

AQUA BREADS

Hand stretched sourdough flatbread - all at £4.50
Garlic & mozzarella
Goats cheese & green pesto
Red pesto

Focaccia bread - £3.50

Prosciutto, Parmesan & caperberries - £3.65

Olives - £3.00

AQUA PLATES *all at £13.95*

Meat - Salami picante, truffle salami, carpaccio, capocollo, 14 month old prosciutto, asiago cheese, hot calabrian peppers, sweet peppers & artichokes with zucchini & cauliflower fritti

Fish - Smoked salmon, smoked trout, whitebait, mackerel pate, calamari, marinated anchovies, caper dressing, caperberries & watercress

Veg - Marinated aubergine, roasted artichokes, Calabrian peppers, balsamic onions, char grilled field mushrooms, confit garlic, fennel coleslaw, tomato & chilli chutney, olive bread

FRESH OYSTERS

Colchester Oysters - £3.00 Each, £15 ½ Dozen, £25 Dozen
Dressed Oyster in red wine & shallot vinegar

STARTERS

Soup - £5.25
Seasonal, homemade soup

Whitebait - £4.95
With Aqua dressing

Risotto Balls - £5.35
Pea, mushroom & parmesan risotto balls with a spicy tomato sauce

Fig & Mozzarella Salad - £5.95
Fig, mozzarella, pine nuts, basil, chilli & mixed leaf salad drizzled with a balsamic reduction

Carpaccio - £6.95
Sliced aged fillet of beef with aged parmesan cheese & Cipriani dressing

Meatballs - £5.75
Homemade Italian meatballs, served with a spicy pomodoro sauce, parmesan & focaccia

Calamari - £6.50
Breaded calamari sautéed in chilli, parsley & lemon with Aqua dressing & capers

Fritto Misto - £6.95
Tiger prawn, calamari & whitebait with Aqua mayonnaise dressing

King Prawns - £7.95
King prawns baked in a spicy peperonata sauce with Tuscan salami picante & caperberry

LIGHT MAINS

Fish Cakes - £10.95
Smoked haddock & Montgomery cheddar fish cakes with sun dried tomato, chilli & mixed leaf salad with Aqua dressing

Linguine Gamberoni - £11.50
Tossed with king prawns in a rich tomato ragu with a hint of chilli

Chicken Caesar - £11.50
Crisp gem lettuce with crispy pancetta, croutons & classic cipriani dressing topped with roasted chicken breast & parmesan cheese

Seared Tuna - £13.50
Tuna steak on a bed of mixed leaf, green beans, vine tomatoes, soft boiled egg & artichoke

Goats Cheese Salad - £10.50
With figs, pine nuts, roasted butternut squash, pumpkin seeds & balsamic reduction

MAINS

Pork Cheeks - £13.95
8 Hour braised pork cheeks with creamy mash potato, rich chianti jus & black pudding fritter

Smoked Haddock Risotto - £11.95
Smoked haddock, spinach & broad bean risotto finished with creamy mascarpone

Seabass - £14.25
With chilli, rosemary & Sicilian lemon dressing with tomato & zucchini risotto

Pollo Farcito - £11.95
Italian crumbed chicken stuffed with mozzarella & pesto served with crispy onion & herb-buttered spaghetti

Rabbit Ragu - £12.95
Slow braised rabbit ragu in a rich chianti sauce with pappardelle pasta & drizzled with truffle oil

Baked Cod - £12.50
Served with chorizo, lentils, mascarpone & pomodoro sauce

Roasted Lamb - £14.95
Rump of lamb served with spring onion mash potato, green beans, whole roasted garlic cloves & a red wine jus

Penne Pollo - £9.95
Hand torn roasted chicken with pancetta & mushrooms in a white wine & cream sauce with a hint of chilli

Butternut Squash Risotto - £10.50
Roast butternut squash risotto with field mushrooms, spinach & sage

Slow Roast Duck Pappardelle - £12.95
Slow roasted duck tossed with pappardelle pasta, orange, spring onion, marsala wine, picked herbs & cream

Baked Aubergine - £10.95
Layers of aubergine baked with a creamy parmesan cheese sauce

TRADITIONAL SUNDAY ROAST

£12.50 *Served all day*

2 Courses **£15.50** | 3 Courses **£17.50**

A choice of striploin of beef, slow roasted belly of pork or chicken with homemade Yorkshire pudding, roast potatoes, seasonal vegetables & all the trimmings

BREAKFAST & BRUNCH

*Breakfast is served daily from 8.30am - 12pm
Brunch is served from 8.30am - 1pm Saturday & Sunday*

Prosecco - £5.95

Mixed Berry Smoothie - £4.50

Full English Breakfast - £7.95
Cumberland sausage, bacon, roast field mushroom, vine ripened tomatoes, black pudding, egg & baked beans with toasted bloomer bread

Scrambled Eggs with Smoked Salmon - £5.95
Served on toasted bloomer bread

Avocado on toast with poached eggs - £6.50

Eggs Pomodoro - £5.95
Oven baked bloomer bread with wilted spinach, poached eggs, topped with tomato & basil sauce & parmesan

Homemade Pancakes
With blueberries, strawberries, mascarpone & maple syrup - **£4.50**
or with crispy pancetta - **£5.25**

Eggs Benedict - £5.95
Poached eggs with prosciutto & creamy hollandaise on a toasted muffin

Natural Greek Yogurt - £4.25
With fresh fruit, berries, mint & granola with a drizzle of honey

Toast & Jam - £2.00

STEAKS & GRILLS *All our steaks are 28 day aged & served with triple cooked chips & watercress.*

Rump 8oz	£15.95	Béarnaise sauce, peppercorn sauce, garlic red wine jus or blue cheese & chilli sauce. All at £1.50
Sirloin 10oz	£18.95	
Fillet 8oz	£22.95	

Lobster - whole £36.95 / half £20.95
Grilled lobster with triple cooked chips & your choice of thermidor sauce or garlic butter

Burger - £11.95
Italian herb beef burger with Montgomery cheddar cheese, lettuce, tomato relish & triple cooked chips

PIZZA *All our pizzas are hand-stretched, 12 inch stone baked thin crust using authentic sour dough.*

Extra toppings are £1.00 each

Margherita - £8.95
Tomato, mozzarella & basil

Goats cheese - £9.95
Goats cheese, pesto, roasted peppers, balsamic onions & caperberries

Marinated chicken - £9.95
Dry cured pancetta, marinated chilli & rosemary chicken, sweet calabrian peppers & red onion

Tuscan salami - £9.95
Tuscan salami picante, aged prosciutto, mushrooms & chilli

SIDES *all at £2.95*

Herb sautéed potatoes
Polenta chips with parmesan & rosemary
Green beans with lemon & mint
Rocket & parmesan salad

Triple cooked chips
Mixed salad
Garlic spinach
Courgette fritti
Kale, leeks, broad beans & peas

LUNCH & EARLY DINNER MENU

2 Courses **£10.95** | 3 Courses **£12.95**
Monday to Saturday 12 - 7pm