



MEDITERRANEAN

Imagine sun-kissed days, gentle sea breezes, and culinary delights that dance on your palate. When the concept of **Mediterranean** first took shape, this dream became a vibrant reality. Picture yourself surrounded by the gastronomic wonders of Greece, Italy, Morocco, Turkey, Lebanon, Spain, Egypt, and the other 16 countries lining the Mediterranean Sea. These cherished memories of menus savoured in these lands flood the senses, each flavour - bold, delicate, and diverse - a journey worth experiencing.

We invite you to **relax, eat, and enjoy** these culinary treasures all year-round. Let your taste buds wander to sun-drenched shores, even when you're far from the coast. Dive into a world of mouthwatering dishes and contrasting tastes and let each bite transport you to an unforgettable Mediterranean escape.

relax eat enjoy



Gift vouchers available from
<https://mediterranean.casa/store>

Dietary Requirements:

Please inform your server of any dietary restrictions, allergies, or special requirements you may have. While we strive to accommodate all needs, we cannot guarantee the absence of allergens in our dishes. If you are unsure about any ingredients or preparation methods, please ask your server for more information.



Vegetarian



Vegan
/ Available



Gluten Free /
Available



Halal /
Available

Please note that a discretionary 10% service charge will be added to all bills. This charge is shared equally among all members of our staff, ensuring they are fairly rewarded for their hard work and dedication to providing you with an exceptional dining experience. We thank you for your understanding and support.

epicurean selections

STARTERS

Bread and Olives

£7.00

A rustic Mediterranean starter from Southern Italy featuring toasted bread with olive oil, balsamic vinegar, and a selection of Italian olives.

Classic Chicken Freekeh Soup

£7.95

A nourishing soup made with tender chicken, nutty freekeh (roasted green wheat) and warm spices. It's known for its slightly smoky flavour and satisfying texture.

Trio of Hummus

£9.00

A vibrant selection of three house-made hummus: classic smooth chickpea, smoky roasted red pepper and earthy beetroot. Served with warm Lebanese flatbread for dipping.

Chicken Liver Pâté

£9.50

Silky smooth chicken liver pâté with Scottish whisky. Delicately seasoned and served with house-made red onion chutney, slow-cooked to a sweet and tangy depth. Accompanied by toasted sourdough bread and finished with a vibrant mango dressing for a fresh, fruity contrast.

Spanakopita

£9.50

A Greek classic featuring crispy filo pastry filled with spinach and ricotta, drizzled with a honey and lemon dressing.

Grilled Goat's Cheese

£10.00

Warm grilled goat's cheese with a golden crust and creamy centre, served with sweet orange marmalade and toasted sourdough bread for a perfectly balanced sweet and savoury bite.

Grilled Marinated Chicken Skewers

£11.00

Succulent chicken skewers, marinated in aromatic spices and flame-grilled to perfection. Served with a bold, spicy Algerian sauce and a fresh mix of seasonal leaves.

Spiced North African Merguez

£11.50

Grilled merguez sausages, richly spiced with North African herbs offering a smoky and gently fiery flavour. Served hot for a bold and satisfying bite.

Mussels

£12.00

A Provençal delight from Southern France. Fresh mussels cooked with shallots, chillies, and garlic in a choice of **creamy** or **rich tomato sauce**. Served with toasted focaccia.

Gamberoni al Limone

£13.00








Juicy king prawns sautéed in a fragrant lemon and garlic butter sauce, finished with a touch of fresh herbs. Served with warm sourdough bread for dipping.

Tuscan Scallops
























£15.00

An Italian favourite, scallops in a creamy leek sauce with crispy pancetta garnish.

SALADS

- Smoked Salmon Niçoise Salad**     **£18.00**
Cold-smoked salmon flaked and delicately layered with tender new potatoes, crisp green beans, and free-range eggs served alongside Niçoise olives, and buttery baby gem lettuce. Finished with a wholegrain mustard & lemon vinaigrette. Optional extras:
- Add chicken skewer**  **£5.00**
Add Lebanese kofta skewer **£6.00**
- Chicken Caesar Salad**   **£18.00**
Crisp romaine lettuce tossed with golden croutons and a rich, creamy dressing infused with lemon juice, mayonnaise, anchovies, garlic, and Parmesan. Finished with smoky pancetta and succulent grilled chicken supreme.

