



Where healthy eating is the name of the game

Menu

To Share

- ♥ **Anti Pasti** NEW £11.95
Salami, pepperoni, prosciutto, olives, chorizo, tomato and garlic bread

Starters

- ✓ **Fresh Warm Bread** £2.95
Served as a warm loaf with olive oil and balsamic
- ✓ **Marinated Olives** £1.95
- ✓ **Garlic Bread** £4.00
Stone baked pizza bread with garlic sauce
- ✓ **Garlic Bread with Cheese or Tomato** £4.50
Pizza bread baked to order
- ✓ ♥ **Soup of the day** £3.95
Fresh, homemade soups served with Italian Ciabatta bread
- ✓ ♥ **Tomato and Mozzarella** £4.75
Sliced mozzarella and beef tomato, basil and olive oil dressing
- BBQ Spare Ribs** £4.95
Pork ribs cooked in BBQ sauce
- Spicy Chicken Wings** £4.75
Served with sour cream
- King Prawns** £5.50
King prawns sautéed with cherry tomatoes, fresh garlic and chilli
- Beef and Pork Meatballs** NEW £4.95
Spicy tomato sauce, rocket and parmesan
- ♥ **Salt and Pepper Squid** NEW £5.50
Served with lemon mayonnaise
- ♥ **Char-Grilled Chicken Kebab** £4.75
Served with honey mustard dip

Pizza Homemade 12" thin and crispy bases

- ✓ **Margherita** £7.50
Traditional Italian pizza with torn mozzarella and fresh basil
- BBQ Chicken** £8.95
Smokey BBQ base topped with chicken breast, red onion and mushrooms
- Quattro Formaggi** £8.50
Four cheese pizza topped with creamy gorgonzola, parmesan, mozzarella and goats cheese
- Carnivora** £8.95
Salami, spicy pepperoni, cured ham, lean bacon strips and onions
- ✓ ♥ **Fiorentina** £8.50
Spinach, mushrooms and red onion with gorgonzola, parmesan, mozzarella and goats cheese
- Polpetta Pizza** £8.95
Homemade juicy beef, chilli and herb meatballs on our classic Italian pizza base
- American Hot** £8.50
Double pepperoni and hot chilli peppers
- ♥ **Seafood Pizza** NEW £8.95
White fish, prawns and mussels, mushrooms and mozzarella

Pasta cooked to order

- ✓ **Spaghetti Pomodoro** NEW £7.50
Chunky tomato and basil sauce, fresh parmesan
- ♥ **Penne Primavera** £8.50
Chicken, broccoli, tomato, peppers and parmesan shavings
- ♥ **Penne Carragher** £8.50
A warm pasta salad (served at ambient temperature) with chargrilled chicken sunblushed tomatoes Lean bacon strips, rocket and light mayonnaise
- Homemade Oven baked Lasagne** £8.50
Layers of pasta cooked between luxurious beef ragout and a creamy cheese sauce topped with flaked parmesan

Steaks

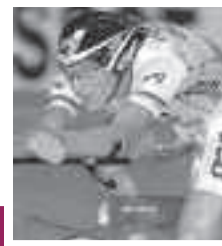
All our Beef is sourced from an award winning Aberdeen Angus herd, raised at White's Farm in Thurstaston on the Wirral peninsula

- ♥ **8oz Fillet Steak** £16.95
 - 8oz Ribeye Steak** £13.95
 - 10oz Sirloin Steak** £14.95
 - 12oz Grilled Rump Steak** NEW £12.95
- All served with rocket, chargrilled tomatoes and flat mushrooms
- A choice of Sauces & Flavourings** £1.50
Peppercorn sauce, Red wine sauce, Garlic butter or Chilli rub
 - A choice of Side Orders** £2.25
New Potato, Mixed Salad, Broccoli and Carrots, Chips, Baked Potato, Corn Cob and Coleslaw, Chargrilled Vegetables, Rocket and Parmesan
 - 6oz Aberdeen Angus Beef Burger** £7.95
Served in a ciabatta bun with red onion, beef tomato, and lettuce. Choose any side order and ask your server for a choice of sauces.
 - Chicken Supreme Burger** £7.95
Succulent butterfly chicken breast fillet served in a ciabatta bun with Light mayonnaise, beef tomato, red onion and lettuce. Choose any side order and ask your server for a choice of sauces.
 - ✓ **Vegetarian Burger** £7.50
Served on fresh warm ciabatta. Choose any side order and ask your server for a choice of sauces.
- You can add cheese, bacon, pineapple, poached egg, sautéed onions or mushrooms for 75p each.**
- BBQ Spare Ribs** £9.95
Pork ribs in tangy sauce
 - Sizzling Chicken Fajitas** £12.95
On sautéed onions and peppers with warm tortillas, guacamole, salsa, sour cream and cheese
 - ✓ **Sizzling Vegetarian Fajitas** £8.50
Seasonal char grilled veg on sautéed onions and peppers with Warm tortillas, guacamole, salsa, sour cream and cheese
 - ♥ **Baked Sea Bass** NEW £14.95
Sweet potato, Chilli, white wine

