

Mediterraneo

at the boat house

Enjoy any Main Course £7.95
Two Courses £9.95
or Three Courses £12.95

lets do lunch

starters

Bruschetta Pomodoro

Chopped tomato, oregano, garlic, olive oil and basil on toasted bread

Mozzeralina e Carrozza

Deep fried risotto balls, stuffed with buffalo mozzarella, served with crisp lettuce and sweet chilli jam

Insalata Caprese

Sliced buffalo mozzarella and tomato with a basil dressing

Funghi con Aglio

Mushrooms in garlic and white wine

Funghi con Gamberetti

Mushrooms and prawns in garlic and white wine

Zuppa del Giorno

Homemade soup of the day

Pate

Pate of the day with toasted bread

Bianchetti

Deep fried whitebait served with a slice of lemon

Cocktail Gamberetti

Prawn cocktail salad

Calamari in Umido

Calamari cooked in white wine, tomato and fresh basil



main course

pizza

Freshly baked bread topped with homemade napolitana sauce and mozzarella cheese

Choose any two toppings;

Tuna, peppers, mushrooms, artichokes, capers, pineapple, chilli, ham, sweetcorn, asparagus, pepperoni sausage

pasta

Spaghetti Bolognese

Spaghetti pasta with minced beef in a traditional napolitana sauce

Lasagne al Forno

Minced beef in layers of pasta in a napolitana sauce, topped with mozzarella and parmesan

Penne Funghi con Prosciutto

Penne pasta with ham, mushrooms, onions, white wine and cream

Tagliatelle Carbonara

Tagliatelle pasta cooked with bacon, egg yolk and cream

Penne Amatriciana

Penne pasta cooked with bacon, garlic, chilli and tomato

Fusilli Pollo e Piselli

Fusilli pasta with diced chicken and peas, in white wine, garlic and cream

Penne Arrabbiata

Penne pasta with rich napolitana sauce, chilli and garlic

Risotto Pollo Funghi

Chicken, mushrooms, onions and garlic cooked with white wine and cream

Risotto Primavera

Arborio rice cooked with white wine, asparagus, onions, mushrooms, peppers and tomato

Risotto Piselli Prosciutto

Arborio rice cooked with ham, peas, white wine and cream

Gnocchi Sorrentina

Potato pasta served in a tomato sauce with garlic, olive oil and mozzarella

house specialities

Pollo alla Crema

Chicken breast cooked in a creamy white wine and mushroom sauce served with new potatoes and vegetables

Pollo Grigliato

Tender chicken breast served with new potatoes and vegetables

Grillato Bistecca

6oz sirloin steak grilled to your liking served with new potatoes and vegetables, accompanied by a pepe nero sauce or quattro formaggi sauce

Glazed Agnello Steak

6oz lamb steak glazed with honey and mint, served with new potatoes and vegetables

Nassello Gambero

Hake cooked with onions, prawns, white wine, cream and tarragon served with new potatoes and vegetables

Cozze al Vino Bianco

Fresh mussels cooked with white wine, garlic butter and chilli with fresh bread

Salmone

Roasted salmon with pink peppercorn sauce served with new potatoes and vegetables

Mediterraneo Burger

Our very own secret recipe, served on Italian foccacia bread with pesto mayonnaise, red onion, crisp lettuce leaves, fresh tomatoes and chips

insalata

Insalata Savoyard

Crispy bacon, red onion, croutons, tomato, cucumber, egg and mixed lettuce leaves

Grilled Chicken and Chorizo Salad

With rocket, new potatoes, sweet red peppers and red onion

Insalata Mozzarella Surprise

Sliced mozzarella, avocado, onion, tomato and pesto dressing

Insalata Nicoise

Tuna, anchovies, egg, green beans, new potato, tomato, cucumber and mixed lettuce

Insalata Penne Pepperone

Penne pasta with rich mayonnaise, crispy peppers, red onion, cherry tomatoes and olives



breakfast & brunch

breakfast specials

Traditional	£5.95 or £7.95 for delux
Bacon, eggs, sausage, hash browns, mushrooms, black pudding, baked beans and toast	
Beans on toast	£3.95
Topped with melted cheese and worcestershire sauce	
Vegetarian Breakfast	£5.95 or £7.95 for delux
Quorn sausages, egg, hash browns, mushrooms, grilled tomato, baked beans and toast	
Croissants	£1.95
Served with a selection of preserves	
Homemade Pancakes	£3.95
Served with fresh strawberries and maple syrup	
Eggs Benedict	£4.95
Poached eggs with hollandaise sauce, topped with slices of bacon served on toasted muffin	
Welsh Rarebit	£3.95
Traditional Welsh rarebit of cheese and worcestershire sauce on toasted bread	

med breakfast sandwich

£3.95 Ciabatta with any two of the following:
Sausages, Quorn Sausage, Bacon, Eggs, Baked Beans, Grilled Tomato, Mushrooms, Hash Browns, Black Pudding
Add extra fillings £1.00 each

Mediterraneo at the boat house is proud that all ingredients used are fresh and where possible Welsh. Should you have any dietary requirements please feel free to mention this to one of our staff that will happily take care of this for you.

hot drinks & juices

Americano	£1.75
Cappuccino	£1.85
Double Espresso	£1.85
Espresso	£1.70
Hot Chocolate	£1.95
Mocha	£1.85
Café Latte	£1.85
Traditional Tea	£1.75
Earl Grey	£1.85
Lemon & Ginger	£1.85
Camomile & Spiced Apple	£1.85
Juices	£1.65
Orange, Pineapple, Apple, Peach, Pear, Strawberry, Mango, Tomato	
Fresh Orange Juice	£2.50

