

# Autumn

This is a sample of the sort of dishes on the menu during Autumn. Our menu reflects the traditional Mediterranean diet with a strong Italian influence. Each dish contains a combination of carbohydrate, protein and fibre in different forms. All our produce is fresh, seasonal & where possible, locally sourced. Warm bread extra virgin olive oil is served with your meal.

## **Antipasti**

Puntarelle, carrot, artichokes, fennel, spinach with a warm Barolo sauce,  
Fresh Crab Crostini with Aioli, Coppa di Parma with Olives, Mersea Rock Oyster

## **Starters** from £5 - £6.85

Thick Tuscan Bread Soup with Black Cabbage & Autumn Vegetables  
Potato Dumplings, Roast Pumpkin, Curly Kale Pesto, Pecorino  
Mozzarella di Bufala, Shaved Fennel, Radicchio, Rocket, Toasted Pinenuts & Golden Marjoram  
Handmade Pasta Stuffed with Pork, Partridge, Pancetta, Juniper & Sage  
Pickled Mackerel Fillet, Onion, Bay, Juniper, Fine Beans

## **Main Course** from £12.85 - £18.50

Game Bird of the Day Roasted in Chianti, Tomatoes, Rosemary. Roast Squash & Parsnip, Kale.  
Grilled Salt Marsh Leg of Lamb, Roasted Red & Yellow Beetroots, Their Leaves, Salsa Verde  
Old Spot Pork Loin, Braised Black Cabbage, Spello Lentils  
In Shore Cod, Potatoes, New Season Ceps, Thyme & Chardonnay, Rocket  
Potato Dumplings, Shaved Jerusalem Artichokes, Red Onions, Sage, Butter

## **Pudding** from £5.85 - £7.75

Chocolate & Walnut Cake, Cream  
Almond Tart with Late Season Strawberries  
Pannacotta with Grappa & Marinated Cherries  
Lemon, Cherry, Damson Sorbets  
A Selection of East Anglian Cheese, Carta di Musica', Chutney