VEGETERIAN AND VEGAN

VEGGIE MOUSSAKA 10.50

A Hearty Veggie Moussaka Layered With, Potato, Aubergine, Carrot, Bell Papers And Courgette Topped With A Creamy Bechamel Sauce.

VEGAN CASSEROLE 12.95

Pan Fried Mushrooms, Aubergine, Courgette, Onion, Mixed Papers Garlic, Chef's Special Tomato Sauce.

VEGETABLES SKEWERS 10.95

Vibrant Colourful Veggies Threaded Onto Skewers And Grilled To Perfection.



SALAD

CAESAR SALAD 8.45

Grilled Chicken, Mixed Leaves, Caesar Dressing & Topped With Parmesan.

GRIILED HALLOUMI SALAD 7.45

Mixed Leaves With Grilled Halloumi, Tomato, Onion, Finished With Dressing.

PRAWNS SALAD 7.95

Mixed Leaves With Prawns, Tomato, Onion, Finished With Prawn Cocktail Sauce.

CAPRESE SALAD 6.95

Sliced Tomato, Mozzarella, Onion, Topped With Pesto Sauce.



PASTA / GLUUTEEN FREE

HOMEMADE LASAGNE 11.95

Lasagne Served With Salad.

PENNE ARABBIATA 9.95

Penne Pasta With Rich Tomato & Basil Sauce With Chilli Flakes & Parmesan.

SPAGHETTI CARBONARO 10.95

Creamy Sauce With Bacon Topped With Parmesan.

CREAMY CHICKEN PENNE 11.95

Chopped Chicken Fillet With Mushrooms In A Creamy Sauce & Parmesan.



SIDES

TEL: 01202 75 79 75

RICE	3.45
MASHED POTATO	3,45
ROAST POTATO	3.45
CHIPS	3.45
ONION RINGS	3.45
MIXED GRILLED VEGETABLES	3.45





E-MAIL: HELLO@44BAMBOO.UK



STARTERS

GARLIC BREAD	4.45
GARLIC BREAD WITH CHEESE	5.45
BRUSCHETTA Garlic Bread, Topped With Freshly Chopped Tomato, Onion & Basil Topped With A Balsamic Glaze.	6.45
MEDITERRANEAN MEZZE PLATTER Mezze Platter Is A Mediterranean Appetizer Platter Loaded With Hoummos, Dips, Pitta Bread, Veggie Sticks, Cheese, Falafel & Olives.	13.95
FRIED HALLOUMI Halloumi Stick Deep Fried & Served With Sweet Chilli Sauce.	6.95
FALAFEL Deep Fried Falafel, On Garlic Yogurt, Served With Pitta Bread.	6.95
SCAMPI Deep Fried Scampi, Served With A Sweet Chilli Sauce.	9.95
CALAMARI Deep Fried Squid, Served With A Garlic Mayonnaise Dip.	7.95
PRAWN COCKTAIL Prawns, Lettuce, Chef's Special Cocktail Sauce.	6.95
KING PRAWNS King Prawns Cooked In Tomato, Garlic, Fresh Chilli & White Wine Sauce.	7.95
MARINIERE MUSSELS Fresh Mussels in White Wine, Garlic, Chef's Special Creamy Sauce.	8.95





FISH

SEABASS	13.95
Chef's Special Mushrooms & Creamy Sauce.	
SEABASS & KING PRAWNS	15.95
Fillet Of Seabass Cooked With King Prawns, Lemon, Tomato,	
Garlic Butter, Fresh Basil & white Wine Sauce.	

SALMON 14.95 Fillet Of Salmon, Gently Fried In Chef's Special Mushrooms & Creamy Sauce.

PRAWN CASSERELO 15.95 Marinated Prawns Mixed With Mushrooms, Onion, Garlic & Chef's Special Sauce.

HADDOCK & CHIPS 11.95 Buttered And Deep Fried Haddock Fillet Served With Chips, Salad & Tartare Sauce.

COD FILLET 11.95

Buttered And Deep Fried Cod Fillet Served With Chips And Salad & Tartare Sauce.



MEAT

SERVED WITH CHOICE OF:

MASHED POTATO, ROAST POTATO, CHIPS, RICE OR VEGETABLES & SALAD.

LAMB SHANK 16.95

Slow Roasted Lamb Shank Cooked In A Rich Tomato Sauce With Carrots, Onion And Celery, Served With Bed Of Mashed Potato.

MOUSSAKA 14.95

A Very Traditional Greek Moussaka Made With Layered Thinly Sliced Potato, Aubergine, Carrot, Courgette & Lamb Mince Topped.

18.95 LAMB CHOPS

4 Pieces Marinated Lamb Chops.

21.95 **GRILLED RIBEYE**

Grilled Ribeye Cooked To Your Liking.

LAMB KOFTA 15.95

Kofta Are Popular And Flavourful Mediterranean Food Ground Lamb Are Flavoured With Aromatic Fresh Herbs And Pressed Onto Grilled.

CHILLI CORN CARNE 14.95

Home Made Chilli Corn Carne Served With Rice & Salad.

BEEF CASSEROLE 15.95

Tender Beef Pieces Mixed With Mushrooms, Aubergine, Courgette, Onion, Mixed Papers, Garlic & Chef's Special Tomato Sauce & Melted Cheese.





CHICKEN_

SERVED WITH CHOICE OF:

MASHED POTATO, ROAST POTATO, CHIPS, RICE OR VEGETABLES & SALAD.

CREAMY CHICKEN 14.95 Marinated Chicken Cubes With Creamy Mushrooms And Garlic

Sauce & Topped With Parmesan Cheese. **CHICKEN SEA** 14.95

Breast Of Chicken With Prawns, Spinach, Mushrooms With Chef's Special Tomato And Creamy Sauce.

14.95 CHICKEN CASEROLE

Tender Chicken Pieces Mixed With Mushrooms, Aubergine, Courgette, Onion, Mixed Papers, Garlic & Chef's Special Tomato Sauce & Topped With Melted Cheese.

CHICKEN & BACON ROLL 14.95

Breast Of Chicken Roll Ups Are Filled With Savoury Mozzarella And Bacon Topped With Cheese.

14.95 CHICKEN SKEWERS

Juicy Marinated Chicken And Vibrant Colourful Veggies Threaded Onto Skewers And Grilled To perfection.

CHICKEN CURRY 14.95

Home Made Chicken Curry And A Hint Of Mixed Herbs And Served With Rice & Naan.

