

All-Day Breakfasts

◆ Served with **AQUA** Bread ◆

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| 1 English Breakfast | £5.00 |
| Bacon, Sausage, Fried Egg, Hash Brown, Grilled Tomatoes, Baked Beans, Mushrooms | |
| 2 Vegetarian English Breakfast | V £5.00 |
| Veggie Sausage, Baked Beans, Hash Brown, Poached Egg, Grilled Tomatoes, Mushrooms | |
| 3 AQUA Breakfast | £5.00 |
| Spicy Garlic Salami, Fried Hallumi Cheese, Hash Brown, Mushrooms, Fresh Tomatoes, Cucumbers, Olives, Fried Egg | |
| 4 Vegetarian AQUA Breakfast | V £5.00 |
| Veggie Sausage, Fried Hallumi Cheese, Mushrooms, Poached Egg, Fresh Tomatoes, Cucumbers, Olives | |
| 5 Egg Benedict | £5.50 |
| Melon, Poached Egg with Hollandaise Sauce and | |
| <ul style="list-style-type: none">• Smoked Salmon or• Prawn or• Smoked Ham or• Spinach with Diced Shallots | |
| | V |
| 6 Noah's Ark | £5.00 |
| Spicy Garlic Salami, Feta Filo Pastry, Fried Egg, Hash Brown, Grilled Tomatoes and Mushrooms | |
| 7 Veggie Ark | V £5.00 |
| Veggie Sausage, Feta Filo Pastry, Poached Egg, Hash Brown, Grilled Tomatoes and Mushrooms | |
| 8 Mediterranean | £5.00 |
| Melon, Smoked Ham, Feta Cheese, Olives, Fresh Tomatoes, Cucumber, Hallumi, Butter and Honey | |


V = Suitable for Vegetarians

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Mix your own Breakfast

✧ Bacon	£1.00
✧ Sausage	£1.00
✧ Egg (fried, boiled, poached or scrambled)	V £0.80
✧ Hash Brown	V £0.90
✧ Portion of Mushrooms	V £0.90
✧ Grilled Tomato	V £0.80
✧ Fresh Tomato	V £0.60
✧ Portion of Beans	V £0.80
✧ Spicy Garlic Salami	£1.00
✧ Portion of Chips	V £1.20
✧ Portion of Croquettes	V £1.50
✧ Vegetarian sausage	V £1.10
✧ Ham	£1.00
✧ Hallumi	V £1.00
✧ Feta Filo Pastry	V £1.20

Bread & Co.

9	Garlic Bread	£2.00
10	 Bread	£1.00
11	Double Toast (brown or white)	£0.80
12	Double Toast with Butter	£1.00
13	Double Toast with Butter and Jam or Honey	£1.50
14	Croissant with Butter	£1.20

Toasted Sandwiches

15	Bacon	£1.90
16	Sausage	£1.90
17	Bacon & Egg	£2.40
18	Cheese	V £1.80
19	Cheese & Ham	£2.20
20	Tuna & Mayo	£2.20
21	Egg	V £1.80

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Hot & Cold Snacks

	Sandwiches in <small>AQUA</small> Bread or Panini	<small>AQUA</small> Bread	<small>AQUA</small> Ciabatta Panini
	<u><small>AQUA</small> Special</u>		
22	Garlic Salami, Mozzarella, Mushrooms, Tomato Paste	£3.40	£3.60
	<u>Vegetarian</u>		
23	Mozzarella, Roasted Red Peppers, Fresh Basil (V)	£3.20	£3.40
24	Avocado, Mozzarella, Tomato, Fresh Basil (V)	£3.20	£3.40
25	Grilled Vegetables, Salad, Houmous (V)	£3.00	£3.20
26	Mozzarella, Tomato, Spinach, Onions, Pesto (V)	£3.30	£3.50
27	Grilled Vegetables, Mozzarella, Pesto (V)	£3.30	£3.50
	<u>Tuna</u>		
28	Tuna, Egg Mayo, Spring Onions	£3.20	£3.40
29	Tuna, Roasted Peppers, Lettuce, Pesto	£3.40	£3.60
30	Tuna, Mozzarella, Tomato, Tomato Paste	£3.20	£3.40
	<u>Chicken</u>		
31	Grilled Chicken, Spinach, Caramelised Onions, Mayo	£3.50	£3.70
32	Grilled Chicken, Roasted Peppers, Lettuce, Pesto	£3.50	£3.70
33	Grilled Chicken, Mozzarella, Tomato, Pesto	£3.30	£3.50
34	Chicken Filet Burger	£3.20	-/-
35	3-Egg-Omelette Served with Fresh Chips and Salad		£3.90
	<u>Additional fillings</u>		
	Mushrooms, Cheese, Bacon, Ham, Prawn, Garlic Salami, Smoked Salmon, Spinach, Tomatoes	Each	£0.50
36	Lamb Burger		£2.50
	<u>Optional</u>		
	Cheese		£0.50
	Chips		£1.00
37	Jacket Potato with Butter and Salad	V	£2.95
	<u>Additional fillings</u>		
	Cheese, Sweet Corn, Coleslaw, Baked Beans, Tuna&Mayo	Each	0.50
	Chili con Carne	Each	1.00
38	Soups		£2.50

