

LA VAGUE

BISTRO

BREAKFAST MENU

Full English

2 bacon, 2 sausages, hash brown, baked beans, tomatoes, mushrooms, fried, poached or scrambled egg and toast **£11.95**

Meat free (v)

mushrooms, tomatoes, beans, 2 fried, poached or scrambled eggs, 2 hash browns and toast **£12.95**

La Vague Special

2 slices of toasted ciabatta topped with avocado, spinach, smoked slamon and 2 poached eggs **£12.95**

Omelettes - Make your own (Your choice of any 2 toppings) £8.95

Cheese (mozzarella)

Mushrooms

Olives

Peppers

Onions

Bacon

Eggs Benedict £11.95

Two halves of English muffin, toasted and topped with 2 poached eggs, hollandaise sauce and your choice of:

Smoked salmon

Ham

Bacon

Spinach

Homemade pancakes

French strawberries and honey or
French raspberries and chocolate sauce **£8.95**

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DRINKS

Hot Drinks

Americano **£2.90**

Espresso **£2.40**

Cappuccino **£3.25**

Cafe latte **£3.25**

Mocha **£3.50**

Hot chocolate **£3.10**

Full Monty Hot Chocolate with cream and marshmallows **£3.95**

Pot of tea **£2.60**

Herbal tea **£2.60**

Chamomile

Lemon and ginger

Yunnan green

Earl grey

Super berry

Soft Drinks

J20 orange and passionfruit (275ml) **£3.25**

Coke, diet coke, coke zero or lemonade **£3.25**

Apple or orange juice **£2.50**

Rocchetta Italian still or sparkling water (500ml) **£2.95**

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MENU

Starters

Soup of the day £8.95

Bruschetta al pomodoro toasted ciabatta bread topped with tomato, drizzled red onion, basil and garlic **£8.50**

Gamberoni king prawns cooked with chilli, garlic, parsley and white wine sauce **£10.95**

Calamari fritti deep fried calamari in batter **£9.50**

Funghi all'aglio mushroom fried in garlic butter and white wine sauce **£8.50**

Prawn cocktail Prawn on a bed of leaves, topped with Marie Rose sauce **£8.95**

Antipasto Italiano Selection of Italian cured meat, served with grissini stick **£10.95**

Insalata Caprese Mozzarella ball with tomatoes, basil and balsamic vinegar glaze and pesto dressing **£8.95**

Meatballs Classic Italian meatballs in a rich Napoli tomato sauce, topped with mozzarella cheese & toasted Italian bread **£8.95**

Brie & Palma Ham Coated deep fried brie served witha crispy palma ham and cranberry sauce **£9.95**

White Bait Deep fried white bait served with tartar sauce **£8.95**

Appetisers

Marinated mixed olives £7.50

Italian bread in balsamic vinegar and olive oil £6.50

Mains

Pasta dishes

Spaghetti Bolognese spaghetti with classic homemade Bolognese sauce **£13.95**

Penne Arrabiata penne in a spicy roman sauce of red chilli, red onions, olives and fresh basil **£13.95**

Spaghetti carbonara spaghetti and lightly fried pancetta in a cream, egg yolk and parmesan **£15.95**

Penne con polpette penne and succulent meatballs covered in a rich tomato sauce **£15.95**

Linguine allo Scoglio linguine with mixed seafood, garlic, parsley and white wine **£16.95**

Homemade lasagne layers of pasta and tomato sauce with minced meat **£14.95**

Melanzane parmigiana aubergine oven baked with napoli sauce and mozzarella cheese **£14.95**

Penne Al Salmone smoked salmon, baby prawns, garlic and dill in a pink tomato sauce **£15.95**

Penne Alla Normanna garlic, onions, olives and chilli with Napoli sauce **£15.95**

Risotto dishes

Risotto pollo e funghi arborio rice with mushrooms and chicken cooked in white wine and cream sauce **£15.95**

Risotto gamberoni arborio rice with prawns and peas cooked in a creamy tomato sauce **£16.95**

Risotto Alla Romana arborio rice with bacon, chicken, peas in a creamy tomato sauce **£15.95**

Pollo dishes

(served with mixed vegetables or fries)

