

starters

Rustic breads - (V) £5.75
Roasted garlic, marinated garlic with olives, sun blushed cherry tomatoes & dips of balsamic vinegar

Smoked chicken - £6.75
On a salad of carrot, mouli, cucumber & spring onion drizzled with a sundried tomato pesto

Homemade homous - (V) £6.75
With rustic breads & caramelised red onion

Mango & crayfish tower - £7.25
Mango & basil topped with chilli marinated crayfish, Atlantic prawns & dressed with a spiced crème fraiche

Goats cheese tart - (V) £5.75
A savoury tart case filled with caramelised red onion & figs topped with goats cheese

Sweet potato salmon pesto fishcakes - £6.50
Served with a micro herb salad & a garlic aioli dip

Pan seared trio of scallops - £9.25
Each with a different taste. Served with pea puree, tomato salsa, sweet potato & crème fraiche

Beef carpaccio - £8.50
With rocket & parmesan, drizzled with truffle oil

Antipasto misto - £8.50
Classic Italian antipasto of salami, bresaola & parma ham, manchego, mozzarella & scamorza cheese with sun blushed tomatoes & olives

salads & pasta

Niscoise salad - (V) £7.50
New potatoes, green beans, capers, mixed olives, cherry tomato, boiled egg, mixed leaves & olive oil dressing

Greek salad - (V) £8.25
Olives, tomatoes, red onion, cucumber, feta cheese, basil, mixed leaves & olive oil dressing

Chicken piri piri chorizo salad - £11.95
Sautéed new potatoes, roasted peppers & mixed leaves with a lemon dressing

The Twisted Med lasagne carbonara - £8.50
Pancetta, egg yolk, cream, parmesan & lasagne sheets

Linguine lobster - £12.95
Linguine tossed with shallots, chilli, garlic, parsley, spring onion, cherry tomatoes, & half a lobster

Smoked mozzarella & aubergine ravioli - (V) £8.50
Served with sun blushed cherry tomato, olive & basil sauce

sharing platters

The Twisted Med antipasto platter £16.95
(min 2 person) -
Salami, parma ham, mortadella with pistachio, grilled Mediterranean vegetables & sun blushed cherry tomatoes, with a selection of Mediterranean cheese's mixed crackers, homous, grapes & greek salad with chutney & dips

The Twisted Med shellfish platter £56.00
(min 2 person) -
Whole seabass, king prawns, scallops, langoustines, salmon pesto fishcakes, Spanish mussels, calamari & a whole lobster

The Twisted Med meat platter £56.00
(min 2 person) -
7oz fillet steak, piri piri chicken kebab, lamb cannon, pork belly saltimbocca, marinated lamb cutlets with chorizo sausage, grilled tomato & mushroom, with peppercorn sauce & Jack Daniels sauce

The Twisted Med surf & turf £60.00
(min 2 person) -
Fillet of seabass, Spanish mussels, fishcakes, king prawns & whole lobster, 7oz fillet steak, piri piri chicken kebab, marinated lamb cutlets with chorizo sausage & pork belly saltimbocca. Garlic lemon sauce & Jack Daniels sauce

mains

Melanzane alla griglia - (V) £9.95
With tomatoes, scamorza cheese & parmesan served with a green salad

Fillet balsamico - £19.95
7oz fillet steak glazed in a balsamic reduction served on chargrilled asparagus

The Twisted Med lamb - £17.75
Marinated lamb cutlets with chorizo & strips of lamb, baby onions, carrots, sautéed new potatoes & mint with a Marsala jus

Pan fried seabass - £16.75
Pan-fried with spicy potatoes, cucumber ribbons & asparagus spears with a lemon dressing

Roasted beetroot & asparagus risotto - (V) £9.95
With chunks of docelatte cheese & parmesan crisp

Corn-fed garlic chicken - £14.95
With roasted garlic, aioli dip & rocket salad

Grilled marlin supreme - £17.95
On a butternut squash risotto cake, tomato & oregano sauce served with a rocket & parmesan salad

Pan fried seabass - £15.95
With papaya, mango, tomato, chilli & coriander salsa

Roasted med vegetables stack - (V) £10.95
With grilled halumi cheese, & basil pesto served with butternut squash risotto cake

Pork belly saltimbocca - £16.95
Slow cooked pork belly set on a spring onion & apple rosti with a cider jus

Corn-fed chicken piri piri - £14.95
with piri piri mayonnaise & rocket salad

Pan seared tuna steak - £13.95
Served pink, infused with cinnamon, served with caramelized onion & crushed pistachio

Marinated monkfish tails - £17.95
Served with a saffron & prawn risotto

Confit duck leg - £15.95
Served with Twisted Med dumplings & braised red cabbage

Sirloin steak - £14.95
With grilled tomato & mushroom with a smokey Jack Daniels butter

sides

- Sweet potato mash
- Mash potato with pesto or parmesan or rocket
- Mediterranean vegetable
- Chunky chips
- Mixed vegetables
- Green vegetables
- Boiled potatoes
- Green salad
- Rocket salad
- Mixed salad

* (V) - Vegetarian

* All dishes may contain traces of nuts & gluten