

THE FAMILY RUN Place to Pause



Our story began in 2012 when the owner with more than 20 years of experience who qualified at the Le Cordon Blue London & worked at prestigious places such as Claridge's & Simpsons In The Strand decided to open a little caffe by day & restaurant by night. To keep it simple we call it a French-Italian fusion.

SHARING

OYSTERS

Rock Oysters with classic mignonette sauce (shallots & vinegar)

3 Oysters ~ £8.50 / 6 Oysters ~ £16.50 / 9 Oysters ~ £23.50

Gusbourne Burt Reserve -125ml ~ £11.60

DOLCE FRUITS DE MER Seafood platter with Black Tiger Prawns, Langoustine, Crayfish, Prawns, Smoked Scottish Salmon with marie rose sauce and garlic mayonnaise served with toasted bloomer	£36.00
TERRA E MONTI Meat platter with mortodella, black forest ham, parma ham, milano salame, mozzarella, roasted peppers, sun-blushed tomatoes, garlic bread and mediterranean mixed olives	£25.00
<i>GARLIC BREAD (V)</i> Ciabatta bread with garlic & Italian herbs	£4.50
MEDITERRANEAN MIXED OLIVES (V)	£4.00

Herbs de provence marinated olives

APPETIZERS

FRENCH ONION SOUP GRATINÉE (V) Emmental cheese and croutons	£8.95
BURRATA AL BRUSCHETTA POMODORO (V) Whole Burrata on a bed of tomato, garlic, basil, olive oil with toasted bloomer bread	£10.95
BRIE IN CARROZZA (V) Fried brie coated twice in bread crumbs, served with cranberry and onion chutney	£8.50
BUTTERMILK POPCORN CHICKEN Fried chicken breast coated in Japanese bread crumbs with sriracha mayonnaise and organic leaf salad	£9.50
CALAMARI FRITTI Deep-fried & coated in semolina, plain flour, salt & pepper with marinara sauce and lemon wedge	£8.95
KING PRAWNS Pan-fried prawns white wine, chilli & garlic butter served with a toasted bloomer	£10.50
SICILIAN FISH CAKE Two Sicilian fish cakes with cod, salmon, smoked haddock, Sicilian spices, garlic & chilli aioli	£9.50
SCALLOPS Pan-fried scallop's flamed in brandy, garlic, chilli & parsley butter	£11.90
MUSSELS AU GRATIN Baked mussels with garlic, parsley, butter, pecorino cheese and ponko breadcrumbs with dijon mustand aioli	£9.50
PRAWN & CRAYFISH COCKTAIL With our homemade marie rose sauce	£10.95

MEAT

COTOLETTA ALLA DOLCE Pork escalope coated twice in egg, parmesan and bread crumbs then pan fried in butter served with French fries and wild lingonberry sauce	£24.50
CONFIT DUCK & WAFFLE Crispy confit duck leg on a bed of homemade waffle, fried free range egg & maple syrup	£22.00
VENISON BOURGUIGNON Slow-cooked venison, braised with carrots, mushrooms, juniper berries & herbs in red wine & rich game stock, served with mash potato & seasonal vegetables	£19.50
LAMB SHANK Slow braised lamb shank cooked in a delicious rich red wine jus served with creamy mash potato & seasonal vegetables	£22.90
VEAL MILANESE Pan-fried veal coated in parmesan, bread crumbs served with spaghetti pomodoro Add Spicy Nduja Calabrian sausage	£19.00 £3.00
FEGATO AL PROFUMO DI TARTUFO Pan-fried calf's liver with caramelised onion, crispy pancetta, truffle oil, rich demi glace served with creamy mash potato and seasonal vegetables	£19.90
CHICKEN SUPREME Chicken breast cooked in white wine, mushroom & creamy sauce served with Paris potato & vegetables	£19.00
CHICKEN SCHNITZEL Pan-fried Chicken breast coated in herb bread crumbs served with spaghetti pomodoro or French fries and galric mayo	£18.00

