

ESCAPE

RESTAURANT & BAR

STARTERS

APPETISERS

Mixed Olives (V)	£4.00
Garlic Pizza Bread with Tomato (V)	£7.00
Garlic Pizza Bread with Cheese (V)	£7.00
Ciabatta Bread & Butter (V)	£4.00

PASTA & RISOTTO

Chicken Primavera	£14.00
Spirreli pasta with grilled chicken fillets, mixed vegetables, mozzarella & topped with parmesan cheese	
Linguini Carbonara	£14.00
Pancetta, egg yolk, parmesan & cream	
Linguini Meatballs	£14.00
traditional spicy meatballs in rich spicy tomato sauce topped with parmesan	
Tagliatelle Salmon	£14.50
Chunks of fresh salmon cooked in creamy tomato sauce topped with smoked salmon, asparagus & parmesan cheese	
Tortellini Ricotta & Spinach	£14.00
Egg Pasta parcels filled with ricotta and spinach in a creamy tomato sauce topped with Parmesan	
Penne Arrabiata	£12.75
Pepperoni, olives, red onion, cherry tomatoes, chilli, garlic & tomato sauce	
Lasagne	£14.25
Egg pasta layered with beef ragu & parmesan cheese	
Mushroom Ravioli (V)	£14.00
Egg pasta filled with porcini mushrooms served in creamy white wine sauce topped with wild mushrooms & truffle oil	
Linguine di mare	£15.50
Mixed seafood served with garlic chilli, white wine & tomato sauce	
Tagliatelle Pesto	£14.00
Chicken fillet with creamy pesto sauce, sundried tomatoes, parmesan & watercress	
King Prawn Risotto	£14.95
Arborio rice, king prawns, chilli, garlic, tomato sauce finished with mascarpone & parmesan cheese	
Wild Mushroom Risotto (V)	£13.00
With mascarpone, garlic & truffle oil	
King Scallops Risotto	£17.00
Pan fried king scallops served with pea puree risotto, pancetta and mascarpone cheese	

SUNDAY ROASTS

AVAILABLE 12 – 17.00

Ask your server for today's choice of roast.

Insalata Caprese £10.25
Burrata, tomatoes, fresh basil, balsamic reduction & basil dressing

Pan Fried Scallops £13.25
Seared scallops served with black pudding, apple sauce and pea purée.

Garlic Mushrooms (V) £8.75
Creamy garlic mushroom served with crostini bread

BBQ Ribs £10.50
Slow cooked baby back ribs marinated in rich BBQ sauce

Prawn Crab Cake £11.95
Spicy fish cake coated in egg washed breadcrumbs served jalapeno mayo.

Calamari £10.00
Lightly fried calamari rings served with homemade tartare sauce & lemon wedge

Homemade Meatballs £10.50
Spicy beef meatballs in rich tomato sauce served with bread

King Prawns £12.95
Cooked with garlic, white wine, chilli & toasted bread

Chicken & Chorizo £10.00
Pan fried chicken & chorizo cooked with peppers and cheese in tomato & garlic sauce served with crostini bread

Goats Cheese (V) £10.00
Warm goats cheese served with caramelised onion & beetroot topped with basil breadcrumbs & balsamic reduction

Homemade Arancini (V) £10.00
Risotto & porcini mushrooms balls coated in breadcrumbs served with aioli & truffle oil

Golden Fried Brie (V) £9.50
Melted brie in a crispy coat of breadcrumbs served with red onion chutney

Soup of the Day £7.00
Ask your waiter for today's choice

MAINS

Pollo alla Crema	Corn fed chicken breast, wild mushrooms, garlic & creamy white wine sauce	£19.95
Chicken Milanese	Chicken breast covered in egg washed breadcrumbs served with linguine tomato and a lemon wedge.	£18.95
Lamb Chops	Cooked medium, served with seasonal greens, sun dried tomatoes, feta & red wine sauce	£25.50
Salmon Fillet	Pan fried salmon, asparagus, tenderstem broccoli & cherry tomatoes served with hollandaise sauce	£20.95
Sea Bass	Pan fried sea bass fillets served with spinach, new potatoes & chilli gremolata	£21.95
Cod in Lobster Sauce	Served with crushed potatoes, spring onion & spinach	£22.95

PIZZA

Calzone	Folded pizza with mozzarella, ham, chicken, pepperoni served with tomato sauce & basil oil	£15.00
Peperoni	Tomato sauce, mozzarella, peperoni & fresh chillies	£13.00
Capricciosa	Tomato sauce, mozzarella, salami, olives & artichokes	£13.50
Pollo	Grilled chicken, roasted peppers, mozzarella & tomato sauce and parmesan, topped with BBQ sauce	£13.50
Diavola	Tomato sauce, mozzarella, pepperoni, nduja sausage, olives, and chillies	£14.95
Quattro Formaggi	Goats cheese, blue cheese, mozzarella & brie	£13.95
Margherita (V)	Tomato sauce, mozzarella & basil dressing	£11.00
Meat Feast	Ham, chicken, pepperoni & meatballs	£15.00
Seafood	Tomato sauce base with mozzarella cheese, with a mixed seafood selection of calamari, mussels and prawns	£15.95
Verdure (V)	Mozzarella, tomato sauce topped with peppers, olives mushrooms & onions	£13.50
Quattro Stagioni	Mozzarella, tomato sauce topped with ham, peppers, mushrooms, artichokes & tomato sauce	£14.00
Bianco	mascarpone cheese base, topped with mozzarella, chicken, broccoli and pancetta	£14.00

BURGERS & SANDWICHES

Available Monday - Saturday 12.00 - 17.00. Served with fries or salad.