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Hot and Cold Starters

39 Grilled Hallumi V £3.50 Grilled Hallumi Cheese and Cherry Tomatoes	40 Houmous V £3.25 Puree of Chickpeas, Tahini & Olive Oil with Paprika-Olive Oil Sauce
41 Feta Triangles V £3.25 Filo Pastry with Feta Cheese, Spinach and Herbs	42 Tzaziki V £3.00 Yoghurt Dip with Cucumber, Mint and a Touch of Garlic
43 Sesame Falafel V £3.30 Broad Beans, Chickpeas, Herb Fritter and Tahini Sauce	44 Aubergine Chickpeas V £3.00 Diced Aubergine & Potato, Chickpeas, Tomatoes, Diced Shallots and Peppers
45 Stuffed Mushroom V £3.50 With Vegetables, Topped with Mozzarella Melt	46 Garlic Mushrooms V £2.90 Baby Mushrooms, Cooked in the Oven, with Garlic Butter
47 Patatas Ali-Oli V £2.90 Deep-fried Potatoes with Garlic Mayo	48 Patatas Bravas V £2.90 Deep-fried Potatoes with Hot Sauce
49 Calamari £3.50 Fried Rings of Squid with Tartar Sauce	50 AQUA Sardine £3.50 Grilled Sardines
51 Alitas De Pollo £3.00 Spicy Chicken Wings	52 Pincho De Pollo £3.20 Grilled Pieces of Chicken in Sauce
53 Chorizo con Vino £3.50 Spicy Beef Sausage, Cooked with Red Wine and Herbs	54 Pincho De Carne £4.00 Grilled Pieces of Lamb in Sauce

Mixed Platters

55 Small Starter Platter £9.50 Tzaziki, Houmous, Calamari, Feta Triangles, Olives	56 Large Starter Platter £15.50 Chorizo, Aubergine Chickpeas, Patatas Bravas, Tzaziki, Feta Triangles, Calamari, Houmous, Olives
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Lamb Grills

57 Lamb Pita	£6.50
Diced Lamb in Pita Bread, Served with Chips and Salad	
58 Lamb on Aubergine	£6.95
Grilled Minced Lamb on a Bed of Smoked Aubergine Puree and Vegetable	
59 Lamb Shish	£7.90
Diced Lamb, Served with Rice and Salad	
60 Lamb Tortilla	£7.95
Minced Lamb Skewer, Wrapped in Special Thin Bread, with a Yoghurt-Tomato Sauce	
61 Lamb Harem	£8.00
Grilled Lamb, Bread-crumbed, on Yoghurt with Tomato, Peppers and Harem Sauce	
62 Lamb Chops	£8.50
Lamb Chops with Gravy Sauce and Mashed Potatoes	
63 Hot & Sweet	£11.50
Pan-fried Sirloin Steak with Chillies, Tomatoes, Honey, Herbs Served with Vegetables and Chips	
64 Steak	£11.00
Grilled Sirloin Steak, Served with Vegetables and Chips	

Chicken Grills

65 Chicken Pita	£6.50
Diced Chicken in Pita Bread, Served with Chips and Salad	
66 Chicken Wings	£6.00
Grilled Spicy Chicken Wings, Served with Rice and Salad	
67 Chicken Temple	£7.50
Chicken Fillet Stuffed with Spinach and Mozzarella; Bread-crumbed and Fried, Served with Mashed Potatoes	
68 Apricot Chicken	£7.95
Pan-fried Chicken Breast, Mushrooms, Apricot in Creamy Wine Sauce	
69 Chicken Harem	£7.90
Grilled Chicken on Yoghurt, Bread-crumbed, with Tomato, Peppers and Harem Sauce	

Mixed Grill

70	Diced Lamb, Diced Chicken, Lamb Chop & Lamb Mince	£10.00
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Casseroles

