

# LUNCH MENU

Served Between 12-3pm



## OVEN BAKED FRITTATA £12.95

(3 eggs)

ALL SERVED WITH FOCACCIA BREAD

- Salmon, Cherry tomato, Parsley
- (V) Mushroom, Red onion, Truffle oil
- Sausage, Bacon, Cheese
- (V) Goat cheese, Cherry tomato, Spinach

## BUBBLE AND SQUEAK £11.50

ALL SERVED WITH FOCACCIA BREAD

- Crispy bacon & Poached eggs
- (V) Portobello mushroom, Homemade beans & Cheddar cheese

Vegan option is available upon request

## CIBO ONE PAN BREAKFAST £11.50

ALL SERVED WITH FOCACCIA BREAD

- Sausage, Bacon, Egg, Grilled Cherry Tomato, Mushroom & Homemade beans
- (VG) Vegan sausage, Avocado, Grilled Cherry Tomato, Mushroom & Homemade beans

## CIBO FULL ENGLISH BREAKFAST £13.50

SERVED WITH SOURDOUGH BREAD

Sausage, Bacon, Mushrooms, Grilled Cherry Tomato, Homemade beans, 2 fried eggs, Mini bubble & squeak

Add Black Pudding + £3.00

## SHAKSHUKA £13.50

SERVED WITH FOCACCIA BREAD

2 Poached eggs cooked in a Tomato - garlic sauce, Spinach, Potatoes, Mushrooms, Parmesan on top

Add on £3.00 each

Bacon, Sausage, Chorizo

## FRENCH ONION SOUP £8.50

topped with cheddar cheese, s/w croutons

## RISOTTO AND PASTA

ONLY DELI SIZE SERVED WITH A PIECE OF GARLIC BREAD

- (VG) PENNE ARRABIATA *Deli Size £8.50 Normal size £11.50*  
Tomato, Garlic & chili Sauce
- (V) MUSHROOM & TRUFFLE  
RISOTTO OR PENNE *Deli Size £9.50 Normal Size £13.50*  
in a Creamy Garlic Sauce
- MAC & CHEESE £10.50
- LINGUINE BOLOGNESE *Deli Size £9.50 Normal Size £13.50*
- OVEN BAKED GNOCCHI £12.50  
with Sundried Tomato, Pesto, Spinach

Vegan option is available upon request

UPGRADE YOUR MEAL WITH GARLIC BREAD

HALF PORTION ( 2 slices ) Plain £2.40 add cheese + £0.75

FULL PORTION ( 4 slices ) Plain £4.80 add cheese + £1.50

Add on £3.00 each

Bacon, Chicken, Pork Belly,  
Chorizo, Cooked Ham,  
Prawns, Goat Cheese



£13.50

(V) **Traditional Italian Stuffed Pancake**  
Filled With Garlic Mushroom And Spinach,  
Cooked In a Tomato Sauce Topped With  
Mozzarella Cheese

## BAKED TORTILLA £12.50

Our delicious Bolognese base layered with tortilla chips, oven-baked to perfection, topped with melted cheese, and accompanied by crushed avocado and fresh tomato salsa.

## BRUNCH BOWL £14

(VG) Roasted sweet potato & Beetroot, Sliced Avocado, Spinach, Quinoa, Chickpea

Add on

Poached Egg + £1.20

## SUPERFOOD SALAD BOWL £15.50

(VG) Kale, Quinoa, Chickpea, Toasted Pumpkin Seeds, Roasted Courgette and Broccoli With Pomegranate Vinaigrette

(Pomegranate, Mustard, Maple, Lemon Juice, Olive Oil)

## FOCACCIA SANDWICH £11.50

Served with Tortilla Chips and Side salad

- **Pork belly** With BBQ Sauce, Rocket, Caramelized Onion
- **Chicken**, Bacon, Avocado, Garlic mayo
- **Prawn Cocktail**, Cucumber, Lettuce, Mango, Mary-rose sauce
- **Italian Classic** (Parma ham, Burrata, Tomato, Green pesto)
- (V) **Roasted sweet potato** & Courgette with Rocket, Garlic mayo, goat cheese
- **Smoked Salmon**, Goat Cheese, Rocket

## LOADED JACKET POTATO

Served with Side salad

- **Pork Belly** with BBQ Sauce, Cheddar Cheese £12.50
- **Chicken**, Mushroom & Truffle Sauce, Cheddar Cheese £12.50
- **Prawn cocktail**, Cucumber, Lettuce, Mango and Mary-Rose Sauce £12.50
- (V) **Homemade Beans & Cheddar Cheese** £10.50
- **Beef Bourguignons & Cheddar Cheese** £13.95

Add on: Bacon, Sausage + £3 each

IF YOU HAVE ANY FOOD ALLERGY, PLEASE INFORM OUR STAFF BEFORE PLACING YOUR ORDER.



# BREAKFAST MENU

SERVED FROM 9AM UNTIL 12PM

(VG) TWO SLICES OF SOURDOUGH TOAST - £3.75  
Add a pot of jam + £1.00 ( Strawberry, Marmalade )

(V) 3 SCRAMBLED EGGS ON SOURDOUGH TOAST - £6.95  
Add on £3.00 each

Bacon, Sausage, Parma Ham, Smoked Salmon, Cooked Ham,  
Avocado, Mushroom, Garlic Spinach, Cherry Tomato, Homemade Beans, Goat Cheese

(V) HOLLANDAISE EGGS - £10.50  
2 Poached eggs with Garlic - spinach on Sourdough toast

## OVEN BAKED FRITTATA £12.95

(3 eggs)

ALL SERVED WITH FOCACCIA BREAD

- Salmon, Cherry tomato, Parsley
- Mushroom, Red onion, Truffle oil
- Sausage, Bacon, Cheese
- Goat cheese, Cherry tomato, Spinach, Olives

