

Where healthy eating is the name of the game

Menu

To Share

- Anti Pasti** £11.95
Garlic pizza bread, salami, prosciutto, pepperoni, olives and peppers
- Nachos** £3.95
Bowl of nachos topped with mozzarella cheese, sour cream and salsa (add bolognese £1.50)
- Seafood Platter** £12.95
Smoked salmon, prawns, soused herring, smoked haddock or mackerel pâté, toast and cocktail sauce

Tapas and Starters

- Bread and Olives** £2.95
Marinated olives with Italian bread
- Garlic Pizza Bread** £3.25
Crispy thin pizza bread with fresh garlic butter baked to order
- Topped Garlic Pizza Bread** £4.25
Crispy thin pizza with garlic butter topped with either mozzarella or fresh tomato sauce
- Soup of the day** £3.95
Fresh home-made soups served with Italian ciabatta bread
- Tomato and Mozzarella** £4.75
Slices of mozzarella and tomato with ripped basil and garlic dressing
- BBQ Ribs** £4.95
Tender slow cooked pork ribs marinated in a sensational smoky BBQ sauce
- Baked Mushrooms** £4.50
Mushrooms baked with garlic butter, mozzarella, cream sauce served straight from the oven
- Spicy BBQ Chicken Wings** £4.75
Oven baked tender chicken Cafe Sports style with celery sticks and a mouth watering blue cheese dressing
- Spiced Italian Meatballs** £4.99
Juicy pork and beef meatballs in a fresh garlic & tomato sauce
- Grilled King Prawns** £5.99
King prawns sautéed with garlic, lemon, chilli and herbs

Pizza Homemade 10" thin and crispy bases

- Margherita** £7.50
Traditional Italian tomato sauce with fresh ripped basil
- BBQ Chicken** £8.25
Smoky BBQ based topped with chicken breast, red onion and mushrooms
- Quattro Formaggi** £7.95
Four Cheese pizza topped with creamy gorgonzola, parmesan, mozzarella and Goat's cheese
- Carnivora** £8.50
Meaty pizza with salami, spicy pepperoni, cured ham and red onions
- American Hot** £8.25
Spicy pizza with a generous helping of pepperoni and chilli peppers
- Polpetta Pizza** £7.95
Homemade juicy, pork and beef meatballs on our classic Italian pizza base
- Veggie Stragioni** £7.95
Mushrooms, artichoke, peppers, tomato and olives
- Pizza Carragher** £8.25
Crispy bacon, chicken, sundried tomatoes, rocket & basil pesto, served on a bechamel base
- Extra toppings** 75p each
Chilli peppers, artichokes, mushroom, salami, pepperoni, spinach, ham, pineapple, sweetcorn

Pasta Delicious dishes freshly made

- Homemade Lasagne** £7.50
Layers of pasta cooked between a luxurious beef ragu and a creamy cheese sauce. Topped with flaked parmesan
- Penne Carragher** £7.95
A warm pasta salad with chicken breast, sun dried tomatoes, lean bacon strips, Rocket leaves and Hellman's light mayonnaise. Created by Jamie himself!
- Penne Carbonara** £7.95
Lean bacon pieces sautéed in a creamy cheese sauce
- Spaghetti Bolognese** £7.95
Traditional Italian beef ragu or beef and tomato with red wine, garlic, basil & oregano

Grill

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

- 8oz Ribeye Steak** £13.95
Prime ribeye steak
- 10oz Sirloin Steak** £14.95
Prime Strip lion
- 8oz Fillet Steak** £16.95
This is the tenderest and healthiest cut of all

All served with rocket, chargrilled tomatoes and flat mushrooms and a side order

- 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, Rocket and Parmesan

- Honey & Mustard Gammon** £12.95
10oz Gammon basted with wholegrain mustard & honey marinade served with new potatoes, spring onion and chive

- Mixed Steak & Chicken Kebab** £10.50
Succulent pieces of steak and chicken marinated in garlic, coriander, paprika and olive oil on a skewer with peppers, onion served with a side order of chips and salad garnish.

- New York Barbeque Chicken & Bacon Stack** £11.50
Layered chicken, bacon, BBQ sauce and melted mozzarella served with chips and salad

- Grilled Sea Bass** £14.50
Fillets of Sea Bass served with salsa verde and new potatoes

Burgers

- 6oz Aberdeen Angus Beef Burger** £7.50
Served in a ciabatta bun with fresh red onion relish, fresh tomato, and lettuce. Choose any side order and ask your server for a choice of sauces.

- Chicken Breast Sandwich** £7.95
Juicy butterfly chicken breast fillet served in a ciabatta bun with Cos lettuce. Choose any side order and ask your server for a choice of sauces.

- Cajun Chicken Breast Sandwich** £8.50
Served on a ciabatta bun with red onion relish and Cos lettuce.

- Steak Sandwich** £8.50
Rustic bread, rocket, sundried tomatoes, mayonnaise, chips and salad.

Wraps and Salads Fresh & healthy

- Piadina Carragher** £6.50
Folded and toasted flat bread fillet with chicken breast, lean bacon, sun dried tomato and rocket leaves dressed Hellman's Light mayonnaise. Created by Jamie himself

- Oriental duck Piadina** £6.95
Folded toasted flat bread with shredded duck confit, bean sprouts and red onion all coated in hoisin sauce

- Caesar Salad** Small £4.50 Large £8.25
Crisp Cos lettuce, traditional caesar dressing, croutons, anchovies and parmesan. Add chicken £1.50

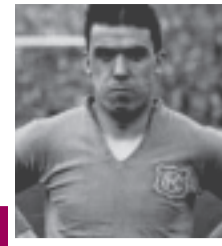
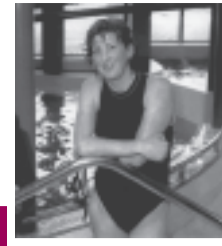
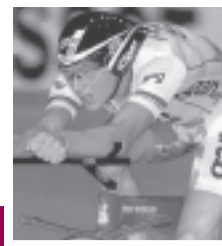
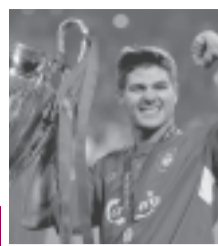
- Greek Salad** Small £4.50 Large £8.25
Feta cheese, olives, tomato, olive oil, red onion and balsamic vinegar.

- Smoked Salmon Spaghetti** £8.50
Smoked salmon with mushrooms served in a cream sauce

- King Prawn Penne Pasta** £9.50
Large king prawns cooked in a rich tomato sauce with cherry tomatoes, and garlic

- Puttanesca Penne** £6.95
Penne tossed in a tomato sauce with capers, olives and parmesan

- Baked Chicken Penne** £8.50
Chicken pasta baked with cream, buffalo mozzarella and pesto served straight from the oven in hot cast iron pan



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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 £6.95

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 £6.50

A traditional treat, pork sausages with mashed potato smothered in onion gravy

Fish & Chips £7.50

Freshly beer battered fish of the day, served with homemade tartare sauce and minted mushy peas

World Famous Chip Butty £3.50

A cone of chips served with 2 slices of white or brown bread with your choice of red or brown sauce. A local classic

Desserts Some healthier than others!

Chocolate Fudge Cake £4.75

Delicious Chocolate Fudge cake served warm with Vanilla ice cream.

Banana Split £4.95

Banana with chocolate, strawberry and vanilla ice cream.

Choice of Ice Creams £3.75

Vanilla, chocolate or strawberry.

Selection of Cakes, treat yourself

Please ask your server for today's choice

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

