

Hand stretched sourdough flatbread - £4.00
with garlic & mozzarella

Focaccia bread - £3.00
Olives - £3.00

AQUA PLATES

all at £12.95

Meat - Salami picante, truffle salami, carpaccio, capocollo, 14 month old prosciutto, asiago cheese, hot calabrian peppers, sweet peppers & artichokes with zucchini & cauliflower fritti

Fish - Smoked salmon, smoked trout, whitebait, mackerel pate, calamari, marinated anchovies, caper dressing, caperberries & watercress

Veg - Marinated aubergine, roasted artichokes, Calabrian peppers, balsamic onions, char grilled field mushrooms, confit garlic, fennel coleslaw, tomato & chilli chutney, olive bread

FRESH OYSTERS

Colchester Oysters - £2.50 Each, £14 ½ Dozen, £22 Dozen
Dressed Oyster in red wine & shallot vinegar

STARTERS

Soup - £4.95
Seasonal, homemade soup

Beetroot Salad - £5.50
Roasted with pear & goats cheese

Whitebait - £4.95
With Aqua dressing

Risotto Balls - £5.25
Pea, mushroom & parmesan risotto balls with a spicy tomato sauce

Fig & Mozzarella Salad - £5.75
Fig, mozzarella, pine nuts, basil, chilli & mixed leaf salad drizzled with a balsamic reduction

Carpaccio - £6.50
Sliced aged fillet of beef with aged parmesan cheese & Cipriani dressing

Meatballs - £5.50
Homemade Italian meatballs, served with a spicy pomodoro sauce, parmesan & focaccia

Calamari - £6.50
Breaded calamari sautéed in chilli, parsley & lemon with Aqua dressing & capers

Fritto Misto - £6.95
Tiger prawn, calamari & whitebait with Aqua mayonnaise dressing

King Prawns - £7.75
King prawns baked in a spicy peperonata sauce with Tuscan salami picante, caperberry & balsamic onion

LIGHT MAINS

Fish Cakes - £9.95
Smoked haddock & Montgomery cheddar fish cakes with sun dried tomato, chilli & mixed leaf salad with Aqua dressing

Linguine Gamberoni - £10.95
Tossed with king prawns in a rich tomato ragout with a hint of chilli

Chicken Caesar - £10.95
Mixed leaves with crispy pancetta, croutons & classic cipriani dressing topped with roasted chicken breast & parmesan cheese

Seared Tuna - £12.95
Tuna steak on a bed of mixed leaf, green beans, vine tomatoes, soft boiled egg & artichoke

Goats Cheese Salad - £9.95
With figs, pine nuts, roasted butternut squash, pumpkin seeds & balsamic reduction

MAINS

Pork Cheeks - £13.75
8 Hour braised pork cheeks with creamy mash potato, rich chianti jus & black pudding fritter

Smoked Haddock Risotto - £11.95
Smoked haddock, spinach & broad bean risotto finished with creamy mascarpone

Seabass - £13.95
With chilli, rosemary & Sicilian lemon with tomato & zucchini risotto

Pollo Farcito - £11.75
Italian crumbed chicken stuffed with mozzarella & pesto served with crispy onion & herb-buttered spaghetti

Rabbit Ragu - £12.95
Slow braised rabbit ragu in a rich chianti sauce with pappardelle pasta & drizzled with truffle oil

Italian Chicken - £11.95
Roasted chicken with olives, borlotti bean, chorizo & pomodoro sauce

Baked Cod - £11.95
Served with lentils, pancetta & kale

Roasted Lamb - £13.95
Rump of lamb served with spring onion mash potato, whole roasted garlic cloves & a red wine jus

Penne Pollo - £9.75
Hand torn roasted chicken with pancetta & mushrooms in a white wine & cream sauce with a hint of chilli

Butternut Squash Risotto - £9.95
Roast butternut squash risotto with field mushrooms & sage

Slow Roast Duck Pappardelle - £12.95
Slow roasted duck tossed with pappardelle pasta, orange, spring onion, marsala wine, picked herbs & cream

Baked Aubergine - £10.95
Layers of aubergine baked with a creamy parmesan cheese sauce

TRADITIONAL SUNDAY ROAST

£11.95 Served all day

2 Courses £14.95 | 3 Courses £16.95

A choice of striploin of beef, slow roasted belly of pork or chicken with homemade Yorkshire pudding, roast potatoes, seasonal vegetables & all the trimmings

WEEKEND BRUNCH

Served Saturday & Sunday 8.30am to 12 midday

Prosecco - £5.95

Full English Breakfast - £7.95
Cumberland sausage, bacon, roast field mushroom, vine ripened tomatoes, black pudding, egg & baked beans with toasted bloomer bread

Italian Breakfast - £7.95
Baked eggs with borlotti beans & chorizo in a pomodoro sauce

Eggs Pomodoro - £5.95
Oven baked bloomer bread with wilted spinach, poached eggs, topped with tomato & basil sauce & parmesan

Eggs Benedict - £5.95
Poached eggs with prosciutto & creamy hollandaise on a toasted muffin

Mixed Berry Smoothie - £4.50

Scrambled Eggs with Smoked Salmon - £5.95
Served on toasted bloomer bread

Avocado on toast with poached eggs - £6.50

Homemade Pancakes
With blueberries, strawberries, mascarpone & maple syrup - £4.50
or with crispy pancetta - £5.25

Natural Greek Yogurt - £4.25
With fresh fruit, berries, mint & granola with a drizzle of honey

Toast & Jam - £2.00

STEAKS & GRILLS

All our steaks are 28 day aged & served with triple cooked hand cut chips & watercress.

Rump 8oz £14.95
Sirloin 10oz £17.95
Fillet 8oz £21.95

Béarnaise sauce, peppercorn sauce, garlic red wine jus or blue cheese & chilli sauce. All at £1.50

Lobster - whole £35.95 / half £19.95
Grilled lobster with hand cut chips & your choice of thermidor sauce or garlic butter

Burger - £10.95
Homemade Italian beef burger with Montgomery cheddar cheese, lettuce, tomato relish & hand cut triple cooked chips

PIZZA

All our pizzas are hand-stretched, 12 inch stone baked thin crust using authentic sour dough. Extra toppings are £1.00 each

1
Tomato, mozzarella & basil
£8.95

2
Dry cured pancetta, marinated chilli & rosemary chicken, sweet calabrian peppers & red onion -
£9.95

3
Goats cheese, pesto, roasted peppers, balsamic onions & caperberries - £9.95

4
Tuscan salami picante, aged prosciutto, mushrooms & chilli -
£9.95

SIDES all at £2.95

Herb sautéed potatoes
Polenta chips with parmesan & rosemary
Green beans with lemon & mint
Rocket & parmesan salad

Hand cut chips
Mixed salad
Garlic spinach
Courgette fritti
Kale, leeks, broad beans & peas

LUNCH & EARLY DINNER MENU

2 Courses £10.95 | 3 Courses £12.95

Monday to Saturday 12 - 7pm