



## TAKEAWAY MENU

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CALL US 01288 352386  
OR 077921 48875

## MAINS

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### **SLOW ROASTED PORK BELLY (GF) / £16.95**

slow cooked with garlic and herbs, served with crushed new potatoes, curly kale and a cider cream sauce

### **6oz BEEF BURGER/ CHICKEN BURGER/ HALLOUMI & ROASTED PEPPER BURGER (V) / £12.50**

with gherkin, vine tomato, little gem, caramelised onions, Monterey Jack cheese, tomato chutney and potato fries, all inside a glazed pretzel bun

### **FISH AND CHIPS / £12.95**

local beer battered fish, with seasoned fries, crushed minted peas and homemade tartare sauce.

### **CHICKEN SALTIMBOCCA (GF) / £15.95**

chicken breast, filled with mozzarella and sage leaf, wrapped in prosciutto, served with a white wine and cream sauce, with green beans and either buttered new potatoes or seasoned fries.

## STARTERS & NIBBLES

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### **GARLIC PIZZA BASE (VG) / £4.75**

with pesto and mozzarella (V) £5.95

### **TEMPURA PRAWN TAILS / £7.25**

battered prawns, with sweet chilli sauce

### **CALAMARI / £6.95**

panko crumb coated squid with lemon mayonnaise

### **INSALATA CAPRESE (V) (GF) / £6.75**

vine tomato, mozzarella salad, fresh basil leaves and extra virgin olive oil

## GREAT FOR SHARING

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### **ANTIPASTA PLATTER / £14.25**

King prawn tails, cured meats, mozzarella, grilled peppers, marinated aubergines and courgettes, olives, tomato and rocket salad with goats' cheese, ciabatta and grissini bread sticks

### **VEGETARIAN ANTIPASTA PLATTE(V) / £12.95**

mozzarella, grilled peppers, marinated aubergines and courgettes, olives, tomato and rocket salad with goats' cheese, ciabatta and grissini bread sticks.

## SALADS

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### **ELEMENTS GRAND CHICKEN CAESAR / £13.95**

chicken breast, crispy pancetta, soft boiled egg, anchovies, croutons, cos lettuce, Caesar dressing, parmesan and prosciutto crisps.

### **PEAR AND CORNISH BLUE (V) (GF) / £12.75**

Ripe pear and Cornish blue cheese, with chicory, treviso, honey, and roasted hazelnuts finished with quince jelly.

## PASTA

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### **KING PRAWN SPAGHETTI / £17.75**

sautéed tiger prawn tails, with sweet onions, chilli flakes, Santarella sun dried tomatoes and fresh basil, tossed with a Pomodoro sauce, spaghetti and a squeeze of lemon juice

### **PORK AND BEEF POLPETTE / £12.95**

Italian meatballs, with a Pomodoro sauce and buttered spaghetti

### **CHICKEN AND MUSHROOM**

#### **PENNE RIGATE / £12.25**

penne pasta bound in a rich and creamy sauce of sautéed chicken and mushrooms with crème fraîche and parsley

### **CLASSIC SPAGHETTI CARBONARA / £12.95**

smoked pancetta, garlic and parsley, tossed egg yolk, cream and parmesan

### **SPAGHETTI PUTTANESCA (VG) / £12.95**

sun-dried tomatoes, black olives, Passata, white wine, chilli flakes, flat leaf parsley, garlic and capers finished with lemon scented olive oil

**LASAGNE CLASSIC / £11.95** layers of fresh pasta, delicate béchamel and classic Bolognese

**ALL PASTAS ARE AVAILABLE AS GLUTEN FREE, APART FROM LASAGNE**

## DESSERTS

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### **WARM CHOCOLATE BROWNIE / £6.25**

with hazelnut gelato

### **CHEESECAKE OF THE DAY / £6.25**

please ask your server

### **CHEESE / £8.50**

brie, blue, yarg and black bomber with quince jelly and crisp biscuits

## PIZZA

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### **BONDI (V) / £8.95**

mozzarella and tomato

### **CLOUDBREAK / £11.95**

baked with tomato and mozzarella, topped with mozzarella, prosciutto, fresh rocket and balsamic drizzle

### **PUERTO ESCONDIDO / £12.95**

chilli beef, hot sausage, chicken, chorizo, jalapeño, red and yellow peppers

### **TOFINO (V) / £13.95**

calzone, folded pizza, filled with chargrilled vegetables, sweet onions and goats' cheese with baby spinach and pesto, served with a dressed salad, add chorizo for an extra **£1.95**

### **MALIBU / £11.25**

spicy pepperoni

### **WATERGATE / £13.95**

tuna, white anchovies, black olives, and oregano

**ALL PIZZA BASES ARE AVAILABLE AS GLUTEN FREE OR WITH VEGAN CHESSE**

## KIDS MENU

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### **MACARONI CHEESE (V) / £6.25**

macaroni pasta bound in cheese sauce with warm ciabatta

### **PASTA BOLOGNESE / £6.25**

spaghetti pasta bound in the classic Bolognese sauce with warm ciabatta

### **CHICKEN OR BEEF BURGER / £7.95**

add cheese if you like

### **KIDS SIZE PIZZA / £5.95**

choose a pizza from our main menu

### **FISH AND CHIPS / £7.50**

with mayonnaise dip