Salads Fresh & healthy

- ♥ **Greek Salad** Starter £4.50 Large £7.95
Traditional Greek salad with olives, cherry tomatoes, red onion and crumbled feta cheese
- ♥ **Caesar Salad** £5.50
Romaine lettuce with croutons dressed with Caesar sauce and finished with parmesan cheese. With option to add chicken for £2.50
- ♥ **Thai Chicken Salad** £7.95
A warm salad of peppers, carrots, onions and bean sprouts, topped with spicy chicken strips
- ♥ **Poached Salmon and Atlantic Prawns** NEW £9.95
Tossed with new potatoes, gem lettuce and lemon and herb dressing
- ♥ **Tuna Coponata** NEW £12.95
Grilled tuna, peppers, tomatoes and aubergine

- Spaghetti Bolognese** £8.50
Traditional Italian beef ragout and tomato with Red wine, garlic, basil and oregano. Add meatballs for extra £2.00
- Spicy King Prawn Spaghetti** £9.50
King prawns cooked in a rich tomato sauce with chilli and garlic
- Smoked Salmon Penne** £8.95
Smoked salmon, penne pasta in a creamy pea, spinach & parmesan sauce.
- Spaghetti Carbonara** £8.50
Lean bacon pieces sautéed in a creamy cheese sauce
- Baked Chicken and Mushroom Penne** NEW £8.95
Cream and mozzarella



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With my job, I have to keep fit and, having 2 young kids of my own, I know how difficult it can be to find a good family restaurant where we can relax, enjoy our food and have a choice of healthy options. Our menu has been created with this in mind. We have focused on fresh healthy food with lower fat, sugar and salt options wherever possible.

Jamie Carragher

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Best of British Great British Favourites

Homemade Scouse	£7.95
A recipe as old as the cobbled streets of Liverpool. Thick and juicy chunks of meat, with a selection of stewed root vegetables served with beetroot or pickled cabbage and bread.	
Bangers and Mash	£7.95
A Traditional Treat. Pork & leek sausages with homemade mashed potato smothered in onion gravy.	
Fish & Chips	£7.95
Local fish of the day, freshly battered, served with homemade tartare sauce and minted mushy peas.	
Ham 'N' Eggs NEW	£12.95
Chargrilled gammon, free range egg, plum tomato and chips	

Desserts Some healthier than others!

Fresh Fruit Sundae	£4.75
Fruit salad with mixed berry yoghurt and lemon sorbet.	
Carrot Cake	£4.75
Served with vanilla ice cream.	
Chocolate Fudge Cake	£4.75
Delicious Chocolate Fudge cake with Vanilla ice cream.	
Banana Split	£4.95
Banana with fruit salad, dairy strawberry and vanilla ice cream.	
Sticky Toffee Pudding	£4.75
Served with vanilla ice cream.	
Choice of Ice Creams	£3.75
Vanilla, milk chocolate chip or dairy strawberry.	
Choice of Low Fat Sorbets	£3.75
Lemon, Mango or Raspberry & Mango.	
Vanilla Cheesecake	£4.75
Rich and creamy topped with red berry sauce.	

Express Lunch Menu

£7.99

Any 2 courses

Fresh, Seasonal and Rapid!

Available Monday - Friday
12noon to 4pm

Smoothies

Strawberry Striker	£ 3.25
Strawberries, pineapple, banana, orange juice And low fat yoghurt	
True Blueberry	£ 3.25
Blueberries, raspberries, banana, apple juice And low fat yoghurt	
Royal Raspberry	£ 3.25
Raspberries, mango, banana, orange juice And low fat yoghurt	
Jamaican 6	£ 3.25
Mango, pineapple, banana, orange juice And low fat yoghurt	
Sprint Finish	£ 3.25
Pineapple, mango and orange juice	