

starters

Latino Popcorn £6.90

The Miami sunset was almost outclassed by my bowl of coconut battered shrimp and accompanying chilli and mango dip.

Boutique Ribs £5.90

First date food conflicts. You love sticky ribs and are worried you will look silly eating them. You hate salad starters but think it might impress your date to have this. Answer: - Order the ribs, enjoy them and covering yourself in the sauce. If your date stays they really like you, if they leave you will get to eat their main course too. Win Win in my book.

Roasted Salted Sardines £6.00

When my friend from Finale Ligure sent me some fresh pesto, I put it on everything... but it went best on sardines.

Mini Oxtail Suet Tulip £6.50

Highland specialty of slow cooked succulent oxtail presented in mustard & horseradish suet pastry & garnished with pancetta wrapped asparagus. As my Scottish friends say "eat your neaps and don't diet for weeks fer all your loose is ya weeks".

Coconut Rope Mussels £6.50

"Try lemon grass, shavings of coconut, chilli and onions, mixed with rope-grown mussels", said my postcard from Phi Phi. I enjoyed the mussels as much as the picture on the front. (Also available with a provençal tomato sauce).

Parma Scallops £7.00

Visiting vineyards in Parma hills we checked out the Castle of Torrechiara just out of Parma. Here is where we found a nice little kitchen to have supper. I ordered a dish to share with my pescetarian friend of risotto with ginger & lemon oil topped with King scallops, I was shocked when it came out wrapped in parma ham. I quizzed the waiter and he told me its too thin to be real meat. Actually as wrong as he was I agreed with him.

Aranchini Ai Gamberretti £5.80

Why are Sicilians just like people in Worthing? Sicilians love making Aranchini ai Gamberretti, translated means small oranges & fish. In Worthing once a year the locals throw oranges into the sea, at the fish, sorry that's too close for comfort.

Tricolore Della Casa V £6.80

The three rules of perfect Tricolore. 1st Rule, use only the best mozzarella with real buffalo milk. Take the freshest beef tomatoes and ripest avocados then drizzle with olive oil dressing and display on large white plate. Rules 2 & 3 are follow rule 1.

Whole Baked Camembert V £6.90

This baked cheese mixed with white wine and garlic went down well, whilst my toes thawed out after a long day skiing.

Petit Tranche £8.00

Whilst walking the Champs-Élysées watching the traffic stack up, it came to me to pile up four of my favourite flavours, pepper, mushroom, fillet steak and good French blue cheese. I rushed to my apartment and tried it and thought now that's 'Art de triumph'.

Dusted Chilli Calamari £7.00

"Oppa" said Aunt Eleni ramming a hot calamari in my mouth. Gorgeous as it was superseded by Lamb shoulder, pork souvlaki, bean stew, halloumi and a few Keo beers. I wouldn't mind but we were just going over to her sisters for dinner.

Berliners Breakfast £5.95

Knockwurst wine soaked sausage charred and presented with a quails egg wrapped in black pudding. Served with chili shallot jam. Perfect English & German engineering, bit like delivering fish & chips with a BMW.

Crab Cakes £6.80

Hand picked English channel crabs flavoured with coconut, lemon grass and fresh chillies & herbs cooked into small cakes, perfect size so you wont pull a mussel.. sorry.

Goats Cheese Tartlet V £5.70

Living in Cyprus as a child I remember a few things, one being it was very hot, secondly was my Grandmothers obsession with conquering every food known to man by wrapping it in fillo pastry, but I did enjoy the open tartlets with caramelised vegetables and goats cheese.

Potted Duck Pate £6.50

My recipe inspired by the fair. 'Roll up Roll up' said the sign. 10p to bob for plums or hook a duck for a prize. As the plumbs bobbed around the pool crashing into the ducks, this inspired me to make duck liver pate topped with plum jam and sealed with clarified butter.

House Soup O £5.50

I never truly felt at home after returning from travelling, until I tasted a bowl of grandma's home-made soup and smelt her freshly made bread, smothered in far too much butter.

light entrées

Leaf & Parmesan Salad	£4.00
Mixed Olives	£3.00
Fresh Baked Garlic Bread	£3.00
Bread from our Bakery	£3.00

A £6.00 Children's Menu is also available.



Suitable for Vegetarians



Vegetarian Option Available



main dishes

The House Roast O £11.00

"When asked what goes well with a good English roast, I always think of a long snooze in front of a blazing hearth and an old black and white movie."