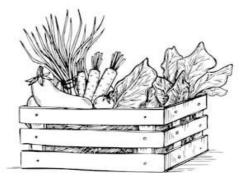




BLACK ANGUS SIRLOIN STEAK (300g) Served with French fries and a choice of garlic & parsley butter, peppercorn, chimichurri or blue cheese sauce	£28.00
BLACK ANGUS RIB-EYE STEAK (300g) A finely marbled cut served with French fries and a choice of garlic & parsley butter, peppercorn, chimichurri or blue cheese sauce	£30.00
ANGUS BEEF BURGER Homemade angus beef burger with lettuce, red onion, gherkins, cheese, bacon and tomato served with French fries & slaw	£15.90

FISH

BLACK TIGER PRAWNS £24.00 10 grilled black tiger prawns with chilli, garlic & parsley served with French fries £20.00 SEA BASS (N) Pan-fried whole filleted sea bass with tomato, olives, garlic, pesto, extra virgin olive oil, salsa served on a bed of basil mash potato & vegetable **GRILLED SALMON, MUSTARD & WHITE WINE SAUCE** £18.50 Grilled salmon supreme served on a bed of new jersey potatoes, green beans creamy white wine and dijon mustard sauce **SALAD** £18.50 **DOLCE SALAD** Grilled chicken, crispy bacon, grilled halloumi, sun-dried tomato, roasted peppers, mixed Italian leaves, house dressing & parmesan shavings £18.00 SALAD NIOISE Tuna in olive oil New Jersey potato, Boiled Egg, Little Gem Lettuces, French beans, Tomato, anchovy, black olives & Mustard Vignetter



PASTA

LOBSTER SPAGETTI	£30.00
Slow roasted cherry tomatoes, lobster bisque, basil, spring onion ,chilli flakes, lobster oil	£18.00
SPAGHETTI ALLO SCOGLIO DI MARE Blacktiger prawns, squid, mussels, clams, prawns, garlic with chillies & tomato sauce	
WILD MUSHROOM RISOTTO Wild mushroom risotto, truffle oil and parmesan shavings	£16.90
PENNE POLLO PICCANTE	£14.50
Penne pasta with chicken, chilli, onion, garlic, tomato sauce & touch of cream topped with pecorino cheese	£13.50
SPAGHETTI ALLA BOLOGNESE Slow cooked Angus beef ragu, tomato & basil topped with pecorino cheese	£13.50
PENNE ALLA PIEMONTESE Grilled chicken, spinach & pine nuts in creamy gorgonzola sauce topped with pecorino cheese	£15.50
SPAGHETTI CARBONARA Crispy bacon, ground black pepper, olive oil, egg & creamy sauce topped	£13.50
with pecorino cheese	£14.50
LASAGNA BIANCA (V) Courgette, spinach, brie, Grana padano & basil served with a side salad	£13.50
SPAGHETTI ALLA PUTTANESCA (V) Spaghetti with black olives, tomato sauce, chilli flakes, capers, garlic parsley topped with parmesan	&1J,JV



SIDES

FRIED COURGETTE	£5.00
CREAMED SPINACH - Grated Parmesan	£5.00
GREEN BEANS & PARMESAN	£4.50
FRENCH FRIES	£4.00
SWEET POTATO FRIES	£4.50
ROCKET & PARMESAN	£4.00
HERB LEAF SALAD	£4.00
BUTTERY MASH POTATO	£4.00
DUTTERT MASH TOTATO	14.00

DESSERTS

£6.00

See our cake counter for a sweet inspiration, home-made freshly made each day.

