

ASK FOR TODAY'S SPECIAL

LIGHT BITES / STARTERS

Bread with Garlic Butter & Olives (v)	4.95
Pork Belly Bites with Homemade Apple Sauce	6.95
Jalapeño Cheese Croquettes with Sweet Chilli Dipping Sauce (v)	6.95
Salt and Pepper Squid served with Aioli Sauce	7.95
Baked Whole Camembert with Caramelised Onion and Toast (v)	9.75
Prawn Pil Pil with Chilli and Garlic	
Classic	10.00
Tequila	14.95
Whisky	14.95
Homemade Soup of the Day served with Crusty Bread (v)	6.75
Crispy Vegetable Spring Rolls served with Hoi Sin and Sweet and Sour Sauces (v)	7.95
Steamed Mussels in a Creamy Garlic and Shallot Sauce	
Small / Large	8.95 / 14.95
Duck and Caramilised Orange Peel Terrine served with a Red Onion Fig Chutney and Melba Toast	9.75
Smoked Salmon with Crab Rilette, compressed Cucumber and Crayfish Tails	12.50

SALADS

Caesar Salad with Anchovies, Boiled Egg and shaved Parmesan	8.50
add Halloumi	+1.50
add Chicken and Bacon	+4.00
add Prawns	+6.50
Torn Buffalo Mozzarella, Roasted Red Peppers, Tomatoes and Olives (v)	9.00
Chargrilled Mediterranean Vegetables topped with Grilled Goats Cheese, Onion Marmalade and Toasted Pine Nuts (v)	9.50

FROM THE GRILL

Double Fillet Steak Burger with crispy Streaky Bacon and Monterrey Jack Cheese served with Homemade Coleslaw and French Fries	15.95
add Prawns	+6.50
add Lobster	+9.00
add Sauce	+2.50
Breaded Chicken Fillet Cheese Burger served with Homemade Coleslaw and Sweet Potato Fries	15.95
add Prawns	+6.50
add Lobster	+9.00
add Sauce	+2.50
Chateaubriand for two served with triple cooked Chips, sauteed new Potatoes, crispy Onion Rings, grilled Tomato and a Portobello Mushroom	28.50 per person
Chargrilled Fillet Steak topped with Garlic Butter and Rock Salt served with triple cooked Chips, a Portobello Mushroom and grilled Tomato	26.95
add Prawns	+6.50
add Lobster	+9.00
add Sauce	+2.50

MAINS

Pork Belly served with a Crispy Crackling, Creamed Potatoes and Apple Compote	15.95
Full Rack of BBQ Pork Ribs served with French Fries, Onion Rings and Homemade Coleslaw	16.95
Chicken Milanese topped with a rich Tomato Sauce and Grilled Parmesan, served with a Chilli and Parsley Spaghetti	16.95
Pie of the Day served with Seasonal Greens	16.95
Beer Battered Fish and Chips with Mushy Peas and Homemade Tartar Sauce	14.95
Authentic Homemade Thai Green Curry served with Steamed Basmati Rice and Vegetables (v)	15.95
add Chicken	+1.00
add Prawns	+3.00
Fish of the Day with sautéed French Beans, Quinoa, Tomato and Onion Dressing	19.95
Lobster and Shrimp Linguini in a rich Wild Mushroom Sauce with shaved Parmesan	21.95
Spaghetti Vongole 'La Sala Style' served with succulent Prawns, Clams, Garlic, Chilli and Tomato	21.95
Whole Sole served with New Potatoes, Seasonal Green Vegetables and Lemon Caper Butter	29.95

VEGETARIAN (V)

A hearty Macaroni Cheese with a Herb Crust	9.95
Beer Battered Halloumi, triple cooked Chips, Mushy Peas and Tartar Sauce	12.95
Goats Cheese, Portobello Mushroom and Caramelised Onion Burger, served with Coleslaw and Sweet Potato Fries	13.95
Courgette Spaghetti with Mushrooms in a Tomato and Chilli Sauce	14.95