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| 71 Sautéed Mushrooms | V | £5.50 |
| Cooked in White Wine with Diced Shallots, Peppers, Tomatoes
Served with Rice | | |
| 72 Sautéed Chicken | | £6.00 |
| Diced Chicken Cooked in Tomato Sauce with Mushrooms, Garlic
and White Wine, Served with Rice | | |
| 73 Sautéed Lamb | | £6.00 |
| Diced Lamb with Tomato Sauce, Peppers, Mushrooms and Red
Wine, Served with Rice | | |

Seafood

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| 74 Salmon Fillet | | £9.50 |
| Cooked in a Creamy Sauce with Mixed Peppers, Mushrooms,
Herbs, White Wine, Served with Spinach | | |
| 75 Salmon | | £9.00 |
| Served with Salad and Mashed Potatoes | | |
| 76 Grilled Sea Bream | | £9.90 |
| Served with Salad and Mashed Potatoes | | |

Vegetarian

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| 77 Veggie Pan | V | £6.50 |
| Pan-roasted Mix of Vegetables with a Touch of Soya, Served with
Mashed Potatoes | | |
| 78 Stuffed Mushrooms | V | £6.90 |
| With Vegetables, Topped with Mozzarella Melt
Served with Rice | | |
| 79 Trojan Horse | V | £6.90 |
| Grilled Vegetables, Herbs and Diced Shallots Cooked with Olive Oil,
Wrapped in Grilled Aubergine Slices, Served on a Bed of Aubergine
and Tomato Sauce | | |

Pizza

80 Margherita	V	£6.00
Cheese and Tomato Sauce		
81 Prosciutto		£6.50
Cheese and Ham		
82 Funghi	V	£6.50
Cheese and Mushrooms		
83 Pepperoni		£6.50
Cheese and Pepperoni		
84 Hawaii		£6.70
Ham and Pineapple		
85 Vegetariano	V	£6.80
Broccoli, Spinach, Peppers and Garlic		
86 Pollo		£7.00
Chicken, Mushrooms and Peppers		
87 Calzone		£6.50
Folded Pizza with Mozzarella, Pepperoni, Mixed Peppers and Mushrooms		

Create Your Own Pizza

Choose from the following additional toppings and create your own pizza

- Cheese, Mushrooms, Broccoli, Spinach, Peppers, Tomatoes, Sweet corn, Onions, Egg, Olives, Caper, Pineapple **Each £0.50**
- Ham, Pepperoni, Chicken, Tuna, Prawns **Each £0.75**

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Pasta

88	Napoli	V	£6.00
	Tomato-Herb Sauce (Choice of Spaghetti, Rigatoni or Tortellini)		
89	Bolognese		£6.50
	Minced Lamb Sauce (Choice of Spaghetti or Rigatoni)		
90	Carbonara		£6.50
	Ham, Egg, Herb-Cream Sauce (Choice of Spaghetti or Rigatoni)		
91	Lasagne		£6.70
	With Tasty Minced Lamb		
92	Veggie Lasagne	V	£6.70
	With Broccoli, Mushrooms and Spinach		
93	^{AQUA} Bake au gratin		£7.00
	Rigatoni, Chicken, Tomato-Cream Sauce		
94	Veggie Bake au gratin	V	£7.00
	Rigatoni, Broccoli, Mushrooms, Spinach, Garlic and Cream Sauce		
95	Ham Bake au gratin		£7.00
	Rigatoni, Ham, Mushrooms, in Curry-Cream Sauce		

Salads

96	^{AQUA} Crepe	V	£5.00
	Crepes Filled with Herbs, Cherry Tomatoes and Feta Cheese		
97	Potato Salad	V	£5.00
	Potatoes, Peppers, Red Onions, Parsley and Olive Oil		
98	Grilled Chicken		£5.00
	on Mixed Salad with Tomato-Herb Sauce		
99	Half and Half		£5.00
	Half Potato Salad + Half Chicken Salad		
100	Feta Salad	V	£3.75
	Feta Cheese, Onions, Tomatoes, Cucumber, Parsley and Extra Virgin Olive Oil Dressing		
101	Rocket Salad	V	£3.75
	Mediterranean Rocket with Olive Oil, Herb and Balsamic Vinegar Dressing with Parmesan		
102	Avocado Salad	V	£5.00
	Avocado, Onions, Tomatoes, Cucumber with Special Salad Dressing		

Side dishes

S1	Rice	£1.25
S2	Chips	£1.20
S3	Vegetables	£1.25
S4	Mashed Potatoes	£1.25
S5	Croquettes	£1.50

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