



MEDITERRANEAN & SEAFOOD RESTAURANT

# LUNCH 12pm-4pm daily

## TAPAS [£5 EACH OR 3 FOR £12.95]

- GRIDDLED TENDERSTEM BROCCOLI**  *ve*  
salsa verde & romesco

**CARAMELISED ONION & CHIVE HUMMUS**  *ve*  
root vegetable crisps

**PATATAS BRAVAS**  
aioli dip, nduja tomato relish

**KOREAN SPICED CHICKEN WINGS**  
with sesame & spring onion

**AUBERGINE & WHITE BEAN SALAD**  *ve*  
plum tomatoes & basil

**CHINESE SPICED VEGETABLE SPRING ROLL**  *ve*  
red cabbage slaw & sweet chilli

**PANKO BREADED FISHCAKES**  
tartare sauce

**CALAMARI FRITTI**  
lime mayonnaise
- CRAYFISH RISOTTO**  
paprika, white wine, mascapone, basil

**GNOCCHI SORRENTINA**  *ve*  
tomato, fresh basil & mozzarella

**CLASSIC TOMATO BRUSCHETTA**  *ve*  
fresh rocket & balsamic

**CRISPY BREADED GOAT'S CHEESE**  *ve*  
parsley mayonnaise

**MINI CHICKEN CAESAR SALAD**  
parmesan, bacon & garlic croutons


**MARGHERITA** (MINI PIZZA)  *ve*  
San Marzano tomato & select mozzarella

**DIAVOLA** (MINI PIZZA)  
salami, chilli, red onion, tomato & mozzarella

**AUBERGINE & RED PEPPER** (MINI PIZZA)  *ve*  
goat's cheese & rocket

## SALADS

- CHICKEN CAESAR SALAD** **£14.95**  
smoked bacon, garlic croutons, gem lettuce & grated parmesan

**GRILLED TUNA SALAD** **£18.95**  
white beans, red peppers, chilli flakes & capers
- PANKO BREADED GOAT'S CHEESE SALAD** **£12.95**  *ve*  
honey mustard dressing, crispy root vegetables, plum tomatoes, basil

**TERIYAKI FILLET OF BEEF SALAD** **£16.95**  
beansprouts, spring onion, red cabbage, soy, coriander

## HOUSE FAVOURITES

- VENISON LOIN** **£28.95**  
with game sausage, venison ragu, roast squash & beetroot

**SPAGÓ FISH PIE** **£16.95**  
salmon, cod, smoked haddock, fennel & leeks, topped with mashed potato and served with buttered greens

**BEER BATTERED HADDOCK** **£14.95**  
chunky chips, mushy peas, tartare sauce & lemon wedge

**SEAFOOD PLATTER** **£22.95**  
panko breaded fishcakes, king prawns, 2 Maldon oysters, Fleetwood smoked salmon, tartare sauce & house focaccia

**GRILLED FILLET OF BEEF** **£40.00**  
28 day matured British beef fillet steak, triple-cooked chips, rocket & parmesan salad, bordelaise sauce & béarnaise sauce
- ROAST FILLET OF SALMON** **£22.95**  
new potatoes, warm tartare sauce, tenderstem broccoli & endive salad leaves

**STICKY BBQ PORK RIBS** **£16.95**  
red cabbage slaw, spring onions & cajun spiced French fries

**CALAMARI FRITTI** **£10.95**  
lime mayonnaise & dressed salad

**SAUTEÉD MUSSELS** **£16.95**  
in tomato, red pepper, chilli & wine wine sauce with French fries & warm bread

**CHICKEN SUPREME** **£20.95**  
mashed potatoes, buttered vegetables, mushroom & grain mustard jus

**PRESSED BELLY OF PORK** **£24.95**  
dauphinoise potatoes, honey roast carrots, English apple & cider vinegar jus

## PIZZA

- MARGHERITA** **£10.95**  *ve*  
San Marzano tomato & select mozzarella

**PROSCIUTTO DI PARMA** **£14.95**  
Parma ham, San Marzano tomato, mozzarella, rocket & parmesan flakes

**BOLOGNESE CALZONE** **£14.95**  
folded pizza with a rich beef & red wine ragu, San Marzano tomatoes, select mozzarella & parmesan

**VEGETARIANA** **£12.95**  *ve*  
aubergine, red peppers, spinach, goat's cheese & San Marzano tomatoes
- SEAFOOD** **£16.95**  
saffron confit seabass, garlic king prawns, mussels, peppers & fennel seeds

**SALSICCIA & FRIARIELLI** **£14.95**  
Italian sausage, young broccolotti, select mozzarella, San Marzano tomatoes & chilli flakes

**DIAVOLA** **£12.95**  
salami, chilli, red onions, San Marzano tomatoes & select mozzarella

## PASTA & RISOTTO

- LINGUINI SPAGÓ** **£19.95**  
finest seafood, chilli, garlic & plum tomatoes

**LINGUINI VONGOLE** **£18.95**  
fresh clams, chilli, garlic, parsley & olive oil

**SARDINIAN SEAFOOD FREGOLA** **£18.95**  
prawns, clams, mussels & calamari in a garlic tomato sauce with saffron flatbread

**PAPPARDELLE BOLOGNESE** **£14.95**  
rich beef & red wine ragu, fresh parmesan

**GNOCCHI SORRENTINA** **£12.95**  *ve*  
tomato, fresh basil & mozzarella
- LINGUINI CARBONARA** **£12.95**  
bacon, parmesan, egg yolk & black pepper

**CRAYFISH RISOTTO** **£18.95**  
paprika, white wine, mascapone, basil

**LOBSTER RAVIOLI** **£19.95**  
in a cherry tomato, spinach & white wine sauce

**PAPPARDELLE SALSICCIA & FRIARIELLI** **£12.95**  
Italian sausage, young broccolotti, chilli, garlic & olive oil

GLUTEN FREE FUSILLI AVAILABLE WITH ANY SAUCE

## BREADS

- OUR BAKERS FOCACCIA WITH OLIVE OIL, SEA SALT & AGED BALSAMIC** **£5.00**  *ve*

**OLIVE OIL & OREGANO GARLIC BREAD** **£6.00**  *ve*

**MOZZARELLA GARLIC BREAD** **£6.50**  *ve*

**SAN MARZANO TOMATO GARLIC BREAD** **£6.50**  *ve*
- SPICY GARLIC BREAD, FRESH CHILLI, GARLIC, TOMATO, ONIONS & OREGANO** **£6.50**  *ve*


**GOAT'S CHEESE & PANCETTA GARLIC BREAD WITH ROSEMARY OIL** **£6.95**

**SAN MARZANO TOMATO AND BASIL BRUSCHETTA** **£6.00**  *ve*

## GRAND SHARERS

- CHATEAUBRIAND FOR TWO** **£90.00**  
28 day matured British beef fillet cooked to your liking, served with triple-cooked chips, buttered vegetables, grilled tomatoes, peppercorn sauce & béarnaise sauce
- SPAGÓ PLATEAU DE FRUIT DE MER FOR TWO** **£90.00**  
half native lobster, tiger prawns, 6 Colchester oysters, steamed mussels & clams, Fleetwood smoked salmon, served with shallot vinegar, tobasco, lime mayonnaise & warm focaccia

PLEASE ASK YOUR WAITER FOR TODAY'S DESSERT SELECTION

 Suitable for Vegetarians  
If you have any food allergy or intolerance, please inform your waiter

## A BIT ON THE SIDE

- TRIPLE-COOKED CHIPS** **£5.00**

**FRENCH FRIES** **£5.00**

**FRENCH FRIES WITH TRUFFLE OIL & PARMESAN** **£6.00**

**CAJUN SPICED FRIES** **£5.00**

**BUTTERED NEW POTATOES** **£5.00**

- MASHED POTATOES** **£5.00**

**MEDLEY OF SEASONAL VEGETABLES** **£5.00**

**PLUM TOMATO, RED ONION & ROCKET SALAD** **£6.00**

**DRESSED SIDE SALAD** **£5.00**

SPAGÓ – KEY WINE SELECTION

PINOT GRIGIO, COLLI VICENTINI, VENETO, ITALY £26.95  
BY THE GLASS: 125ml £6.50 175ml £7.20 250ml £8.95  
Packed with refreshing fresh fruit flavours, citrus lemon, ripe green apple and pear characteristics.

SAUVIGNON BLANC, TORRE DEI VESCOVI, VENETO, ITALY £28.95  
BY THE GLASS: 125ml £7.20 175ml £8.50 250ml £9.50  
Plenty of zesty refreshing flavour balanced with stone fruit, citrus tones and a touch of minerality.

MONTEPULCIANO D'ABRUZZO, ALPINO, ABRUZZO, ITALY £26.95  
BY THE GLASS: 125ml £6.50 175ml £7.20 250ml £8.95  
Cherry and soft spices with a medium body and soft tannins.

MERLOT, TORRE DEI VESCOVI, VICENZA, ITALY £28.95  
BY THE GLASS: 125ml £7.20 175ml £8.50 250ml £9.50  
Delicious velvety Merlot with spiced berry aromas and fruit packed palate.