ADD A LITTLE EXTRA

Sauces: Peppercorn, Béarnaise, Chimichurri, Blue Cheese	2.50
Sides: Triple cooked Chips, French Fries, Sweet Potato Fries, Buttered Mash Potato, Buttered new Potatoes, Onion Rings, Mixed Baby Leaf and Tomato Dressing, Shallot Garlic Beans, Seasonal Vegetables	3.95

DESSERTS

Selection of Ice Creams and Sorbets	5.95
Sticky Toffee Pudding with a Caramel Sauce and Vanilla Ice Cream	6.95
Lemon Posset with Honeycomb and a Shortbread Crumb	6.95
Chocolate Brownie served with Vanilla Ice Cream	7.95
Apple Crumble with Custard	7.95
Cheese Plate served with Homemade Chutney and Biscuits	8.95

We cannot guarantee that items on our menu are free from nut or nut trace elements or any other allergens. If you have a food allergy please let any of our team know and we will be happy to advise on which dishes may be suitable.

WHITE WINES

	250ml	Bottle
Alma de Vid Blanco, Fernando Castro	6	16
Trebbiano IGT Rubicone, Rometta	6.50	18
Chenin Blanc, Journeymaker	8	19
Chardonnay, Cable Crossing		22
Pinot Grigio, Vigneto Cantarelle, Le Vigne		23
Sauvignon Blanc, Frost Pocket	10.50	26
Verdejo, Ramón Bilbao		29
Albariño, Castelo do Mar		32
Dry Riesling, Chateau Ste. Michelle		35
Sancerre, Domaine des Vieux Pruniers		42
Chablis, Domaine de Vauroux		45

RED WINES

	250ml	Bottle
Alma de Vid Tinto, Fernando Castro	6	16
Chilean Merlot, Los Tortolitos	6.50	18
Cabernet Sauvignon, De Gras		23
Skaapveld Shiraz, MAN Family Wines	9	25
Rioja Crianza, Ramón Bilbao	10	28
Malbec Melodias Winemakers Selection, Trapiche		30
Pinot Noir, Humberto Canale Estate		35
Rioja Edicion Limitada, Ramón Bilbao		38
Rioja Reserva, Ramón Bilbao		38
Saint Emilion Grand Cru, Chateau Saint Ange		48
Rioja Gran Reserva, Ramón Bilbao		50
Châteauneuf du Pape, Domaine Chante Cigale		58

ROSÉ WINES

	250ml	Bottle
La Copa de Bobal Rosé, Bodegas Covinas	6	16
West Coast Swing White Zinfandel, The Wine Group		20
Pinot Grigio Blush delle Venezie IGT, Il Sospiro	8	21
Rioja Rosado, Ramón Bilbao		24

DESSERT WINE

	125ml	Bottle
The Noble Wrinkled Riesling, d'Arenberg	6	36
Sauternes, Clos Dady	9	45

SPARKLING WINE

	125ml	Bottle
Grand Impérial Brut, Vin Mousseux	5.50	22
Prosecco, Stelle d'Italia	7.50	27
Rosé 'Brut de Noir' Cleto Chiarli		38

CHAMPAGNES

	125ml	Bottle
Laurent Perrier La Cuvée	10.50	55
Laurent Perrier La Cuvée 1.5L		125
Laurent Perrier Vintage		78
Laurent Perrier Cuvée Rosé		89
Laurent Perrier Cuvée Rosé 1.5L		190
Laurent Perrier Grand Siècle		199
Cuvée Dom Pérignon		220

BEER & CIDER

Draught

Amstel Half Pint	3.50
Amstel Pint	6.00

Bottle

Heineken 0.0%	3.50
Heineken 5.0%	5
Peroni Nastro Azzurro 4.7%	5
Corona Extra Beer 4.5%	5.50
Aspall Draught Suffolk Cyder 5.5%	5.50
Old Mout Passionfruit & Apple 4.0%	6
Old Mout Strawberry & Pomegranate 4.0%	6

Our other La Sala licensed venues:

