

# Summer

This is a sample of the sort of dishes on the menu during Summer. Our menu reflects the traditional Mediterranean diet with a strong Italian influence. Each dish contains a combination of carbohydrate, protein and fiber 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**

Mozzarella with Squashed Tomatoes & Wild Oregano, Purple Basil Fritatte, Prosciutto with Watermelon, Smoked Haddock & Broad Bean Sott'olio Crostini, Mersea Rock Oyster

## **Starters** *from £5 - £6.85*

Mozzarella di Bufala, Nectarines, Tomatoes, Speck Ham, Basil Oil

Marinated Courgettes, Onions, Lemon, Basil, Grilled Bread

Seared Filet of Longhorn Beef Crusted with Thyme & Black Pepper, Rocket, Pecorino Sardo

Mussels & Clams, White Wine, Parsley, Garlic, Chilli, Lemon

Pasta with Squid & Ink, Orange Zest, Garlic, Dill

Fresh Pasta with Summer Girolles, Parsley, Garlic & Parmesan

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

Ribeye of Red Poll Beef, Horseradish & Crème Fraiche, Roast Summer Beetroots & Their Leaves

Leg of Salt Marsh Lamb, Aubergines, Pinenuts, Sultanas, Tomatoes, Basil

Sutton Hoo Chicken Roasted with Peppers, Tomatoes, Garlic, Onion, Thyme. Grilled Polenta

Calf's Liver, Marsala, Sage, Olive Oil Potato Puree, Spinach

Wild Seabass Fillet Baked with Basil, Vermouth, Lentils, Samphire

Arborio Rice, Courgettes & their Flowers, Chardonnay, Butter & Parmesan

## **Pudding** *from £5.85 - £7.75*

Chocolate Nemesis Cake, Cream

Peaches in Pinot Nero, Star Anise, Vanilla Ice Cream

Pannacotta with Grappa & Raspberries

Lemon, Raspberry, Peach Sorbets

A Selection of East Anglian Cheese, Carta di Musica, Chutney