

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