

# *the* heights

*Guests are respectfully advised that all dishes are freshly prepared & require a little time. Thank you*

## **Starters**

<b>Soup of the day (V)</b>	<b>£5.40</b>
<b>Globe Artichoke, Mushroom puree glazed With thyme hollandaise (V)</b>	<b>£6.95</b>
<b>Aubergine, Goat's cheese and Tomato galette with Basil oil (V)</b>	<b>£7.75</b>
<b>Spiced Red Snapper Fillets and Scallops served with Green salsa and confit Cherry Tomatoes</b>	<b>£9.50</b>
<b>Zucchini wrapped king Prawns with wilted baby Spinach and Red Pepper Aioli</b>	<b>£8.90</b>
<b>Lambs Kidneys and Pork Chipolotas in Red wine on toasted Brioche</b>	<b>£7.25</b>
<b>Beef Carpaccio with Parmesan shavings, Roquette with Balsamic reduction</b>	<b>£8.30</b>
<b>Medley of smoked Eel, Mackerel and smoked Salmon served with Horseradish cream</b>	<b>£9.95</b>

*Some dishes may contain nuts or nut essences*

All prices include VAT. A discretionary service charge of 12.5% will be added to your bill

## **Main courses**

**Pan fried Seabass served with Garlic Spinach,  
Mash Potatoes, Red wine sauce and garnished with  
crispy Parma Ham** £17.50

**Roasted Duck breast served with Ruby Chard,  
warm Orange segments and Grand Marnier sauce** £15.25

**Herb crusted Salmon Fillets served on Courgette ribbons,  
new Potatoes, and Tomato and Chive salsa** £14.50

**Grilled corn fed Chicken supreme served on a Medley  
of Potatoes, Bacon and Leeks with Truffled Mushroom sauce** £13.90

**Wild Mushroom Risotto served with Pine nuts and  
Truffle oil (V)** £13.85

**Rack of Lamb served with Rosemary Mash, Broccoli  
and Red Wine sauce** £16.90

### **From the Grill**

**Sirloin Steaks** £17.80

**Fillet Steaks** £19.95

***Steak are served with a traditional garnish of grilled Tomato,  
Mushrooms, Green Salad and French Fries***

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## **Light Dishes**

<b>Grilled Chicken and Mozzarella Pitta Parcels with Tomato Basil Sauce, Mixed Leaves</b>	<b>£8.55</b>
<b>Three Coloured Fish Kebabs - Salmon, Haddock and Tuna with tabbouleh</b>	<b>£10.50</b>
<b>Tamarind Flavoured Grilled King Prawns with a Pineapple and Red Onion Salsa</b>	<b>£10.75</b>
<b>Scrambled Egg Focaccia with Smoked Salmon, garnished with blush Tomato, Grain Mustard and Sour Cream</b>	<b>£7.25</b>
<b>Chicken Caesar Salad with Croutons and Parmesan Shavings</b>	<b>£7.50</b>
<b>Minute Steak with Caramelised Onion in Ciabatta with French Fries</b>	<b>£10.60</b>
<b>Chicken Tikka in Pappadums with a mixed leaf salad</b>	<b>£7.80</b>
<b>(V) Spinach and Ricotta Cheese Cannelloni served With Truffle flavoured Mornay Sauce</b>	<b>£8.60</b>

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## Tapas Menu

*All dishes £5.50 each. Three or more dishes charged at £5.00 each.  
Each dish is accompanied by a dip of your choice.  
Additional dips charged at £1.00 each.*

Seared Thai Chicken with Tomato Chilli Jam	£5.50
(V) Mixed Indian Pakoras with Coriander, Mint Dipping Sauce and Tamarind dipping Sauce	£5.50
(V) Freshly cut Crudités served with Focaccia Bread	£5.50
(V) Spinach Potato and Cashew Nut Cakes with Tomato Sambal Sauce	£5.50
(V) Tomato Bruschetta with Asparagus, Gorgonzola and Basil Salad	£5.50
(V) Duo of Roasted Skewers of Mushroom stuffed with Feta cheese and wrapped in Aubergines	£5.50
(V) Tortilla Crisps topped with melted mature Cheddar Cheese, Guacamole, Crème Fraiche and Chilli	£5.50
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Deep Fried King Prawns Crumbed in Coconut Flakes	£7.25
Meze platter 2/4 persons, Pitta Bread Sticks, Olive with Feta Cheese & Sun Dried Tomato, Hummus, and Taramasalata	£7.75

### Dips:

<b>Guacamole</b>	<b>Sour Cream and Chives</b>	<b>Lemon Mayonnaise</b>
<b>Hummus</b>	<b>Garlic Mayonnaise (Aioli)</b>	<b>Tzatziki</b>
<b>Tachini</b>	<b>Taramasalata</b>	<b>Soy</b>
	<b>Spicy Salsa</b>	

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## **Sandwiches**

<b>Feta Olive and Sun Dried Tomatoes in Tomato Bloomer</b>	<b>£7.10</b>
<b>Smoked Salmon with crushed peppercorns and Lemon Juice, Crème Fraiche and Dill in wholegrain Bloomer</b>	<b>£9.30</b>
<b>Curried Chicken with Spring Onion and Coriander Mayonnaise in white tin loaf</b>	<b>£6.95</b>
<b>Avocado &amp; Prawn Marie Rose in wholegrain Bloomer</b>	<b>£8.10</b>
<b>Ham, Tomato and Crisp Lettuce with English Mustard in white or brown tin loaf</b>	<b>£5.80</b>
<b>Rare Roast Beef and Horseradish Cream in white or brown tin loaf</b>	<b>£6.80</b>
<b>Tuna with Sour Cream and Chives in wholegrain Bloomer</b>	<b>£5.80</b>
<b>Club Sandwich with Chicken, Egg, Tomato, Bacon, Lettuce and Mayonnaise</b>	<b>£9.50</b>
<b>Bacon, Lettuce and Tomato (BLT)</b>	<b>£7.80</b>
<b>Mozzarella, Tomato and Basil on Baguette with Roquette</b>	<b>£7.50</b>

***Please note that the above breads are interchangeable- Please do ask***

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## **Desserts**

<b>Almond Shortbread with Raspberries and Strawberries served with Almond cream</b>	<b>£5.75</b>
<b>Roasted Apricots in Caramel, flavoured with Rosemary and drizzled with Crème Anglaise</b>	<b>£5.75</b>
<b>Chocolate and Nuts Croquant with Coffee Bavaroise garnished with bitter Coffee glaze</b>	<b>£5.75</b>
<b>Citrus Cheese Cake served with Caramelised Lime</b>	<b>£5.75</b>
<b>Three Cheese selection: Stilton, Brie and Emmental</b>	<b>£6.25</b>

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## **Beverages**

<b>Cappuccino</b>	<b>£2.90</b>
<b>Latte</b>	<b>£2.90</b>
<b>Hot Chocolate</b>	<b>£2.80</b>
<b>Espresso Single/ Double</b>	<b>£1.75/2.65</b>
<b>Filter Coffee</b>	<b>£2.90</b>
<b>English Breakfast Tea</b>	<b>£2.60</b>
<b>Tea from our Twining range</b>	<b>£2.75</b>
<b>Milk</b>	<b>£1.65</b>
<b>Irish Coffee</b>	<b>£6.75</b>

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