Beef Burger	Homemade beef burger topped with cheese, gherkins, red onions, tomatoes, baby gem & BBQ sauce in a brioche bun	£12.95
Chicken Burger	Pan fried chicken fillets topped with cheese, tomatoes, baby gem & chipotle sauce in a brioche bun	£12.95
Halloumi Burger (V)	Pan fried halloumi topped with peppers, tomatoes, red onion chutney & garlic mayo in a brioche bun	£12.50
Cajun Chicken Ciabatta	Chicken fillets, roast peppers, baby gem lettuce, tomatoes and garlic mayo	£12.50
Steak Ciabatta	Fillet steak strips, mushrooms, cheese, & watercress with red onion chutney	£13.50
Smoked Salmon Ciabatta	with pickled red onions, crème fraîche & dill	£11.95
Roast Veg and Goat's Cheese Ciabatta (V)	Roast peppers, courgettes & goats cheese with baby gem, tomatoes and red onion chutney	£10.95

GRILL

all served with fries, cherry tomatoes & chilli garlic herb Butter.

Sirloin Steak 10oz	£27.95
Ribeye Steak 10oz	£29.95
Fillet Steak 8oz	£32.95
Choice of sauces	£2.00
Black Peppercorn, Red Wine or Diane	

SIDES

House Salad (V)	£3.95
Fries (V)	£3.95
Mixed Vegetables (V)	£4.50
Sautéed Potatoes (V)	£4.50
Rocket & Parmesan Salad (V)	£3.95
Green Beans & Shallots (V)	£4.25

SALADS

Caesar Salad	£13.25
Grilled chicken, baby gem, anchovies, croutons, parmesan shavings & Caesar dressing	
Halloumi Salad (V)	£12.75
Mixed leaves, pan fried halloumi, peppers, butternut squash, salad dressing & pita bread	
Chicken & Chorizo Salad	£13.25
Chargrilled chicken, sliced chorizo, peppers, mixed leaves, Caesar dressing & pita bread	
Goat's Cheese Salad (V)	£12.95
Warm goats cheese topped with basil breadcrumbs, avocado, mango, roasted peppers & sun dried tomatoes	

GLUTEN FREE AND VEGAN MENU AVAILABLE

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WHITE WINE

- TREBBIANO RUBICONE VILLA ROSSI**
Emilia-Romagna, Italy *Trebbiano Toscano*
Crisp, dry and fruity, with a delicate nutty aroma.
175ml **£5.40** / 250ml **£7.70** / Bottle **£21.50**
- SAUVIGNON BLANC**
MANCURA ETNIA ^{1/2}
Valle Central, Chile *Sauvignon Blanc*
Elegant tropical fruit aromas and white flowers,
with a very refreshing finish.
Bottle **£23.50**
- CHARDONNAY TERRE DEL NOCE**
DELLE DOLOMITI ^{1/2}
Trentino-Alto Adige, Italy *Chardonnay*
Crisp, fruity Chardonnay harmonious and
easy-drinking.
175ml **£5.85** / 250ml **£8.25** / Bottle **£23.95**
- PINOT GRIGIO TERRE DEL NOCE**
DELLE DOLOMITI ^{1/2}
Trentino-Alto Adige, Italy *Pinot Grigio*
Elegant, dry Pinot Grigio with a clean, crisp finish.
175ml **£5.85** / 250ml **£8.25** / Bottle **£23.95**
- CATARRATTO MONTALTO (ORGANIC)**
Sicily, Italy *Catarratto*
Fruity and dry with fresh citrus notes and a crisp,
fruity palate.
Bottle **£24.95**
- PECORINO VELLODORO**
UMANI RONCHI ^{1/2}
Marche, Italy *Pecorino*
Succulent stone fruit and pear drop flavours. Refreshing
with a long, harmonious finish.
Bottle **£29.50**
- GRILLO FEUDO ARANCIO ^{1/2}**
Sicily, Italy *Grillo*
Refreshing, yet opulently textured, this Grillo
offers real pleasure and an elegance rarely seen
in this variety.
Bottle **£28.50**
- SAUVIGNON BLANC FEATHERDROP**
South Island, New Zealand *Sauvignon Blanc*
Lively aromas. Bold flavours of grapefruit and
gooseberry a refreshing clean finish.
175ml **£7.25** / 250ml **£9.95** / Bottle **£29.50**
- GAVI DI GAVI LA CONTESSA**
Piedmont, Italy *Cortese*
Great texture and precision, with distinctive
greengage and almond notes on the palate.
Fresh and dry.
Bottle **£35.00**

SPARKLING WINE & CHAMPAGNE

- CA' DEL CONSOLE PROSECCO EXTRA DRY** Veneto, Italy *125ml £7.25 / Bottle £29.95*
A classic Prosecco with aromas of white peach, pear and flowers.
- VITICOLTORI ACQUESI ROSÉ BRUT** Piedmont, Italy *Dolcetto, Barbera* Bottle **£31.00**
A beautiful pale pink with delicate aromas of spring flowers and orchard fruit.
- CHAMPAGNE VINCENT TESTULAT CARTE D'OR BRUT NV** Bottle **£45.50**
BLANC DE NOIRS Champagne, France
Fruity Champagne. Elegant and well-balanced.
- VEUVE CLICQUOT YELLOW LABEL BRUT** Champagne, France Bottle **£82.00**
A blend of 50% Pinot Noir, 20% Pinot Meunier and 30% Chardonnay. Consistently excellent.
- LAURENT-PERRIER ROSÉ** Champagne, France Bottle **£92.00**
The number one in its field thanks to its light, elegant notes of red fruits, and delicate mousse.

RED WINE

- SANGIOVESE RUBICONE VILLA ROSSI**
Emilia-Romagna, Italy *Sangiovese*
Smooth and easy-drinking, with delicate aromas & flavours.
175ml **£5.40** / 250ml **£7.70** / Bottle **£21.50**
- MERLOT MANCURA ETNIA ^{1/2}**
Valle Central, Chile *Merlot*
An inviting deep ruby-red, this wine is packed full of ripe
blackberry and plum aromas with delicate hints of spice.
175ml **£5.80** / 250ml **£7.95** / Bottle **£23.50**
- PRIMITIVO VISCONTI DELLA ROCCA ^{1/2}**
Puglia, Italy *Primitivo*
Intense, fruity Primitivo full of jammy plum fruit and savoury
spice. Smooth-textured with a lick of vanilla on the finish.
175ml **£5.95** / 250ml **£8.45** / Bottle **£24.50**
- RIOJA TEMPRANILLO CONDE VALDEMAR**
Rioja, Spain *Negroamaro*
Medium bodied modern style Rioja with ripe fruit and
soft spicy notes.
Bottle **£26.50**
- NERO D'AVOLA MONTALTO (ORGANIC)**
Sicily, Italy *Nero d'Avola*
Notes of ripe red fruits and spices. The fruit flavours continue
on the round, generous palate.
Bottle **£26.50**
- MALBEC FINCA LA COLONIA NORTON ^{1/2}**
Argentina *Malbec*
Ripe red fruit on the palate, smooth texture and
a harmonious finish.
175ml **£6.65** / 250ml **£9.30** / Bottle **£27.50**
- SYRAH FEUDO ARANCIO ^{1/2}**
Sicily, Italy *Syrah*
Bold Syrah showing lush notes of wild berries, perfectly
framed by the lush, velvety finish.
Bottle **£28.50**
- MONTEPULCIANO D'ABRUZZO UMANI**
RONCHI PODERE ^{1/2}
Abruzzo, Italy *Montepulciano*
Youthful and juicy, with flavours of plums and morello
cherries. Medium-bodied and fruit-filled.
Bottle **£29.95**
- CASTEL FIRMIAN TEROLDEGO,**
MEZZACORONA ^{1/2}
Trentino-Alto Adige, Italy *Teroldego*
Wild berries and savoury spice. Velvety in the mouth,
with a juicy freshness, delicious and distinctive.
Bottle **£31.00**
- CHIANTI CLASSICO PEPPOLI,**
ANTINORI
Tuscany, Italy *Chianti*
Benchmark Single Estate Chianti, full flavoured
and serious.
Bottle **£36.50**
- AMARONE CLASSICO COSTASERA**
MASI
Veneto, Italy *Amarone*
Classic Amarone from this top producer.
Complex and very stylish.
Bottle **£67.00**
- TIGNANELLO TOSCANA IGT ANTINORI**
Tuscany, Italy *Sangiovese*
Iconic Super Tuscan!
Bottle **£168.00**

ROSÉ WINE

- ZINFANDEL BLUSH NINA ^{1/2}**
Puglia, Italy *Primitivo*
Creamy medium-dry palate, showing a nice balance of
sweetness and fruit flavours.
175ml **£5.85** / 250ml **£8.25** / Bottle **£23.95**
- PINOT GRIGIO ROSÉ TERRE DEL NOCE ^{1/2}**
Trentino-Alto Adige, Italy *Pinot Grigio*
Jam-packed with the ripe strawberry and raspberry fruit.
175ml **£5.85** / 250ml **£8.25** / Bottle **£23.95**
- CÔTES DE PROVENCE ROSÉ**
SAINT ROCH
MV Saint Tropez, France
Pale and elegant Rosé, delicate flavours,
great with Mediterranean cuisine.
Bottle **£29.95**