## AVOCADO ON TOAST £6.50

(VG) CRUSHED AVOCADO on sourdough toast  
with olive oil & homemade chilli oil

### CIBO RECOMMENDATION FOR AVOCADO ON TOAST :

- 2 Poached eggs, Smoked salmon, Hollandaise sauce, Rocket & Cherry tomato - £12.50
- 2 Poached eggs, Bacon, Mushroom & Spinach -£11.50

## BUBBLE AND SQUEAK £11.50

ALL SERVED WITH FOCACCIA BREAD

- Crispy bacon & Poached eggs
  - (V) Portobello mushroom, Homemade beans & Cheddar cheese
- Vegan option is available upon request

## CIBO ONE PAN BREAKFAST £11.50

ALL SERVED WITH SOURDOUGH BREAD

- Sausage, Bacon, Egg, Tomato, Mushroom & Homemade beans
- (VG) Vegan sausage, Avocado, Tomato, Mushroom & Homemade beans

## CIBO FULL ENGLISH BREAKFAST £13.50

SERVED WITH SOURDOUGH BREAD

Sausage, Bacon, Mushrooms, Tomato, Homemade beans, 2 fried eggs, Mini bubble & squeak

Add Black Pudding + £3.00

## SHAKSHUKA £13.50

SERVED WITH FOCACCIA BREAD

2 Poached eggs in a tomato - garlic sauce, Spinach, Potatoes, Mushrooms, Parmesan on top

Add on £3.00 each

Bacon, Sausage, Chorizo

## CIBO PANCAKES

- (V) Lemon & Sugar - £7.50
- (V) Vanilla ice-cream & Nutella - £8.00
- Crispy bacon & Maple syrup - £8.50

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# DINNER MENU

Served From 5pm

CIBO APERITIVO £9.95

Mermaid  
Winter Special G&T  
Kir Royal  
Negroni  
Old Fashioned  
Winter Aperol Spritz

## PRE-STARTERS

- (VG) Marinated Olives £5.20  
(VG) Bread Basket s/w Olive oil & Balsamic £6.50  
(VG) Sun Dried Tomato Hummus with Tortilla Chips £7.50  
(V) Garlic Bread £4.80  
With Roasted garlic butter & Herbs  
Add Mozzarella cheese +£1.50

## STARTERS

(V) Grilled Goat Cheese £8.50  
With Beetroot and Honey - Mustard Sauce

Clams And Chorizo £8.50  
in White Wine Sauce  
Served With Focaccia Bread

French onion soup £8.50  
topped with Cheddar cheese, s/w Crouton

BBQ Pork Belly Bites £8.50  
on a Smashed Potato Bed, topped with Caramelized Onion

Prawn Cocktail £8.50  
(Mango, Cucumber, Lettuce & Mary-rose sauce)

## ANTIPASTI FOR 2 £28.50

### Meat Platter

BBQ Pork belly, Cured meat (Cooked Ham, Chorizo, Parma ham), Goat cheese, Hummus, Mixed olives, Tortilla Chips & Bread Basket

### Vegetarian Platter

Garlic mushroom, Hummus, Mixed olives, Citrus dressed Avocado, Roasted Sweet Potato & Beetroot, Tortilla Chips & Bread Basket

## MAIN COURSE

Chicken Involtini £18.50  
Italian Rolled Chicken Breast filled With Ham & Cheddar Cheese  
S/W Root vegetables,  
Honey - Mustard Sauce

Smoked Haddock en papillote £21.50  
Potatoes, Courgette, Spinach, Sundried tomato, in a Creamy Turmeric Sauce

Pork Belly £19.50  
S/W Roasted Potatoes,  
Parsnip, Marsala Jus

Beef Bourguignons £19.95  
Slow Cooked Beef Stew, Cooked with Bacon, Mushroom, Onion, Carrots, in a Rich Red Wine Sauce, Served with Creamy Mashed Potatoes.

8 oz Rump Steak £23.50  
S/W Roasted Potato and Carrots

Choose your Favourite Sauce  
• Roasted Garlic Butter  
• Peppercorn Sauce  
• Gravy

Pan fried Sea Bass £21.50  
S/W Roasted Potato and Broccoli, with a Creamy Lemon sauce

## PASTA & RISOTTO

(VG) Penne Arrabiata £11.50  
Tomato & Garlic - Chilli Sauce

(V) Mushroom & Truffle Risotto £15.50  
in a Creamy Garlic sauce,  
AVAILABLE AS A PASTA  
Vegan option is available upon request

(V) Oven Baked Gnocchi £16.50  
with Sun Dried Tomato, Pesto, Spinach

Oven Baked Chorizo Gnocchi £17.50  
with Courgette, in a Creamy Tomato Sauce

### Sea Food Linguini £19.50

Smoked Salmon, Prawns, Smoked Haddock, Clams, Broccoli, Cherry tomato, Chilli, in a White Wine and Butter Sauce

Add on £3.50 each

Chicken, Bacon, Chorizo, Pork belly, Cooked Ham, Prawns, Goat Cheese,

## SALAD

(VG) Superfood Salad Bowl £15.50  
Kale, Quinoa, Chickpea, Toasted Pumpkin Seeds, Roasted Courgette and Broccoli With Pomegranate Vinaigrette  
(Pomegranate, Mustard, Maple, Lemon juice, Olive oil)

Add on £3.50 each

Chicken, Parma Ham, Goat Cheese, Prawns

## SIDE £3.95

- Rocket, Tomato, Parmesan, Balsamic Vinegar
- Roasted Sweet Potato & Beetroot
- Mixed Greens With Garlic
- Roasted Potato
- Mashed Potato
- Root Vegetables

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