PINOT GRIGIO BLUSH, ALPINO, ITALY £28.95  
BY THE GLASS: 125ml £7.20 175ml £8.50 250ml £9.50  
Fresh summer fruit flavours with refreshing acidity and balance.

WHITE WINE SELECTION

SOAVE CLASSICO “MONOPOLIO” CANTINA DI GAMBELLARA £32.95  
Well balanced crisp fruit and fresh clean citrus flavours.

RIOJA BLANCO, BODEGAS UGARTE, ALAVESA, SPAIN £38.95  
Delicate floral and citrus flavours, an easy drinking flavoursome wine.

SAUVIGNON BLANC, LA FORGE, LANGUEDOC, FRANCE £42.95  
Rich with citrus flavour, elegant tropical fruit and zesty finish.

GAVI, ANTARIO, PIEMONTE, ITALY £42.95  
Packed full of delicious zesty citrus character with a savoury almond finish.

ALBARINO, AMA VIDA, RIAS BAIXAS, SPAIN £44.95  
Fresh fruit driven peach and floral notes with refreshing acidity.

CHARDONNAY, VONDELING, PAARL, SOUTH AFRICA £48.95  
Rich palate with ripe peach, juicy pear and creamy citrus/mineral finish.

CHABLIS DOMAINE FILLON, BURGUNDY, FRANCE £65.95  
Delicious aromas of citrus fruit, ripe green apple flavours and a distinct mineral finish.

SANCERRE, CHÂTEAU FONTAINE AUDON, LOIRE, FRANCE £65.95  
Tight, mineral and intense with a steely structure. Another great Chablis from this renowned producer.

ROSÉ WINE SELECTION

PROVENCE ROSÉ, AMBASSADOR L'HOSTELERIE, PROVENCE, FRANCE £45.95  
An elegant expression of fresh fruit vivaciousness and richness. Distinct peach and nectarine flavours with a subtle long finish.

RED WINE SELECTION

CABERNET SAUVIGNON, TORRE DEI VESCOVI, VICENZA, ITALY £32.95  
Smooth red fruit flavours, touch of spice and velvety finish.

RIOJA TINTO, BODEGAS UGARTE, ALAVESA, SPAIN £38.95  
Layers of ripe blackcurrent fruit with delicious liquorice and vanilla notes.

BARBERA SUPERIORE, VOLPI, PIEMONTE, ITALY £44.95  
A soft wine with black cherry and dried fruit characteristics.

PRIMITIVO APPASSIMENTO, LUCALE, PUGLIA, ITALY £44.95  
Full bodied with raspberry, redcurrant and cherry fruit layered with a spiced oak finish.

PINOT NOIR, LA FORGE, LANGUEDOC, FRANCE £44.95  
Elegant strawberry and cherry flavours with spiced aromas and a hint of vanilla.

VALPOLICELLA RIPASSO, VILLALTA, VENETO, ITALY £46.95  
Packed full of flavour, redcurrant, raspberry and cherry fruit flavour, balanced with a spiced oak finish.

CARMENERE FIRST EDITION, VALLE SECRETO, CACHAPOAL, CHILE £48.95  
Elegant full flavoured red, full of new world fruit flavour with the depth and minerality of an old world classic.

VALDUERO FINCA AZAYA CRIANZA, SPAIN £95.00  
Rich full bodied fruit with silky tannins and notes of coffee, tobacco and delicious vanilla oak.

AMARONE DELLA VALPOLICELLA CLASSICO, VENETO, ITALY £130.00  
Vinified from dried grapes giving the wine great concentration and richness. Dark cherry, chocolate, fig and dried fruit with a delicious persistent finish.

CHAMPAGNE & SPARKLING WINE

PROSECCO DRUSIAN VALDOBBIADENE SUPERIORE, VENETO, ITALY £34.95 BY THE GLASS 125ml £8.95  
Superior quality and flavour, a stunning example of top quality DOCG Prosecco.

CLAUDE BARON SAPHIR BRUT, CHAMPAGNE £65.95  
BY THE GLASS 125ml £12.95  
A great champagne, plenty of zesty citrus fruit complimented with a delicious biscuit finish.

LOUIS ROEDERER BRUT PREMIER, CHAMPAGNE £95.00  
The Brut Premier offers the perfect balance of finesse and forcefulness.

LAURENT-PERRIER CUVÉE ROSÉ BRUT, CHAMPAGNE £140.00  
The preferred choice for the discerning rosé Champagne fan.