PASTA PRIMI

- Orecchiette Arrabbiata**    **£12.95**
Traditional ear-shaped pasta tossed in a fiery tomato, garlic, and chilli sauce typical of Southern Italian cooking.
- Add grilled chicken breast**  **£6.00**
Add prawns **£8.00**
- Tagliatelle Mixed Mushroom**    **£15.00**
Silky tagliatelle pasta tossed with a medley of wild and cultivated mushrooms, sautéed in garlic. Finished with a light cream reduction, fresh parsley, truffle oil and shaved Parmesan.
- Spinach & Ricotta Tortellini**   **£14.95**
Delicate tortellini filled with fresh spinach and ricotta tossed in a velvety creamy pomodoro sauce. Finished with fragrant fresh basil and a drizzle of extra virgin olive oil.
- Bucatini Pollo Pesto**   **£16.00**
Bucatini pasta tossed with tender grilled chicken in a velvety basil pesto cream sauce.
- Chicken, Chorizo Spanish Paella**     **£17.95**
Fragrant saffron-infused rice cooked in a rich Spanish broth with tender chicken and smoky chorizo. Slow-simmered with garlic, paprika, and sweet roasted peppers, finished with a hint of lemon.
- Add prawns** **£8.00**
- Tagliatelle Lamb Ragu**   **£18.50**
Slow cooked shredded lamb shank in rich tomatoes and vegetable stew sauces served over tagliatelle pasta.
- Linguine Gamberoni**    **£19.75**
Succulent king prawns in a rich tomato-cream bisque, Sicilian-inspired. Finished with parsley, extra virgin olive oil, and whole prawn.
- Linguine Capesante**    **£24.00**
Pan-seared scallops served over linguine in a rich shellfish bisque, enhanced with white wine and sun-dried tomatoes. A luxurious taste of Venice.

MAINS

Mussels   **£17.00**

A Provençal dish cooked with shallots, chillies, and garlic in a **creamy OR tomato sauce**. Accompanied by toasted focaccia.

Pollo Fungi   **£20.95**


A Northern Italian creation of grilled chicken breast with pancetta and mushrooms. Served with roasted potatoes and Mediterranean vegetables.

Pollo Milanese   **£20.00**

Crispy breaded chicken fillets served with perfectly cooked penne pasta tossed in a vibrant pomodoro sauce.

Beef Steak Tips   **£19.00**

Tender cuts of beef steak tails sautéed with garlic, shallots, sundried tomatoes, lemon zest and mixed Italian dry herbs in a light creamy sauce. Served with creamy mash potatoes.

Mediterranean Beef Tagine   **£21.00**

Slow-braised beef simmered in a fragrant blend of Mediterranean spices, lemon, tomatoes, and garlic. Finished with sweet-dried fruits, toasted almonds and fresh herbs. Served with sourdough bread and mash potatoes.


Sea Bass Taktouka   **£24.00**

Pan-seared seabass fillets served over a vibrant taktouka of slow-cooked tomatoes, roasted peppers, garlic, and warm Mediterranean spices. Finished with fresh herbs and a drizzle of olive oil. Accompanied by fondant potatoes.


Merluzzo   **£26.95**

Pan-fried cod fillet served with diced baby potatoes, roasted red peppers, red and yellow cherry tomatoes and chickpeas simmered in tomato sauce and infused with Ras el hanout spices. Finished with a touch of lemon zest and fresh asparagus.

SIDES

Chips    **£5.00**

Garlic Bread with Mozzarella     **£5.00 / £7.00**

Greek Salad    **£7.00**

A light and vibrant salad from Greece, featuring tomatoes, cucumbers, olives, and feta cheese.

Moroccan roasted pepper salad     **£7.00**

A traditional Moroccan salad made with sweet roasted peppers, gently marinated with garlic, olive oil, and warm spices.

