

# wave

LUNCH MENU  
SERVED DAILY FROM 12 NOON

## meals

ALL HOMEMADE BY US!

PLEASE ASK OR CHECK THE SPECIALS BOARD FOR SPECIALS OF THE DAY

HOMEMADE LASAGNE 12.50  
SERVED WITH SALAD AND FRIES

WHOLETAIL SCAMPI & CHIPS 12.00  
WHOLETAIL SCAMPI, SALAD, FRIES AND HOMEMADE TARTAR SAUCE  
(GF OPTION)

HOMEMADE CHILLI CON CARNE 11.50  
HOMEMADE CHILLI WITH RICE, GUACAMOLE AND CRISPY FRIED TORTILLA CRISPS

## lighter lunches

HOMEMADE SOUP OF THE DAY 7.50  
A WARMING BOWL SERVED WITH FRESH BREAD, PLEASE CHECK THE BOARD FOR THE SPECIAL OF THE DAY  
(GF OPTION, VEGAN OPTION)

HOMEMADE QUICHE (V) 9.50  
HOMEMADE WITH OUR AWARD WINNING SHORTCRUST PASTRY. PLEASE ASK OR CHECK THE SPECIALS BOARD FOR THE FLAVOUR OF THE DAY. SERVED WITH SALAD AND SLAW.

## extras

BOWL OF CHIPS 3.00  
CRISPS 1.50

PLEASE SEE THE COUNTER FOR THE DAILY SELECTION OF CAKES, SNACKS AND SPECIALS

## hot sandwiches

SERVED ON STONEBAKED BREAD OR GLUTEN FREE BREAD

BACON, BRIE & CRANBERRY 5.50  
MANOR OAK BACON, MELTED CORNISH BRIE & CRANBERRY SAUCE, TOASTED BREAD

HAM, CHEESE & TOMATO 5.50  
WILTSHIRE HAM, BARBERS CHEDDAR & FRESH TOMATO, TOASTED BREAD

TUNA, CHEESE & ONION 5.50  
LINE CAUGHT TUNA MAYONNAISE, BARBERS CHEDDAR & RED ONION, TOASTED BREAD

BRIE, SPINACH & TOMATO (V) 5.50  
CORNISH BRIE, WILTED SPINACH, FRESH TOMATO AND TOMATO CHUTNEY, TOASTED BREAD

TOMATO, AVOCADO & PESTO (VE) 5.50  
SLOW ROASTED TOMATO, SMASHED AVOCADO AND VEGAN PESTO, TOASTED BREAD

## bruschetta

FRESHLY TOASTED BREAD OR GLUTEN FREE BLOOMER TOPPED WITH YOUR CHOICE OF:

MUSHROOMS IN STILTON (V) 7.50  
OUR SIGNATURE SAUTEED MUSHROOMS IN A CREAM, WINE AND STILTON SAUCE

TOMATO, BASIL & MOZZARELLA (V) 7.50  
FRESH TOMATO, BASIL AND OLIVE OIL SALSA TOPPED WITH A DISC OF DEEP FRIED MOZZARELLA WITH BALSAMIC GLAZE AND SALAD (GF OPTION)

KING PRAWN RAREBIT (GF OPTION) 7.50  
PAN FRIED KING PRAWNS TOPPED WITH WELSH RAREBIT WITH SALAD AND BALSAMIC GLAZE

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