Buda Roast Belly & Scallops £15.50

"Whilst roasting myself at the Gellert baths in Budapest, it seemed a good idea to ask the fat man sat to my left for a good place to eat. He told me stories of the 19th Century Austrian Empire's famous marinated and slow-roasted pork belly, topped with sweet mash and scallops. He then told me of a little eatery in Pest that actually still cooked this roast."

Prime Steaks

Fillet Steak £21.00 Rib Eye Steak £15.90

"Pepper sauce or fried onions? Well done or blue? Burnt or 'just cut off the horns'? You never really know someone until you know how they eat their steak." Plated with a choice of potatoes & vegetable parcel.

Venison Steak Tagine £13.90

My gran said it is good to learn something every day. Just in case you haven't learned anything today. A tagine is cone-shaped to allow heat to build up at the top of the cone, which then builds up moisture. The moisture drips back down onto the foods, allowing for very moist and tender venison.

Honey & Rosemary Rump of Lamb £16.00

"Having dated 'Rosemary' at college, who had, believe it or not, a sister called 'Honey', I find it hard to think about these prime fillets of marinated lamb sizzling on charcoal!" Served with potato cake & vegetable parcel.

The Admirals Luncheon £24.00

Half native lobster cooked in thermidor sauce, rib-eye steak medium rare marinated in chimichurri oregano pesto, Middle Eastern spiced lamb kebab, tiger shrimps charred in garlic butter glaze, cheese and mushroom stuffed onion, smoked pancetta crispy slices, cajun potatoes wedges & basil grilled tomatoes. Well that said it really.

Confit Lamb Shoulder £14.50

Food's interpretation of a famous dish Kleftiko. This is a traditional dish that is cooked in Cyprus for special occasions. The term Kleftiko is derived from the term Klepts, (Thief). Greek bandits used to capture lambs or sheep and then cook them in covered pits. This form of cooking lamb ensured that the meat was cooked evenly and there was no smoke or fire that could give away any details to pursuers.

Beef Wellington £18.00

"Our very good friends spent a long, leisurely day preparing these prime fillets of beef, topped with duck liver paté and rolled in fine pastry. Accompanied with far too much Barolo, we all spent a long leisurely evening too." Plated with a choice of potatoes & vegetable parcel.

House Viennese O £9.50

"Trying to impress, I ordered this dish to appear a little sophisticated. Imagine how happy I was to discover it consisted of lean beef mixed with onions, made into burgers. Served with hand cut chips and garlic mushrooms"

1 Day Pressed Barbary Duck £14.50

Our Pressed duck is slow cooked for 24 hours, served with Chinese crisp vegetables with a preserve sweet plum. Simple, well Chinese Man say. "Simplicity: much happiness is lost in the pursuit of it".

Spaghetti & Meatballs O £9.90

"Whilst travelling in Rome I asked, 'What is the secret to a good meatball?' Surprisingly, I was told to add grated onions and potatoes. So, when in Rome..." Vegetarian option is available.

Butternut Squash & Asparagus Risotto V £12.00

"Being vegetarian often meant chefs took an immediate dislike to me but this one chef saved the day with this dish of butternut squash seared in truffle oil and mixed with risotto and garlic asparagus. He seemed to like me so I kept the Vegan thing quiet."

Rolled Fillets of Sea Bass £14.90

"My great roasted bass, with cream cheese, spinach and asparagus-tip stuffing, always made me look good at dinner parties. Looking back at the photographs does makes me ponder though." Plated with a choice of potatoes & vegetable parcel.

Calves Liver & Hock Bacon £13.90

"Whilst out looking for bargains in Greenwich Market, I stopped at the pie and mash shop and ordered my usual of organic calves liver, served with steamed mash and smothered with thick, sticky onion gravy. I could almost hear the echoes of Mr Dickens."

Sa Kao Curry O £12.50

"This beautiful blend of coconut, fresh chillies, pressed spices and rice was a pleasant surprise, but the real surprise was having my authentic Thai massage."

Choice of: Prime Chicken Breast
Jumbo Shrimp
Vegetarian option

Louisiana Street Food £15.60

Plantain wrapped around saffron prawn Jambalaya taute and topped with salmon & halibut baked weave. Tried this dish in the home town of Satchmo, in his words. I saw prawns so plump and red peppers too and I think to myself what a wonderful world.

Paella Stuffed Squid £14.90

What have Galigangoulous, Giant Squid and our Paella Stuffed Squid have in common? Well, Galigangoulous are small furry, angry animals that eat naughty boy's sweets and live on the roof of our house. Giant squid feature in many fishermen's epic tales our Stuffed Squid filled with seafood and saffron paella, oven baked in a roasted tomato and wine sauce is one of my favorite dishes. So what do they have in common? They are all legendary!

