



Mediterranean 3

Turkish, Greek, Spanish & Italian

BREAD TO GET YOU STARTED

Garlic Flat Bread	£3.95	Garlic Flat Bread with Tomato, Chilli and Onion	£4.45	Pitta, Houmus and Tzatziki	£3.95
Garlic Flat Bread with Cheese	£4.45	Turkish Lavas Traditional Turkish bread with garlic butter and Turkish salsa	£4.45	Bruschetta Pomodoro(V) Toasted bread topped with chopped tomato, red onion, garlic and basil	£4.95
Garlic Flat Bread with Tomato	£3.95				

STARTERS

Soup of The Day (V)	£5.95	Icli kofte	£7.95	Saksuka (V)	£5.95
Homemade soup served with toasted ciabatta bread		Balls of dough made from a mix of fine bulgur, potato, and spices are used as the outer shell. Filled with ground lamb combined with ground walnuts along with spices.		Aubergines, courgettes, mushrooms and potato in garlic, basil, and tomato sauce	
Pate	£5.95	Gambas Pil Pil	£8.95	Dolmades (V)	£5.95
Homemade chicken liver pate served with toasted bread and apple, onion chutney		King prawns in a chilli lemon garlic butter sauce		Greek style vine leaves stuffed with rice, and herbs, in tomato sauce served with tzatziki	
Funghi Fritti (V)	£6.95	Costillares Marco Polo	£6.95	FEGATINI al MARSALA	£6.95
Deep fried breaded mushrooms and onion with garlic mayo dip		Slow cooked pork ribs with spicy barbecue sauce from Madrid		Pan fried chicken livers with onion, chilli and garlic. Finished with Marsala wine.	
Mussels	£7.95	Timballo	£7.95	(it's great for two to share a starter or for one as a main course)	
Italian style, in a spicy tomato basil and garlic sauce. French style, in a white wine and cream sauce		Prawns, cream cheese and chives wrapped in Scottish smoked salmon		GREEK MEZE PLATTER (V)	£12.95
Sucuk	£6.95	Mozzarella in Carozza (V)	£6.95	Beans saganaki, dolmades, houmus, tzatziki, olives & feta served with pitta bread	
Spicy Turkish pepperoni grilled on charcoal served with sweet chilli		Deep fried mozzarella served with apple and onion chutney		TURKISH PLATTER	£14.95
Baby Calamari Fritti	£6.95	Borek (V)	£5.95	Adana lamb kofte, borek, saksuka and sucuk. Served with Turkish Lavas bread.	
Lightly battered with seasoned flour, deep fried and served with garlic mayo dip		Turkish style feta cheese and spinach rolled in filo pastry, deep fried and with spicy salsa			

MAIN COURSES

The Bay Horse Special Anatolian Casserole great to share.

This is most special dish from the east of Turkey (Anatolia). Your choice of diced sirloin, chicken or vegetarian cooked with aubergines, courgettes, mushrooms, in garlic, basil and tomato sauce in a special fondue pan served with chips, bulgur rice, salad and grilled long green pepper

Sirloin to share	£29.95	Chicken for one	£13.95
Sirloin for one	£15.95	Vegetarian to share	£20.95
Chicken to share	£26.95	Vegetarian for one	£10.95
Lasagne	£9.95	Linguini Bolognese	£8.95
Homemade traditional lasagne with Grandma's secret recipe sauce		Linguini in an Italian traditional beef Bolognese sauce	
Halloumi Kebab (V)	£12.95	Linguine Mare	£11.95
Halloumi red pepper kebab with roasted vegetables and couscous		Linguine with mussels, clams, prawns, salmon, squid and king prawns in tomato sauce	
Ravioli Vegetarian (V)	£9.95	Sea Bass Tulipano	£17.95
Fresh egg pasta filled with ricotta and spinach, in a creamy tomato sauce		Seabass fillets rolled with baby prawns, oven baked with lemon and butter sauce, served with crushed baby potatoes and broccoli	
Ravioli Lobster	£12.95	Salmon	£15.95
Fresh egg pasta filled with lobster in saffron and cream sauce		Poached fillet of salmon in lemon and dill butter sauce, served with crushed new potatoes	
Moussaka	£10.95	Paella Chicken and Chorizo	£11.95
Traditional Greek style with potato base, layers of aubergines and minced beef		Spanish paella rice with chicken, chorizo, onion, peppers and saffron	
Chicken and Adana Kebab	£15.95	Paella Sea Food	£13.95
Traditional kofte on skewers served with salad, bulgur rice, chips, minted yogurt and Turkish lavas bread		Spanish paella rice with mussels, clams, prawns, salmon	
Lamb Kleftiko	£15.95		
Slow cooked lamb shank with peppers, onions, courgettes, carrots, aubergines,			

SALADS

Chicken Caesar Salad £9.95

Baby gem lettuce, parmesan, croutons, bacon, anchovies and grilled chicken breast with traditional Caesar dressing

