



# menu

See our wine cellar window for specials of the day

## Small Plates

- Gordal olives** - from Andalucía £2.50  
**Antipasti olive mix** - £2  
**Allioli** - with ciabatta £4  
**Hummus** - with pitta £4  
**Tzatziki** - with pitta £4  
**Taramasalata** - with pitta £4
- Harissa almonds, cashews and peanuts** - £1.50  
**Habas** - fried, spiced broad beans £2  
**Marinated anchovies** - with ciabatta £3.50  
**Mixed breads** - olive oil and balsamic £4  
**Garlic and rosemary** - stone baked bread £4.25  
**Bencotto pesto** - stone baked bread £4.75
- Dolmades and feta** - stuffed vine leaves £4  
**Tricolore** - avocado, buffalo mozzarella, tomato, basil, ciabatta £6  
**Lamb köfte** - tomato, onion and mint salsa, pitta £6  
**Tostada Catalana** - Serrano ham, tomato, garlic and olive oil on toast £4.50  
**Grilled sardine fillets** - marinated in chilli and lemon, mixed leaves £5.50  
**Tuscan chicken liver pâté** - toast, quince jam £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 char grilled ciabatta small £9.50 large £18  
**Meze** - char grilled halloumi, hummus, tzatziki, taramasalata, 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, allioli and bread small £11 large £19

## Salads and Sides

- Avocado, pancetta and walnut** - tomato, spinach, Parmesan, honey mustard dressing £9.75  
**Greek salad** - with feta small £4 large £8  
**Wild rocket and Parmesan** - balsamic dressing £3  
**Plum tomato** - red onion, olives, basil £3  
**Green** - baby gem, spinach, wild rocket, cucumber £3
- Sautéed potatoes** £2.50  
**New potatoes** £2  
**Tenderstem broccoli** £3  
**Moroccan cous cous** £2.50

*If you have any dietary requirements please inform your server and we will endeavour to accommodate your needs, and provide accurate information regarding ingredients in our dishes. We stock gluten free and wholemeal pasta and brown rice.*

*We have sourced a good quality vegetarian Grana Padano cheese which we offer as our grated, table cheese.*

*Most other Mediterranean cheeses we use are not vegetarian, please ask your server for details.*

## Pasta

**Spaghetti Bolognese** - £9

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

**Farfalle con carciofi** - artichoke, mushrooms, spinach, cream sauce £11

**Pappardelle con cozze** - mussels, cherry toms, spinach, white wine, garlic, chilli, lemon £9

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

**Fusilli arrabbiata** - courgette, onion, black olives, chilli and tomato sauce £9

**Bucatini e polpette** - spicy pork meatballs, tomato and fresh herb sauce £9.75

## Stone Baked Pizza

**Margherita** - tomato sauce, mozzarella and basil £7.25

**Catalana** - spicy chicken, chorizo, red pepper, chilli, garlic, oregano (bianco) £10.50

**Spinaci** - spinach, pine nuts, mushroom, red onion (bianco) £8.50

**Pescatore** - prawns, calamari, mussels, anchovies £11.50

**Pancetta** - crispy pancetta, smoked pancetta, mushroom, red onion £10.50

**Diavolo** - picante salami, red onion, black olives, chilli, wild rocket £9.50

**Contadina** - spicy Italian sausage, pickled mushroom, onion, shaved fennel, basil £10.50

**Calzone cacciatore** - mozzarella, roasted vegetables, olives, spicy tomato sauce £9.50

## Mains

**Brizola** - Greek style pork chop, Greek salad, sautéed potatoes, skordalia, lemon £16.50

**Chreime** - hake fillet in a Tunisian spicy sauce, lemon cous cous, pitta bread £12.50

**Risotto Bencotto** - butternut squash, pancetta, spinach, chilli and Parmesan £10

**Boureki** - Cretan courgette, potato and cheese pie with sesame seeds, Greek salad £11

**Baked pepper** - stuffed with Moroccan cous cous, beetroot, feta and mint salad £10

**Kakavia** - Greek fisherman's stew with red mullet, mussels and prawns, garlic bread £13

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

**Paella mixta** - with chicken, chorizo and seafood £12.50

**Rib eye steak** - roasted cherry tomatoes, tenderstem broccoli, sautéed potatoes £21

## Desserts

**Tiramisu** - £5.50

**Summer berry brioche and butter pudding** - berry compote £6

**Zabaglione** - light Italian custard dessert with Marsala wine, savoiardi biscuits £6

**Torte di formaggio** - baked Amaretti and raisin cheesecake, cherry ice cream £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

**Bencotto cheeses** - Manchego, Fontina, pecorino, mixed olives, ciabatta £7



a group of individual venues

Café Bencotto  
Pizza, Pasta, Mediterranean  
[www.cafebencotto.co.uk](http://www.cafebencotto.co.uk)  
01394 276745

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01394 282958

The View Point Cafe  
Fish and Ships  
Landguard Peninsula  
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