

Light Lunch Menu

(Small portions are available for children)

Jacket Potatoes - £6.95

Prawns in Marie Rose sauce
Cheese and baked beans (V)
Vegetable curry (V)
Tuna, mayonnaise and sweetcorn

Paninis - £6.95

Ham, cheese and tomato
Bacon and brie
Chicken with tomato and mozzarella
Caprese - mozzarella, tomatoes and basil (V)

Caesar Salad - £7.95

Served with chicken or Welsh baby prawns

Waves Summer Salad - £6.95

A mixed summer salad with spiced goat's cheese, olives and garlic bread (V)

Pasta with Cajun blackened Chicken - £7.95

Succulent Cajun blackened chicken on a bed of pasta in a rich tomato sauce topped with parmesan

Wild Mushroom Tortelloni - £7.95

Wild mushroom tortelloni served with a white wine and mushroom sauce (V)

Gorgonzola and Walnut Tortelloni - £7.95

Gorgonzola and walnut tortelloni with a parmesan cream (V)

Artichoke Hearts Tortelloni - £7.95

Artichoke hearts tortelloni with pesto sauce and rocket leaves (V)

Fish, Chips and Peas - £9.95

Battercrisp fillet of Milford cod with chips and garden peas

Lasagne - £8.95

Home made lasagne cooked with a trio of mozzarella, cheddar and parmesan served with seasoned fries and Rosemary olive oil bread

Steak Wrap - £8.95

Pan fried steak with caramelised red onion topped with melted cheese

Chicken Wrap - £8.95

Marinated Cajun chicken with sour cream and Jalapenos

Waves Steak - £11.95

Char grilled rump steak topped with caramelised red onion and served with plum tomatoes and seasoned fries

In addition to this menu please see our delicious pizza menu

For Specials please see the Board

We hope that you enjoy your lunch with us today.

Our house wine is Estate bottled and is only £3.50/4.50 per glass or £12.95 a bottle.

Still got a little bit of room? Have a great pudding – just ask!