Halloumi Fries   **£7.50**

A Greek favourite. Crispy halloumi fries drizzled with honey and rosemary dressing.

DESSERTS


Selection of Ice Cream  **£8.00**

Vanilla , Pistachio, Chocolate.

Cheesecake of the Day   **£8.50**

Tiramisu   **£9.00**


A classic Italian dessert made with layers of espresso-soaked ladyfingers, rich mascarpone cream, and a dusting of cocoa powder. Smooth, creamy, and delicately balanced with coffee and sweetness.

Baklava   **£9.00**

Crisp filo pastry with nuts and honey syrup, from Turkey and Greece. Served warm with vanilla ice cream.

Affogato **£9.00**

Vanilla ice cream “drowned” in hot espresso.

Apple Tarte Tatin   **£9.50**

A classic French upside-down tart with caramelized apples baked in golden pastry, finished with a rich butter caramel. Served warm for a perfectly soft, melt-in-the-mouth texture.

Banana Sticky Toffee Pudding   **£9.50**

Served with hot toffee sauce and ice cream.

vintner's selection

RED WINE

Baglio Cumale Nero d'Avola DOC Sicilia

Sicily, Italy

m £6.75

l £9.00

b £27.00

Grapes: Nero d'Avola 100

Rich, smooth, balanced acidity, ripe blackberries and red plums 13%

La Meule Pinot Noir, IGP Pays d'Oc

Languedoc-Roussillon, France

m £7.75

l £10.50

b £31.00

Grapes: Pinot Noir 100

Elegant, red fruit and spice, smooth tannins, versatile 13%

Crianza, Care

Cariñena, Spain

m £9.25

l £12.50

b £37.00

Grapes: Tempranillo 70; Merlot 30

Rich Merlot-Tempranillo, red and black fruit, spicy aromas 14.5%

Amauta Malbec, El Porvenir

Salta, Argentina

m £9.25

l £12.50

b £37.00

Grapes: Malbec 100

Fresh red berry fruits - strawberry, raspberry and cherry 14%

Anima Umbra Rosso IGT, Arnaldo Caprai

Umbria, Italy

b £35.00

Grapes: Sangiovese 80; Canaiolo 20

Currants, plus and fragrant flowers. Taste: Dry and fresh delicate tannins 14%

Remordimiento Red, Bodega Cerron

Jumilla, Spain

b £41.00

Grapes: Monastrell 90; Garnacha 5; Syrah 5

Red fruits, black fruits, spicy, mineral, deep, elegant tannins, 14%

Château Saint Roch, Chimeres

Languedoc-Roussillon, France

b £43.00

Grapes: Grenache Noir 60; Syrah 30; Carignan 10

Red fruits, liquorice, olives and leather 15%

Rosso di Montepulciano, Poliziano

Tuscany, Italy

b £46.00

Grapes: Sangiovese 80; Merlot 20

Intense damson, black cherry, fine tannins, subtle oak 13.5%

Altitudes Red, Ixsir

Batroun, Lebanon

b £52.00

Grapes: Cabernet Sauvignon 35; Caladoc 26; Syrah 22; Tempranillo 17

Warm, blackberry, blackcurrant, green pepper, strawberry, Lebanese charm 13.8%

Crasto Superior, Quinta do Crasto

Douro, Portugal

b £53.00

Grapes: Other 100

Balanced nose, dark berries, cocoa, elegant, excellent length 14%

WHITE WINE

Blanco Sobre Lias Rioja, Vina Salceda

Rioja, Spain

m £7.50

l £10.00

b £29.50

Grapes: Viura 74; Tempranillo 26

Lemon-yellow, citrus and peach notes, balanced acidity with creamy freshness 14%

Vieilles Vignes, Chateau Sainte-Marie

Entre-Deux-Mers, France

m £8.75

l £11.75

b £35.00

Grapes: Sauvignon Blanc 70; Semillon 20, Muscadelle 10

Crisp, refreshing citrus and tropical fruit notes, vibrant acidity 13%

Puiatti Pinot Grigio, Cantina

Friuli-Venezia Giulia, Italy

m £8.75

l £11.75

b £35.00

Grapes: Pinot Grigio 100

Luminous, intense peach and pear aromas, structured palate with fresh acidity 12%