Prawn and Salmon £10.95

Mix leaf salad, tomato, cucumber, prawns and smoked salmon salad with a Marie Rose dressing

Greek Salad(V) £8.95

Mix leaf salad with cucumber, tomato, red onion, olives and feta with a vinaigrette dressing

DAILY MARKET

MENU

(Sunday to Thursday)

£12.95 Two Courses

£15.95 Three Courses

STARTERS

Soup (V)

Chefs homemade soup of the day with ciabatta bread

Mozzarella in Carozza (V)

Deep fried mozzarella served with apple and onion chutney

Funghi fritti (V)

Deep fried breaded mushrooms with garlic mayo dip

Pate

Homemade chicken liver pate served with toasted bread and apple, onion chutney

Baby Calamari

Lightly battered with seasoned flour, deep fried and served with garlic mayo dip

MAIN COURSES

Roast Beef of Sirloin (Sunday only additional £2.00)

Our sister company the sparling restaurant famous Sunday roast recipe served here with roast potatoes, broccoli, carrots and swede mash, homemade Yorkshire pudding, mashed potatoes and gravy

Lasagne

Homemade traditional lasagne with Grandma's secret recipe

Chicken Souvlaki

Greek style marinated chicken skewer served with chips, salad, pitta and minted yoghurt

Ravioli (V)

Homemade ravioli filled with ricotta cheese and spinach in creamy tomato sauce

Pizza (any pizza from main menu)

Fish of the day

Please ask a member of staff

DESSERTS

Sticky toffee pudding with toffee sauce and vanilla ice cream

Coppa rosa

Strawberry pannacotta with strawberry coulis

2 scoop of selection available ice cream

STONE BAKED

PIZZAS

Pizza Margarita

Mozzarella, tomato, and oregano

Italiano Pizza

Mozzarella, tomato, rocket, parmesan and parma ham

Pizza Espanyol

Mozzarella, tomato, chicken, chorizo and roast pepper

Greek Pizza

Feta cheese, tomato, sun dried tomatoes, basil and olives

Turkish Pide

Traditional Turkish style, with mozzarella, sucuk, egg and pepper flakes

Pizza Frutti di mare

(no mozzarella)

Tomato, Scottish smoked salmon, mussels, calamari and prawns

The Bay Horse Pizza

Mozzarella, tomato, chicken, ham and mushroom

£7.95

£9.95

£9.95

£8.95

£10.95

£10.95

TAPAS

Tapas offer Tuesday, Wednesday and Thursday 3 tapas for £12.95

Patatas Bravas(V)

Potatoes roasted in tomato chilli, onion and garlic

Lamb Koftas

Traditional Turkish koftas on a skewer served with salad, Turkish flatbread

Gambas Pil Pil

King prawns in a chilli lemon garlic butter sauce (£1.50 surcharge when as part of the deal)

Funghi fritti (V)

Deep fried breaded mushrooms with garlic mayo dip

Costillares Marco Polo

Slow cooked pork ribs with spicy barbecue sauce from Madrid

Beans Saganaki(V)

Greek-style beans in a tomato spicy sauce with feta cheese

Chorizo Vino Rojo

Pan fried chorizo with red onion and finished in red wine

Chicken Souvlaki

Greek style marinated chicken skewer with minted yogurt

Ravioli Vegetarian(V)

Fresh egg pasta filled with ricotta and spinach

Ravioli Lobster

Fresh egg pasta filled with lobster in saffron and cream sauce (£1.50 surcharge when as part of the deal)

Lasagne

Homemade traditional lasagne with Grandma's secret recipe sauce

Moussaka

Traditional Greek style with potato base, layers of Aubergines and minced beef

Baby Calamari

Lightly battered with seasoned flour, deep fried and served with garlic mayo dip

Bacalao Sliders

Fillets of cod, battered and deep fried served with garlic mayonnaise dip

Borek(V) £5.95

Turkish style feta cheese and spinach rolled in filo pastry, deep fried and served with spicy

Saksuka(V) £5.95

Aubergines, courgettes, mushrooms and potato in garlic, basil and tomato sauce

Dolmades(V)

Turkish style vine leaves stuffed with rice in tomato sauce served with tzatziki

FROM THE GRILL

Mediterranean mix kebab £20.95

Adana lamb kofte, sucuk, lamb chops and chicken souvlaki served with long green pepper, salad, chips and bulgur rice

8oz Fillet Steak

£24.95

14oz Ribeye on the bone

£19.95

Lamb chops

£14.95

Steaks are cooked to your liking with hand cut chips, onion rings, grilled tomato, Portobello mushroom and choice of peppercorn, blue cheese or red wine jus.

A BIT ON THE SIDE £3.50

• Hand cut chunky chips

• Skinny Fries

• Sweet potato fries

• Onion rings

• Rice or Bulgur Rice

• Mixed salad

• Seasonal vegetables

• Creamy mash potato

• Rocket and parmesan salad