

STARTERS *AVOCADO - WHEN IN SEASON

Chickpea Falafels	40
oven baked, served on alfalfa sprouts with pumpkin seeds, spiced yogurt dip	
Mediterranean Snack Plate	65
artichokes, sundried tomatoes, Prosciutto, blueberries, ciabatta with crushed *avocado, black pepper & feta	
Chips	25
classic shoestring	
Spicy Wings	65
Sticky OR Dry Rubbed - 4 wings	
Spicy Wings & Chips	80
Sticky OR Dry Rubbed - 4 wings & classic shoestring fries	

MENU EXTRAS:

BASIL, BUTTERNUT, CAPERS, MINT, OLIVES, RED ONIONS, TOMATOES	5
BABY SPINACH, BOILED EGG, PUMPKIN SEEDS, ROCKET, SUNDRIED TOMATO	10
*AVOCADO, GRILLED ZUCCHINI, RED PEPPERS, ROASTED CAULIFLOWER	15
ANCHOVIES, ARTICHOKEs, BLUE CHEESE, FETA, WALNUTS	20
BLUEBERRIES, BACON, CHICKEN, FIOR DE LATTE, PARMA HAM, PARMESAN, PECORINO	25

BUDDHA BOWLS *AVOCADO - WHEN IN SEASON

Starter Main

Blueberry quinoa (V)	55	105
fresh blueberries, quinoa, mint, grilled apple & zucchini, *avocado, baby spinach, toasted almonds, orange vinaigrette		
Vegetable bowl (V)	45	85
*avocado, mangetout & pak choi, baby potatoes, balsamic cherry tomatoes, cucumber, alfalfa sprouts, green beans, pumpkin seeds		
Mediterranean chicken salad	55	95
spiced chicken, *avocado, cherry tomatoes, feta, olives, salad leaves, basil, lemony couscous, parsley dressing		
Chickpea Falafel Bowl (V)	45	85
alfalfa sprouts, cucumber, salad leaves, roasted cauliflower, sundried tomatoes, butternut, crushed red chilli yogurt dressing		

CLASSICS SALADS *AVOCADO - WHEN IN SEASON

Starter Main

Nicoise	55	105
cos leaves, baby potatoes, green beans, anchovies, olives, red onions, tomatoes, tinned tuna, boiled egg, Nicoise vinaigrette		
Caesar	50	100
Cos leaves, garlic croutons, parmesan, Caesar dressing (contains egg yolks & anchovies)		
Classic Chicken	55	105
Bacon & Egg	60	110
Anchovy & *Avocado	65	115

PIZZAS - CALZONE OPTION *AVOCADO - WHEN IN SEASON

Small Large

Garlic & Herb (V)	25	30
garlic, herb salt, extra virgin olive oil		
Margherita (V)	40	50
tomato, mozzarella & oreganum		
La Bottega	80	110
tomato, mozzarella, oreganum, Parma ham, rosa tomatoes, rocket & shaved pecorino (V) *avocado		
Italiano (V)	70	110
tomato, mozzarella, oreganum, fior de latte, rosa tomatoes, basil, balsamico, mint		
FABulous	60	105
tomato, mozzarella, oreganum, feta, *avocado, bacon		
Salmon	95	125
blanco, mozzarella, salmon trout, capers, fior de latte, basil, mint		
Anchovy, Mushrooms & *Avocado (V)	75	115
tomato, mozzarella, oreganum, mushrooms, anchovies, red onions, *avocado, parmesan		
Butternut, Blue Cheese, Blueberries (V)	65	95
tomato, mozzarella, oreganum, butternut, balsamico, blueberries, rocket, blue cheese		
Spinach & Feta (V)	55	90
tomato, mozzarella, oreganum, baby spinach, feta, almonds		

SWEETS

Malva Pudding - served warm	55
Chocolate Brownie - served warm	55
Cappucino Cup - served frozen	55
Cassata Slice - served frozen	45
Vanilla Cones - sugar cone filled with vanilla ice cream	50
Canoli - filled with vanilla ice cream, sealed with chocolate	35

WANT A QUICK, HEALTHY BITE?

CHOOSE FROM OUR SELECTION IN THE DELI AREA.

OUR LUNCH BUFFET IS ALSO AVAILABLE AS TAKE- AWAY.

MADE FRESH DAILY WITH THE GO-GETTER IN MIND.

**NEED AN OFFICE PLATTER ASAP?!
SPEAK TO MANAGEMENT!**

SENSATIONAL SALADS *AVOCADO - WHEN IN SEASON

Starter Main

Sir Lowry Salmon salad	60	110
salmon trout, tomatoes, cucumber, red onions, parmesan, leaves, crispy capers, honey mustard dressing		
Artichoke salad (V)	55	100
leaves, marinated artichokes & red peppers, mangetout, pumpkin seeds, spring onion, Bottega herb dressing		
Butternut (V)	50	90
mixed leaves, roasted butternut, pumpkin seeds, pecorino, lentils, cherry tomatoes, boiled egg, yogurt cumin dressing		
Roasted cauliflower (V)	45	90
butter lettuce, rocket, roasted cauliflower, walnuts, radish, feta, alfalfa sprouts, sesame dressing		
Blue cheese & Pear (V)	45	75
fresh pear, blue cheese, celery, green beans, rocket, mixed lettuce, walnuts. honey mustard dressing		
Prosciutto salad	50	95
mixed leaves, Prosciutto, pecorino, artichokes, sundried tomatoes, spring onions, toasted almonds, herb dressing		
Lime Chicken & Lentil salad	50	70
leaves, roasted red pepper, lime chicken, red onions, lentils, sundried tomatoes, chilli vinaigrette		
Bread Basket	15	25
fresh or lightly toasted ciabatta		

BANTING +25 (ONLY AVAILABLE IN SMALL)

Small Large

Cajun chicken & Sundried tomatoes	60	90
tomato, mozzarella, oreganum, chicken, sundried tomatoes, rocket, grilled zucchini		
Greca (V)	55	100
tomato, mozzarella, oreganum, mushrooms, olives, feta		
Greca & Chorizo	70	120
tomato, mozzarella, oreganum, mushrooms, olives, feta, chorizo		
Vegetarian (V)	60	110
tomato, mozzarella, oreganum, grilled zucchini, red peppers, marinated artichokes		
Chickpea & Artichoke (V)	65	105
tomato, mozzarella, oreganum, roasted paprika chickpeas, marinated artichokes, pecorino, basil, rocket		
Bacon & Potato	65	85
tomato, mozzarella, oreganum, thinly sliced potatoes, bacon, garlic, red onions, thyme		
MAKE-YOUR-OWN = ADD ANY 4 TOPPINGS:	50	90
avocado, baby spinach, bacon, banana, blue cheese, butternut, capers, feta, grilled zucchini, ham, mushrooms, olives, pineapple, red onions, red peppers, roasted cauliflower, rocket, sundried tomatoes, tomatoes		