Loureiro Vinho Verde, Aveleda

Vinho Verde, Portugal

b £35.00

Grapes: Loureiro 100

Citrus green, floral and citrus notes, elegant, harmonious with lemon and lime freshness 12%

San Vincenzo, Anselmi

Veneto, Italy

b £42.00

Grapes: Garganega 70; Chardonnay 15; Sauvignon Blanc 15

Fruity nose with pear, peach, apricot, elegant, chalky palate 12%

Albariño, Martín Códax

Rías Baixas, Spain

b £43.00

Grapes: Garganega 70; Chardonnay 15; Sauvignon Blanc 15

Fruity, youthful style, reminiscent of nuts and peaches 12%

Catena Appellation White Clay, Catena

Mendoza, Argentina

b £44.00

Grapes: Semillon 55; Chenin Blanc 45

White, Crisp, Dry and Refreshing 13%

ROSÉ WINE

Rose Sicilia DOC, Planeta 2021

Sicily, Italy

m £8.50

l £11.50

b £34.00

Grapes: Syrah 50; Nero d'Avola 50

Vibrant rosé, with traces of rose, pomegranate and strawberries 12.5%

Cuatro Pasos Rosé, Martin Codax

Bierzo, Spain

m £10.50

l £14.00

b £42.00

Grapes: Mencía 100

Pale pink, citrus, floral notes, red fresh fruit, refreshing aftertaste 12%

Côtes de Provence Rosé Esprit de Gassier Organic,

Château Gassier, Provence, France

b £46.00

Grapes: Grenache 35; Cinsault 30; Syrah 25; Rolle 10

Flowery Provençal rosé, acacia, hawthorn, exotic fruit 13%

SPARKLING WINE

Eins Zwei Zero Sparkling Riesling, Leitz NV

Rheinhessen, Germany

g £5.00

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Grapes: Riesling 100

Impressively tasty alcohol-free Riesling, with flavours of citrus and rhubarb and an aromatic, overarching squirt of lime 0%

Quartese, Valdobbiadene Prosecco Superiore D.O.C.G., Ruggeri

Veneto, Italy

g £7.00

b £37.00

Grapes: Glera 95; Perera 3; Verdiso 2

Fresh, vivid greenish colour with elegant apple notes; persistent bubbles 11%

Arte Brut Rose, Casa Valduga

Serra Gaúcha, Brazil

g £8.25

b £43.00

Grapes: Chardonnay 60; Pinot Noir 40

Salmon hue, delicate bouquet of peach and blackberry, refreshing with fine bubbles 12%

Brut Mosaïque, Champagne Jacquart

Champagne, France

g £18.75

b £100.00

Grapes: Chardonnay 45; Pinot Noir 40; Pinot Meunier 15

Elegant Champagne with pear, fresh bread, gingerbread; fresh fruit notes 12.5%

connoisseur's collection

WHITE WINE

Chardonnay Organic, Planeta

Sicily, Italy

b £60.00

Grapes: Chardonnay 100

Sicilian, vibrant lemon, green apple, floral hints, and well-integrated oak 13.5%

Trimbach Riesling

Alsace, France

b £60.00

Grapes: Riesling 100

Alsace estate, zinging with lemon and grapefruit, softened by white peach 12.5%

Chablis 1^{er} Cru Montmain, Louis Michel

Burgundy, France

b £67.00

Grapes: Chardonnay 100

Lemony, vibrant with floral bouquet, brioche, green apple, and zippy citrus 13%

Sauvignon Blanc La Foa DOC, Colterenzio

Alto Adige, Italy

b £72.00

Grapes: Sauvignon Blanc 100

Sage, elderflower, acacia blossom fragrance, grounded by integrated oak 14%

RED WINE

Gran Reserva, Marques de Caceres

Rioja, Spain

b £64.00

Grapes: Tempranillo 85; Garnacha 8; Graciano 7

Elegantly aged, rich plum, strawberry, vanilla, toast, coffee notes 14%

Barbaresco, Basarin Azienda Agricola Negro

Piemonte, Italy

b £75.00

Grapes: Nebbiolo 100

The fragrance of roses, followed by a mouthful of raspberries with a hint of vanilla 14%

