

# Waves

THE ITALIAN  
RESTAURANT

## Lunch Menu

### To start...

Chef's homemade soup of the day served with warm, crusty bread **£5.50**

Pan fried button mushrooms & mussels meat with garlic & onions in a creamy white wine sauce **£7.50**

Deep fried goats cheese and fig parcels, - served on a honey & mustard dressed salad topped with mango chutney **£6.50**

Arancini Zanato (V) - Moreish 'melt-in-the-middle' herby rice and mozzarella balls served on a Cajun spiced tomato sauce... a southern Italian classic! **£6.50**



Ask about our  
Vegan options!



Waves is open every lunch time and from 6pm every Monday, Tuesday, Thursday, Friday, and Saturday (We also open on Wednesday evenings during main school holidays)

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### Scrummy lunches...

The famous Waves burger - Homemade with fresh British beef, onions, shallots, herbs and spices served in a toasted brioche bun with relish **£11.95**

Butternut squash and nutmeg filled ravioli, served on Italian vegetables in a rich tomato sauce (VG) **£12.50**

Chef's mouth-watering British beef lasagne - with mozzarella, cheddar & parmesan served with golden chips and salad garnish **£11.95**

Proper Fish & Chips - Fresh fillet of plaice deep fried in chef's secret recipe batter, served with golden fries and garden peas - just as it should be! **£10.95**

### Jacket Potatoes...

Crispy, oven baked and generously filled with your choice of...

Bolognaise // Baby prawns in Marie Rose sauce // Tuna, mayo & sweet corn // Cheddar & baked beans (V) // Italian veggies in a rich tomato & basil sauce (V)

All **£7.95**

### Hot Paninis...

The classic 'grilled' Italian sandwich with your choice of... Ham, cheese & tomato // Chicken with pesto & cheese // Bacon & brie // Mozzarella, tomato & basil (V) All **£7.95**

### Light bites...

Beetroot and goat's cheese salad - Honey glazed goat's cheese on a beetroot and walnut salad tossed in a honey & mustard dressing (V) **£9.95**

Traditional Welsh Cawl - Chef's homemade Welsh broth with tender lamb, ham hock, barley and fresh local veggies served with a chunk of cheddar cheese and roll **£6.95**

Cajun chicken wrap with rocket leaves, served with a sweet chilli mayonnaise, seasonal mixed salad and mango chutney **£9.95**

### Side orders...

Garlic Potatoes **£2.50**

Side Salad **£2.50**

Chips **£2.50**

Garlic Ciabatta **£2.50**

Fresh, seasonal vegetables **£2.50**

Basket of fresh bread **£2.50**

Creamy black pepper sauce **£2.00**

### Desserts...

Let us tempt you with today's delicious dessert selection **£6.00**

#### Allergy Information

V = Vegetarian

VG = Vegan

Many dishes are gluten free or can be made gluten free on request

Please inform your server of any dietary requirements