ICE-CREAM (3 SCOOPS) £6.00 Vanilla Chocolate chip Strawberry Raspberry sorbet

AFFOGATO £6.00

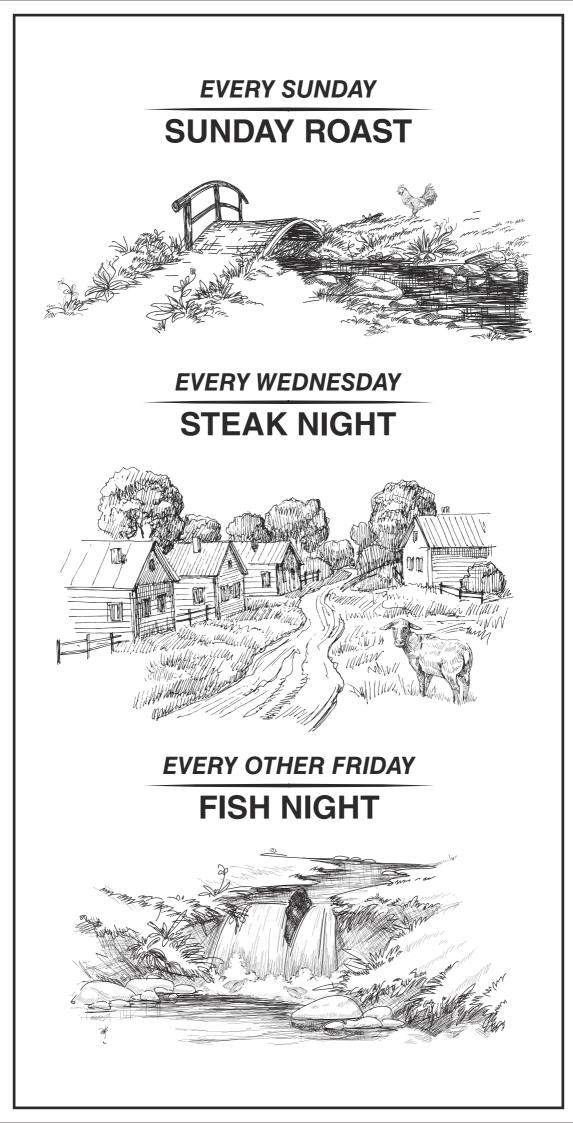
Double Espresso Poured Over Vanilla Ice-Cream

CHEESEBOARD

£9.50

Selection of cheeses accompanied by our homemade chutney, grapes & variety of crackers.

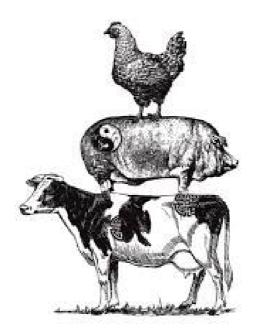




TRADITIONAL SUNDAY ROAST

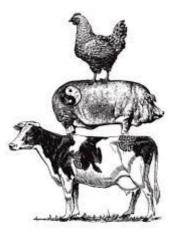
STARTERS

CRAYFISH AND PRAWN COCKTAIL With our homemade marie rose sauce	£10.95
SICILIAN FISH CAKE Cod, salmon & smoked haddock, Sicilian spices garlic & chilli aioli	£9.50
CALAMARI FRITTI Deep-fried & coated in semolina, plain flour, salt & pepper with marinara sauce and lemon wedge	£8.95
BUTTERMILK POPCORN CHICKEN Fried chicken breast coated in japanese bread crumbs with sriracha mayonnaise and organic leafs	£9.50
BRIE IN CARROZZA (V) Fried brie coated twice in bread crumbs, served with cranberry and onion chutney	£8.50
TOMATO & BASIL SOUP (VE) With Croutons	£6.95



MAINS

TRIO OF BEEF, LAMB AND PORK ROASTS With potatoes roasted in goose fat, rosemary, thyme, red onion & garlic, rich beef gravy, Yorkshire pudding accompanied by seasonal vegetables	£21.50
ROAST SIRLOIN ANGUS BEEF With potatoes roasted in goose fat, rosemary, thyme, red onion & garlic, rich beef gravy, Yorkshire pudding accompanied by seasonal vegetables	£18.00
ROAST LEG OF LAMB With potatoes roasted in goose fat, rosemary, thyme, red onion & garlic, rich gravy, Yorkshire pudding accompanied by seasonal vegetables	£17.50
ROAST PORK LOIN With potatoes roasted in goose fat, rosemary, thyme, red onion & garlic, rich gravy, Yorkshire pudding accompanied by seasonal vegetables	£16.00
ROAST TURKEY BREAST Free range & 100% British with homemade stuffing, potatoes roasted in goose fat, rosemary, thyme, red onion & garlic,rich chicken gravy, accompanied by seasonal vegetables	£16.00
NUT ROAST Vegetarian nut roast with vegetarian gravy served with roast potatoes, Yorkshire pudding and stuffing	£14.00
LAMB SHANK Slow braised lamb shank cooked in a delicious rich red wine jus served with creamy mash potato & seasonal vegetables	£22.90
SEA BASS (N) Pan-fried whole filleted sea bass with tomato, olives, garlic, pesto, extra virgin olive oil salsa served on bed of basil mash potato & vegetables	£20.00
LASAGNA BIANCA (V) Courgette, spinach, brie, Grana Padano & basil	£12.50