Tinto, Pago de Carraovejas

Ribera del Duero, Spain

b £89.00

Grapes: Tinto Fino 92, Cabernet Sauvignon 5; Merlot 3

Rich, blackberry, cherry, vanilla, spice, velvety tannins 15%

Nuits-Saint-Georges Vieilles Vignes, Domaine de Bellene

Burgundy, France

b £93.00

Grapes: Pinot Noir 100

Elegant Pinot Noir, cherry, sweet spices, oak-aged, vibrant, persistent 13.5%

4^{ème} Cru Classé de St Julien, Château Talbot

Saint Julien, France

b £160.00

Grapes: Cabernet Sauvignon 66; Merlot 30; Petit Verdot 4

Rich, blackcurrant, plum, spice, oak, structured, age-worthy Bordeaux blend 14.5%

libation's selection

HOT DRINKS

Pot of Tea £3.50

(Classic, Earl Grey; Peppermint;
Wild Berry; Camomile)

Espresso s £2.20 l £3.20

Americano £3.50

Café Latte / Cappuccino £4.50

Hot Chocolate £4.95

Liquor Coffee £9.00

SOFT DRINKS

Strathmore Water £3.50

(Still; Sparkling)

San Pellegrino £3.50

(Blood Orange; Lemon; Orange & Pomegranate)

Fever Tree £3.00

(Ginger Beer; Ginger Ale; Mediterranean Tonic; Premium
Tonic; Light Tonic; Lemonade; Soda Water)

Juices £3.00

(Orange; Apple)

Cawston Press Cloudy Apple £3.50

Coca Cola / Diet Coke £3.50

200ml mixer £2.20

Fentimans Rose Lemonade £3.95

BEERS

Birra Moretti

Rich, hoppy, Italian Lager 4.6%

Bottle (330ml) £5.25

Pint (568ml) £7.50

Birra Moretti Zero £3.50

Alcohol-free, fresh, hoppy lager
0.0% (330ml)

Mythos £4.75

Fruity, refreshing Greek beer
4.7% (330ml)

CIDERS £5.95

Inch's Apple; Pear Kopparberg; Wild Berries Rekorderlig
4.5% (500ml)

SPIRITS

Med Fizz £12.00

Ask waiter for today's option

Gin (25ml) £4.50

(Caorunn; Caorunn Raspberry; Esker; Esker Valencian
Orange; Hendricks; Rock Rose)

Vodka (25ml) £4.95

(Blackwood; Ciroc Red Berry)

Rum (25ml) POA

(Bacardi; Discarded Banana Peel; Havana Club Spiced;
Plantation Barbados 5yo; Plantation XO; Ron Zacapa
XO)

Tequila (25ml) POA

(El Jimador Blanco; Jose Cuervo Gold; Patron Silver)

Whisky (25ml) POA

(Monkey Shoulder; Ardbeg 10yo; GlenDronach 12yo;
Glenfiddich 12yo; Glenlivet 12yo; Balvenie DoubleWood
12yo; Glenmorangie Quinta Ruban 14yo; Balvenie
Caribbean Cask 14yo)

Liqueurs (25ml) £4.95

(Amaretto Disaronno; Amaro Nonino; Aperol; Baileys;
Campari; Cointreau; Drambuie; Frangelico; Galliano;
Italicus; Limoncello; Martini Bianco; Martini Dry)

FORTIFIED WINES

Port

Late Bottled Vintage,

Quinta do Crasto £8.00

Tawny 10yo,

Quinta do Crasto £10.00

Dessert Wine

Pacenzia Zibibbo £6.50

BRANDY COGNAC

Vecchia Romagna £5.00

Courvoisier VSOP £6.50

