: £0.75ea
Crispy bacon, blue cheese, cheddar, mozzarella, bbq sauce, coleslaw, mushrooms, onion

Mediterranean chicken burger £11.95
Chargrilled chicken breast, focaccia, mozzarella, tomato, rocket, pesto mayonnaise, hand cut chips or French fries

Classic steak and chips £11.95
6oz sirloin steak, hand cut chips or French fries, roast cherry tomato, aged balsamic

Fillet of cod £11.95
Black pepper and lemon batter, hand cut chips or French fries, pea puree, tartare sauce

Toad in the hole £9.95
Local sausages, Yorkshire pudding, leek and onion gravy

pizza and pasta

Choose the base of your meal:

24 9" Margherita pizza (v) £8.00

Penne pasta with tomato and basil sauce (v) £8.00

Choose any additions: £0.75ea
Ham, beef, chicken, red onion, rocket, sweetcorn, olives, chorizo, jalapeno, sun blush tomato, pineapple, feta cheese, spinach, prawns, mushroom, pepperoni, peppers, extra cheese

lite salads

Warmed Chicken Salad £9.95
Tomato, basil, mozzarella

Caesar Salad £9.95
Cos lettuce, anchovy fillet, garlic croutons, reduced fat Caesar dressing
choose from Chargrilled chicken, poached salmon or roasted Ramiro peppers and garlic.

Wok fried Chilli Prawns £9.95
Roasted sweet potato, wilted spinach, sweet pepper salsa

24 Classic Greek salad £9.95
With feta cheese, olives and vine tomato

main meals

itihaaas

award winning Indian take-away

Itihaas restaurant, winner of best Indian restaurant at the UK Cobra Indian food awards 2007 offer a taste of their restaurant menu:

Starters

Vegetable samosa (v)	£4.50
Chicken tikka	£5.95
Sheekh kebabs	£6.95
Onion bhajia (v)	£4.50

Main Course

24 Chicken tikka masala	£13.50
24 Lamb rogan josh	£13.95
24 Paneer tikka masala (v)	£13.95
24 Chicken biriyani	£13.95
24 Garlic naan (v)	£2.50
24 Jeera rice (v)	£2.50

Order any starter, main meal, rice, naan and Cobra beer £23.50

desserts

24 Mini Ben & Jerry's Ice Cream tubs: Vanilla Chunky Monkey Cherry Garcia	£3.95 ea
24 Selection of fine cheese	£5.95
Orange and caramel sundae	£4.95
Dark chocolate fondue, handmade marshmallow, dipping fruits	£2.95
Sticky toffee pudding, whisky ice cream	£3.95
Dessert of the day	£3.95

hot drinks

Americano	£2.50
Cappuccino	£2.75
Latte	£2.75
Espresso	£1.75
Mocha	£3.00
24 Cafetiere	£3.00
24 Breakfast tea	£3.00
24 Green tea with ginseng	£3.00
24 Peppermint	£3.00
24 Earl grey with blue flower	£3.00
24 Spiced citrus	£3.00
24 Darjeeling	£3.00
Hot Chocolate Abyss, whipped cream	£3.00