
STARTERS

✓ **PADRONS** 3.5
Blistered Padrons

FOCACCIA 3
Homemade focaccia

✓ **ARTICHOKES** 7
Sweet & sour marinade

CROQUETTE 7
Pancetta & truffle

✓ **PARMIGIANA** 6
Aubergine parmigiana

✓ **BURRATA** 8
Radicchio, chestnuts

MONKFISH 9
Parma ham wrap

TUNA TARTARE 13
Papaya, celery, cucumber

OCTOPUS 8
Fennel & orange

BOARDS

✓ **BRUSCHETTA** 9
Seasonal selection

MEAT or CHEESE 12
Italian meat or cheeses

✓ **POLENTA** 8
Crispy polenta fingers

DEEP FRIED PIZZA 11
Sausage, spinach, leeks, scamorza

✓ **TINY PIZZA** 9
Mushrooms, courgette, bufalina

ALL YOU NEED IS PASTA

FRESH HOMEMADE

✓ **PACCHERI** 9
Upside-Down Norma

LINGUINE 16
Fresh Seafood

✓ **PICI** 11
Cacio & Pepe

✓ **TAGLIATELLE** 14
Porcini mushroom, truffle

GNOCCHI 12
Butternut squash, pancetta

MAINS

MBARE BURGER 13
Cheddar cheese, bacon
lettuce & tomato

SALMON 17
Grilled salmon fillet
glazed baby carrots

LAMB SHANK 20
Slow cooked lamb
artichoke puree

SIDES

✓ **CHIPS** 3
House fried chips

✓ **CAESAR SALAD** 6
Kale, pancetta, parmesan

MIXED LEAF 4
Green leaf salad

✓ **MUSHROOM** 5
Mushroom Carpaccio

✓ **MAC & CHEESE** 7
Truffle mac & cheese

✓ **BROCCOLI** 5
Tenderstem broccoli

TO SHARE

- | | | |
|---|--|--|
| ✓ PADRONS 3.5
Blistered peppers | ✓ BURRATA 7
Chestnuts, radicchio | ✓ BRUSCHETTA 9
Trio seasonal selection |
|---|--|--|

EGGS

- | | | | |
|--|---|---|--|
| BENEDICT 9
Cooked ham, citrus mayo | MBARE 10
Parma ham, brie, spinach | ROYAL 11
Smoked salmon, hollandaise |  BURGER 8
Guacamole, bacon, fried egg, burger bun |
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BREAKFAST DIY

2 eggs any style served on sourdough bread & the choice of 2 extras **10**

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|-----------------|------------------|------------------|--------------------|
| BACON | SAUSAGE | PARMA HAM | COOKED HAM |
| AVOCADO | MUSHROOMS | SPINACH | SALMON |
| BROCCOLI | ASPARAGUS | TOMATOES | BAKED BEANS |

Hangover? add any of the extras for just 1.50 to build the ultimate breakfast!

BRUNCH

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|---|---|
| ✓ GRANOLA 5
Yoghurt, mixed berries, nuts | ✓ PARMIGIANA 6
Aubergine parmigiana |
| PANCAKES 8
Crispy bacon, maple syrup | CROQUETTE 7
Pancetta & truffle |
| ✓ BERRY PANCAKES 7
Mixed berries, fruit syrup | STEAK SANDWICH 13
Steak, focaccia, sicilian pesto |
| ✓ AVOCADO 6.5
On sourdough toast | MBARE BURGER 12
Cheese, bacon, onion, lettuce |

SIDES

- | | | |
|---|---|--|
| ✓ CHIPS 3
House fried chips | CAESAR SALAD 6
Kale, pancetta, parmesan | ✓ MIXED LEAF 4
Green leaf salad |
| ✓ MUSHROOM 5
Mushroom Carpaccio | ✓ MAC & CHEESE 7
Truffle mac & cheese | ✓ BROCCOLI 5
Tenderstem broccoli |