STEAK NIGHT Wednesdays 6pm - 10pm

Church Rib Art Rung In

STEAKS

FILLET STEAK (60z) The lady's steak, the most tender, lean & mild in flavor	£23.00
RIB-EYE STEAK (60z) Scotch fillet has a ribbon of marbling which melts during cooking, leavening a very juicy steak	£19.50
SIRLOIN STEAK (60z) The city boy or snob's steak, as it's from middle back has a good size & is well marbled with tasty fat	£18.50
RUMP STEAK (60z) The steak-eater's steak. This is full of flavour, it comes from the back side & must be well hung	£18.50
SALMONE SUPREME Grilled salmon with white wine sauce	£18.50

All served with grilled tomato, flat mushrooms & onion rings

With a choice of salad or peas & choice of French fries or garlic mash potato

Including a glass of red or white wine or half pint of Moretti or a soft drink

Our steaks are from grain-fed British cattle matured & traditionally dry-aged for 28 days, at this point the meat develops its unique flavour & quality.

SAUCES

BLUE CHEESE Stilton & Dolcelatte sauce	£2.50
GARLIC CHIMICHURRI An Argentinian steak salsa with fresh garlic, parsley, chilli & lime	£2.00
Inne PEPPERCORN Traditional green peppercorn sauce	£2.00
DIANE Mushroom & onion sauce with a hint of brandy	£2.00

FISH NIGHT

Every other Friday

Pick your favourite fish, we'll cook it in a moment!



STARTERS

SCALLOPS Starter Main	£10.90 £20.00
DRESSED DEVON CRAB	£13.50
ROCK OYSTERS 3 pcs with classic mignonette sauce (shallots & vinegar)	£8.50
BLACK TIGER PRAWNS Starter - 5pcs Main - 10pcs	£11.50 £24.00
GRILLED SARDINES	£9.00

MAINS

WHOLE DOVER SOLE	£40.00
WHOLE SEABREAM	£22.00
WHOLE SEABASS	£22.00
WHOLE LEMON SOLE	£22.00
WHOLE TROUT TUNA	£19.50
STEAK MOULES	£19.50
MARINERE WHOLE	£19.50
WITCH FISH WHOLE	£19.95
PLAICE FISH SALMON	£19.50
SUPREME WHOLE	£18.50
LOBSTER HALF	£46.00
LOBSTER	£22.00

All mains are served with a choice of skinny fries, creamy mash potato side salad or peas

All our fish is grilled in open fire with garlic & lemon butter.

Please note your catch of the day is subject to availability.

DINE WITH WINE EVERY MONDAY



£32.00 Per Person 3 Course Meal Including one large glass of wine



STARTER

BRUSCHETTA AL POMODORO (V) Classic tomato & basil, toasted ciabatta

SICILIAN FISH CAKE

Cod, salmon & smoked haddock, Sicilian spices garlic & chilli aioli

HALLOUMI SALAD

Grilled Halloumi with mixed salad and balsamic glaze

MAIN COURSE

POLLO MILANESE

Pan-fried chicken coated in bread crumbs served with French fries

SIRLOIN STEAK (6oz)

Char-grilled sirloin steak cooked at your liking served with French fries & salad

DOLCE SALAD WITH CHICKEN

Mixed leaves, roasted peppers, sun-dried tomatoes, cucumber, red onion, grilled halloumi with grilled chicken

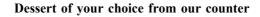
PENNE CON SPINACI

Penne pasta with onion, garlic, spinach, creamy sauce & topped with parmesan

SPAGHETTI AL CALAMARI PICCANTI

Calamari, chilli, tomato sauce, garlic olive oil

DESSERT



Cheeseboard with chutney and crackers







Tables for 6 and over are subject to a 10% service charge