

Sense lunch menu winter 2010

Home –made soup of the day, served with fresh crusty bread £3.50

Avocado, Parma ham, tomato & mozzarella salad £5.95

Baby beetroot salad with goat cheese and toasted walnuts £5.95

Tender marinated ribs in honey, chilli, garlic & balsamic served with chips £6.95

Pan fried sirloin steak au poivre served with chips £7.95

Grilled fillet of beef served with madeira sauce £8.95

Slow cooked tender lamb shank in red wine and rosemary £7.95

Breaded pork Escalop served with wedge of lemon & chips £ 5.95

Sense duck confit served with salad & potatoes £7.95

Grilled lamb cutlets served with minted gravy £6.95

Chicken fillet filled with mozzarella & wrapped with parma ham £6.95

Stir fried chicken breast with mediterranean vegetables & pesto served with rice £6.95

Cassoulet of pork belly, duck, bacon, sausage & haricot beans, wine & garlic £8.95

Chicken and smoked bacon salad with house dressing £5.95

Sense fresh smoky fish cakes with oat crumb with sweet chilli deep £5.95

Freshly steamed mussels in chilli, garlic, lime & coconut £6.95

Classic Nicoise salad, pan fried tuna steak, with black pepper £5.95

Breaded large whole tail scampi served with chips £5.95

Grilled salmon fillet with spinach, vermouth & cream sauce £6.95

Baked fresh skate wing with brown butter and capers £8.95

Roasted cod loin in a tomato, thyme & lemon with new potatoes £6.95

Grilled black tiger prawns with garlic butter, chilli & honey £6.95

Ribbon pasta with flaked salmon, peppercorn cream & pesto £6.95

Penne pasta with chicken & mushroom & wine, with tomatoes & parmesan £6.95

Desserts

Caramelized vanilla pod crème brulee served with short bread £3.95

Home-made warm treacle tart served with vanilla ice cream £3.95

Dark chocolate crunch torte with pistachios & cherries £ 3.95

Sense banoffi pie served with caramel sauce £3.95

Sense steamed lemon & lime sponge pudding served with ice cream £3.95

Selection of Cornish clotted cream ice creams 1 scope £1.50 : (Vanilla with vanilla bean seeds; Strawberry with real strawberries; Honeycomb chunks in caramel swirl; Lemon crunch with lemon ripple; Toffee chocolate fudge with fudge pieces; Coffee latte with mocha swirl)

A selection of finest European farmhouse chesses £4.95

Selection of cakes £ 1.95

Hot drinks

Coffee/espresso £1.65

Cafetiere / cafe latte / DbL.espresso / Hot chocolate £2.25

Cappuccino £1.85

Tea / herbal tea £1.50

Soft drinks

Water/ Sparkling water £1.65

Coke/ D.coke/ Appletiser/ Juice/ J2o £1.85