Pollo alla crema panfried chicken breast with onions, mushroom and cream sauce **£16.95**

Pollo cacciatore chicken breast braised with tomato, garlic, olives, capers and peppers **£16.95**

Pollo Colosseo smoked bacon, garlic, white wine and cream **£16.95**

Pollo Vulcano roasted peppers, mushrooms, onions, chilli and Napoli sauce **£16.95**

Chicken Stroganoff diced chicken with mushrooms, brandy, cream and french mustard served with rice **£16.95**

Steaks

Sirloin (10.oz) charcoal grilled, served with a salad garnish, whole mushroom roasted tomato and fries **£21.95**

Beef Stroganoff fillet steak strips cooked with mushrooms, brandy, cream and french mustard served with rice **£18.95**

Additional sauces: £3.50

Peppercorn sauce, whole peppercorn, French mustard, brandy and cream

Pizzaiolo sauce Napoli sauce with capers, olives and peppers

Diane sauce toasted mushrooms with mustard and a dash of brandy in cream sauce

Gorgonzola sauce blue cheese, brandy and cream

Fish

(served with mixed vegetables or fries)

Two fillets of sea bass oven baked in white wine and butter lemon sauce **£22.95**

Filletto di salmone oven baked salmon with asparagus, dill and white wine sauce **£19.95**

Swordfish pan fried with cherry tomatos, garlic, spring onion with a white wine sauce **£19.95**

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Sandwiches

(served in ciabatta bread with French fries and a salad garnish)

Chicken mushroom sandwich £13.95

Mediterranean vegetables sandwich with mozzarella cheese £12.95

Fillet steak strips with caramelized onions and rocket £14.95

Meatball sandwich traditional meatballs topped with mozzarella cheese and napoli sauce £13.95

Burgers

(served with French fries and a salad garnish)

La vague club burger with beef, bacon, garlic mayo, slice of cheese, rocket salad and fresh tomatoes £16.95

Chicken burger charcoal grilled chicken breast, seasonal green leaves, smoked bacon and mayonnaise £15.95

Pizzas

(all 12" stone baked, extra toppings available on request)

Margherita mozzarella and tomato (v) £10.95

Giardiniera Mushroom, cherry tomato, onions, peppers, olives, mozzarella and tomato (v) £13.25

Diavola (Hot) Spicy salami, chilli, red onions, Jalapeño pepper, mozzarella and tomato £14.95

La Vague mixed seafood, mozzarella and tomato £15.95

Prosciutto e funghi Italian ham, mushrooms, mozzarella and tomato £13.95

San Daniele parma ham, rocket, olive oil, shaved parmesan, mozzarella and tomato £13.95

Tutta Carne Salami Milano, prosciutto, chicken, mozzarella and tomato £14.95

Calzone Mushroom, Spinach, red onion, ham, mozzarella and Bolognese sauce £15.95

Quattro Stagioni tomato sauce, mozzarella cheese, artichokes, mushrooms, olives and ham £14.95

Tonno e cipolla tomato sauce, mozzarella cheese, tuna, red onions and olives £14.95

Quattro Formaggi tomato sauce, mozzarella cheese, gorgonzolla cheese, parmasan cheese and pecorino cheese £14.95

Salads

Chicken Caesar Salad tender pieces of chicken on a bed of crunchy salad, croutons, anchovies and parmesan £14.95

Insalata Italiana mixed leaves, cherry tomatoes, cucumber, olives, shaved parmesan, red onions and house dressing £9.95

Nicoise Salad green beans, cherry tomatoes, new potatoes, tuna with french dressing £13.95

Garlic Breads

(all 12" stone baked)

Plain Garlic bread £7.95

Cheese Garlic Bread £8.95

Cheese & tomato Garlic bread £8.95

Cheese, tomato & pesto Garlic bread £8.95

Sides

Mediterranean vegetables served with house dressing £6.50

French fries £4.25

Desserts

Tiramisù £7.95

Gelato choose 3 scoops from vanilla, chocolate and strawberry £6.95

Lemon tart served with a scoop of vanilla gelato £8.25

Brownie served with a scoop of vanilla gelato and fresh strawberries £7.95