Blackened Prawn and Pork Tenderloin £14.80

Having subjected my friends to my obsession to BBQ in any weather or location, I was keen to test out my latest rotisserie motor especially as it worked on a car battery. Real Greek style. Being July 4th I chargrilled American style sweet blackened pork stuffed with garlic & chilli prawns. Friends loved it but the real Independence Day fireworks for me were the speed control & flexibility on the rotisserie motor.

Flattened Chicken Salad £13

There is a theory the quicker something cooks the healthier it is. So try two thin chicken breasts, place between goat's cheese and fresh basil pesto. Crushed under a baking stone and oven roasted on high. This is very healthy but not when you eat three portions.

P.O.S.H. Fish Pie £14.50

P.O.S.H meaning: - Port side Out, Starboard Home. This Label was often placed on the luggage of wealthy travellers to secure the best cabins when travelling to India by steam ship, our sumptuous fish pie with Olive & Anchovy tapenade topped with creamed potatoes and served with Potato and beetroot sauté could also be considered Posh.



desserts

Chocolate & Baileys Toffee Fondue For Two £13.00

One pot of hot melted thick chocolate and another pot of hot toffee infused with baileys served with fresh fruit and marshmallows.

Bread & Butter Pudding £5.80

Soft, smooth pudding with a crisp sweet glaze topping.

Lemon Meringue £5.90

Freshly baked lemon and lime pie, finished with vanilla meringue.

House Cheesecake £6.00

Freshly made daily on the premises.

Ice Cream Dominica £6.30

Mixed ice creams with marshmallows, cream, chocolate pieces, chopped nuts and fruit in our coconut basket.

Brownie £6.30

Dense, fudgy chocolate pudding. Served warm with selected dairy ice cream.

Cheese Board £7.00

A selection of British and continental cheeses, served with homemade crackers.

Crème Brulée & Shortbread £6.20

Freshly made French dessert with a twist, soft sweet centre with a caramelised crisp topping.

Quattro Profiteroles Giganti £7.00

Fresh baked pastry filled with whipped flavoured creams of orange and cointreau, toffee & baileys, chili strawberry and tiramisu.

cognac, armagnac, bourbon etc

Cognac

Hennessy VS	£4.00
Remy Martin VSOP	£4.50
Remy Martin XO	£6.50

Armagnac

Janneau VSOP	£5.00
--------------	-------

Single Malt

Balvenie Founders Reserve (10 years old)	£4.50
Highland Park Old Orkney (12 years old)	£6.00
Macallan Highland (10 years old)	£4.50

Bourbon

Makers Mark	£4.50
Bulleit	£3.50



beverages

Non-alcoholic

Filter Coffee			£1.90
Cappuccino			£2.20
Latte			£3.00
Espresso			£1.80
Liqueur Coffee			£4.80
Pot of Tea	English	£1.80	Herbal £2.40
Juices from			£2.10
Soft Drinks			£1.95
Mineral Water	330ml	£2.00	750ml £4.00

Chilled Draught Tap

		pint
Stella Artois		£4.10
Staropramen		£4.20
Leffe (half pint)		£3.70
Hoegaarden		£4.20
Becks		£4.00
Boddingtons		£4.00

Bottled Beer, Lager & Cider from £3.80

From The Bar

Spirit & Mixer from	£3.90
Liqueurs from	£3.90

See our cocktail menu for local brewery beers

dessert wine

	glass 125ml	bottle 375ml
Brown Brothers, Orange Muscat & Flora	£4.00	£13.00
Light golden colours with fragrant floral aromas of apricot and citrus blossom.		

All prices include VAT. Service not included.
We cook and prepare all meals freshly and with the finest ingredients. This guarantees the best quality for our customers. However, this process may mean we cannot guarantee that every meal is gluten free. We are not able to take responsibility for meals that may affect your condition. Foods described within this menu may contain nuts or derivatives of nuts. If you suffer from an allergy or food intolerance please advise a member of staff who will be pleased to advise you.



cocktails £6

Margarita

2 shots Tequila, 1 shot Cointreau, dash of lime juice served through cocktail strainer and into salt rimmed glass. Sour yet refreshing citrus twist.

Lynchburg Lemonade

Double Jack D, shot of Triple sec twist lemon juice and finish with cloudy lemonade. Shaky shaky and poured over lots of ice in a long glass. Good long pre dinner drink.

Champagne Cocktail

Angostura bitters 1 shot cognac sugar and topped up with champagne. Very smart cocktail.

Long Island Ice Tea

Half shots of vodka, gin, white rum, tequila and triple sec splash coke and dash lemon juice and some sugar. Long drink with subtle flavour with some real bite to finish.

Cosmopolitan

Two shots Russian vodka 1 shot Cointreau shaken with cranberry and lime poured through a strainer onto ice.

Mojito

Two shots white rum lime juice splash of bitters and dash of sugar. Well shaken and topped with soda. Served with lime and mint. Fabulous cocktail full of flavour.

Woo Woo

Two shot peach snaps, vodka and shaken with cranberry juice. Light pink crisp slow drink. Very summery.

House Mocktail £5.00

Mixed fruit juices over ice.



champagne

bottle 75cl

Jules Feraud, Cuvee de Reserve

Pronounced biscuity flavour and an elegant bouquet.

£34.00

Moet et Chandon, Brut Imperial

Classically made, world leading bubbly.

£45.00

Veuve Clicquot, Yellow Label Brut

"The Widow" at her elegant best.

£45.00

Bollinger, Special Cuvee

Still family owned and guarding their high reputation.

£60.00

Dom Perignon, Brut

A fitting tribute to the monk who invented Champagne.

£135.00

Louis Roederer, Cristal

Classically rich and opulent, the Tsars favourite.

£290.00

Jules Feraud, Brut Reserve Rosé

A delicious pink Champers to make any occasion special.

£36.00

Laurent-Perrier, Cuvee Rosé

Glorious pink Pinot fruit produced in strictly limited amounts!

£85.00

lagers & ales

A fine selection of Ales sourced from a local brewery in Alfriston, Sussex. Long Man Brewery

Long Blonde 3.8 ABV 500ml

A light coloured golden pale ale with a distinctive hoppy aroma and a crisp, clean bitterness of finish.

£4.10

Best Bitter 4.0 ABV 500ml

A traditional Sussex best. Perfectly balanced with a complex bittersweet, malty taste, fragrant hops and a characteristic long smooth finish.

£4.20

American Pale Ale 4.8 ABV 500ml

Made from the finest American hops. Copper in colour, hoppy on the nose with a long citrusy mouth feel and finish.

£4.50

Chilled Draught Tap

Estrella Damm

pint

£4.50

Crafty Blonde Sussex 4.1%

£4.60

Kaltenberg Hell

£4.20

Hoegaarden

£4.50

Rekorderlig

£4.50

Courage Best Bitter

£4.20

Bottled Beer, Lager & Cider from

£3.90

desserts

Chocolate & Baileys Toffee Fondue for Two £13.00

One pot of hot melted thick chocolate and another pot of hot toffee infused with baileys served with fresh fruit and marshmallows.

Bread & Butter Pudding £5.80

Soft, smooth pudding with a crisp sweet glaze topping.

Lemon Meringue £5.90

Freshly baked lemon and lime pie, finished with vanilla meringue.

House Cheesecake £6.00

Freshly made daily on the premises.

Ice Cream Dominica £6.30

Mixed ice creams with marshmallows, cream, chocolate pieces, chopped nuts and fruit in our coconut basket.

Brownie £6.30

Dense, fudgy chocolate pudding, served with a selected dairy ice cream.

Cheese Board £7.00

A selection of British and continental cheeses served with homemade crackers.

Crème Brûlée & Shortbread £6.20

Freshly made French dessert with a twist, soft sweet centre with a caramelised crisp topping.

Quattro Profiterole Giganti £7.00

Fresh baked pastry filled with whipped flavoured creams of orange and cointreau, toffee & baileys, chili strawberry and tiramisu.

cognac, armagnac, bourbon etc

Cognac

Hennessy VS	£4.00
Remy Martin VSOP	£4.50
Remy Martin XO	£6.50

Armagnac

Janneau VSOP	£5.00
--------------	-------

Single Malt

Balvenie Founders Reserve (10 years old)	£4.50
Highland Park Old Orkney (12 years old)	£6.00
Macallan Highland (10 years old)	£4.50

Bourbon

Makers Mark	£4.50
Bulleit	£3.50

dessert wine

	glass 125ml	bottle 375ml
Brown Brothers, Orange Muscat and Flora	£4.00	£13.00
Light golden colours with fragrant floral aromas of apricot and citrus blossom.		

coffee

Filter Coffee	£1.90
Cappuccino	£2.20
Latte	£3.00
Espresso	£1.80
Liqueur Coffee	£4.80