



menu

see our wine cellar window for specials of the day

Small Plates

Gordal olives - £2.50

Antipasti olive mix - £2.25

Allioli - with ciabatta £4

Hummus - with pitta £4

Tzatziki - with pitta £4

Tirokafteri - with pitta £4

Habas - fried, spiced broad beans £1.75

Pistachios - roasted and salted £3

Marinated anchovies - with ciabatta £4

Mixed breads - olive oil and balsamic £4.25

Garlic and rosemary - stone baked bread £4.25

Bencotto pesto - stone baked bread £4.75

Dolmades and feta - stuffed vine leaves £4.50

Insalata anatra - smoked duck breast, tabbouleh, pomegranate seeds, citrus dressing £7

Smoked mackerel and ricotta pâté - toasted ciabatta £6

Arancino al ragu - bread crumbed risotto ball, stuffed with mozzarella and beef ragu £5

Aubergine and courgette Parmigiana - mozzarella, Parmesan, tomato sauce, ciabatta £6

Chicken pinchito - chargrilled chicken skewer, Spanish style, lemon yoghurt, bread £6

Bencotto soup - ciabatta £4.75

Gambas al ajillo - Spanish style prawns in hot garlic and chilli oil, ciabatta £9.50

Bencotto mussels - parsley, cream and chilli, ciabatta small £6.50 large £11

Boards

Antipasti - Parma ham, Napoli salami, buffalo mozzarella, plum tomato, artichoke, rocket and Parmesan, mixed olives and chargrilled ciabatta small £11 large £19

Meze - char grilled halloumi, hummus, tzatziki, tirokafteri (feta and spicy pepper dip), dolmades, Greek salad, Kalamata olives and pitta bread small £11 large £19

Tapas - jamón Serrano, chorizo, manchego cheese, membrillo (quince jam), marinated anchovies, habas, olives, plum tomato, allioli and bread small £11 large £19

Salads and Sides

Anatra all'arancia - smoked duck breast, pancetta, orange and walnut salad £12

Tabbouleh - bulgur wheat, tomato, cucumber, mint, parsley, spring onion, lemon £4

Greek salad - with feta small £4.50 large £8.75

Plum tomato - red onion, olives, basil £3.75

Wild rocket and Parmesan - balsamic dressing £3

Green - baby gem, spinach, wild rocket, cucumber £3

Sautéed potatoes £2.50

Olive oil mash £2.50

Roast tomatoes £2.50

Cavolo nero £2.50

If you have any allergies or dietary requirements please inform your server and we will endeavour to accommodate your needs, and provide accurate information regarding the ingredients in our dishes and the risks of cross contamination.

We stock gluten free and wholemeal pastas and brown rice. We have sourced a good quality, vegetarian Grana Padano which we offer as our grated, table cheese. Some cheeses we use are not vegetarian, please ask your server for details.

Pasta

Spaghetti Bolognese - £9.50

Tagliatelle all'anatra - smoked duck, mushrooms, cream and honey sauce £12.50

Penne al forno - chicken & chorizo baked in tomato sauce, topped with mozzarella £11

Farfalle e funghi - wild mushroom ragu (onions, garlic, Marsala), garlic ciabatta £13

Linguine con cozze - mussels, cherry toms, spinach, white wine, garlic, chilli, lemon £9.50

Bucatini salsiccia - spicy Italian sausage, pancetta and onion in tomato sauce £12

Penne al pesto - torn buffalo mozzarella, cherry tomatoes, black olives, Bencotto pesto £12

Stone Baked Pizza

Margherita - tomato sauce, mozzarella and basil £8

Catalana - spicy chicken, chorizo, red pepper, chilli, garlic, oregano (bianca) £11

Tirolese - speck (Italian cured, smoked ham), Gorgonzola, white onion £11

Fiorentina - spinach, egg and shaved Parmesan £9.50

Romana - anchovies, black olives, garlic, parsley (rossa) £8

Pancetta - crispy pancetta, smoked pancetta, mushroom, red onion £11

Diavolo - picante salami, chilli, red onion, black olives, wild rocket £10.50

Calzone cacciatore - mozzarella, roasted vegetables, black olives, spicy tomato sauce £10

Mains

Chicken saltimbocca - chicken breast wrapped in Parma ham, sage butter sauce, sautéed potatoes, roast tomato, cavolo nero £14

Halloumi and vegetable kebabs - tabbouleh, tzatziki, green salad £15

Romescada - Catalan seafood stew with chorizo and almonds, garlic ciabatta £15

Leek and artichoke risotto - Grana Padano, balsamic reduction, Grana Padano crisps £11

Pan fried hake - caponata (sweet and sour Mediterranean vegetables), olive oil mash £15

Stifado - Greek style, slow braised beef and shallots in red wine, olive oil mash £15

Bencotto mussels - parsley, cream and chilli, ciabatta £11

Paella de carne - chicken, chorizo, smoked chorizo, red pepper, peas £12.50

Pork rib eye steak - peppercorn sauce, sautéed potatoes, roast tomato, cavolo nero £17

Desserts

Tiramisu - £5.50

Peach and hazelnut brioche pudding - cream £6

Crema Catalana - Spanish crème brûlée, flavoured with lemon and cinnamon £5

Torte di formaggio - mango cheesecake, pistachios £6

Chocolate fondant - melting pudding with vanilla ice cream £6.50

Affogato - vanilla ice cream "drowned" with a shot of espresso, biscotto £4.50

Lemon affogato - lemon sorbet served with a shot of limoncello and amaretti biscuits £5.75

Ice cream - please ask for current flavours 2 scoops £4 3 scoops £5.50



a group of individual venues

Café Bencotto
Pizza, Pasta, Mediterranean
www.cafebencotto.co.uk
01394 276745

The Alex Café Bar &
The Alex Brasserie
www.alexcafebar.co.uk
01394 282958

The View Point Cafe
Fish and Ships
Landguard Peninsula
www.yeogroup.co.uk