2009 VALENTINO BRUT ZERO RISERVA £150.00  
A brilliantly elegant sparkling wine that really does punch above its weight.

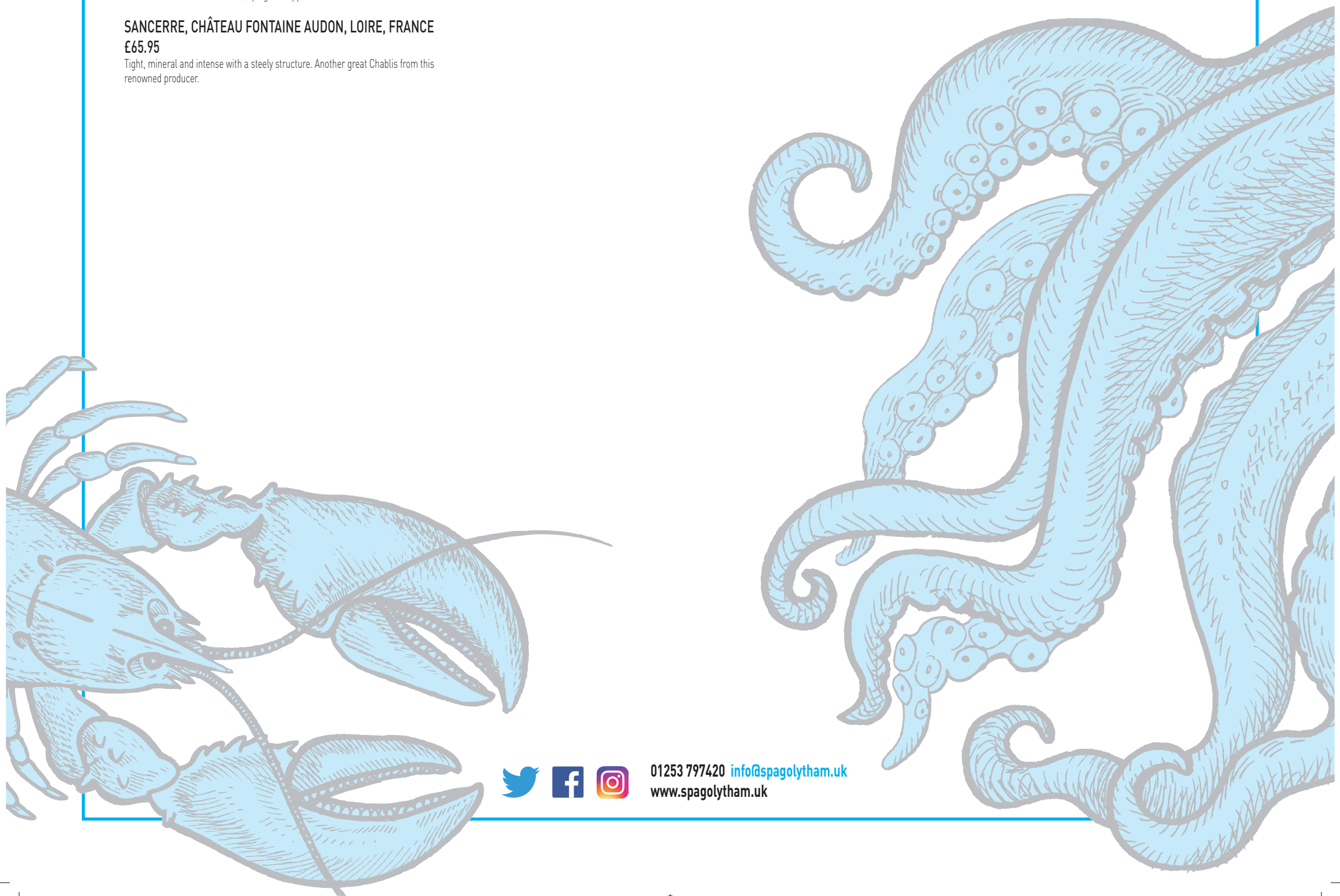
CUVÉE DOM PÉRIGNON, CHAMPAGNE £350.00  
Allegedly responsible for the creation of the first ever Champagne!.

PORT

PORTO POÇAS 10 YEAR OLD TAWNY PORT 50ml £8.95  
Tawny colour. Woody bouquet of dried fruits and raisins. Fruity and well matched with the wood. Full-bodied, irresistible and complex, with a long lasting finish of dried plums.

DESSERT WINE

RECIOTO DI GAMBELLARA, ITALY 125ml £8.95  
Aromas of intense and persistent notes of dried flowers and tropical fruits, honey and raisins. Great balance between sweetness and freshness. Good body and delicate smoothness.



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