

# CASPIAN

FLAME GRILL



## LUNCHTIME MENU

SMALLER PORTION SIZES OF  
OUR CASPIAN FAVOURITES

*Served Monday to Saturday*

*11am - 4pm*

## SANDWICHES

Brioche Bun	£4.00
Wrap	£5.50
Baguette	£5.50

Choose one of the following tasty fillings..

Caspian Chicken  
 Coronation Chicken  
 Beef  
 Turkey  
 Ham  
 Bacon  
 Egg (fried)  
 Cheese (feta, cheddar or mozzarella)  
 Tuna  
 Tuna & Mayo  
 Prawns in Marie Rose Sauce

Additional fillings £1.20 each

Choose two of our garnishes..

Lettuce	Peppers
Tomato	Coleslaw
Cucumber	Beans
Red Onion	Jalapeños
Sweetcorn	

Extra garnish 60p per item

Finish off with a dressing, choose from...

Sweet Chili	Chilli
Mayo	Marie Rose Sauce
Garlic Mayo	Mint Yoghurt
Vinaigrette	

## SALADS

A fantastic range of tasty salads.

### COLD £4.80

Ham	Prawn
Tuna	Feta Cheese

### WARM £6.50

Duck  
*walnuts, orange, olives, croutons*  
 Chicken  
*cherry tomato, pine nuts, pesto, potato, beans, feta*  
 Salmon  
*broccoli, sweet potato, sesame seeds*  
 Chicken & Bacon  
*rocket, garlic, parmesan, croutons*

## HOT BAGUETTES

All served with side salad

Roast Beef in Gravy	£6.20
Roast Turkey in Gravy	£6.20
Roast Ham in Gravy	£6.20
Cumberland Sausage in Gravy	£6.20
Chicken Kebab	£6.20
Steak & Onion	£7.20
The American (burger & fries)	£6.20

## BAKED POTATO

A delicious baked potato filled with your choice of our tasty fillings  
 £6.00

Choose from:	
Cheese	Tuna & Mayo
Beans	Prawn
Cheese & Beans	Coleslaw
Tuna	Coronation Chicken

## CASPAS

Chicken fillet or rump steak covered in bread crumbs and a tasty cheese topping, served with chips or jacket potato

Caspa <i>breaded, white sauce, cheddar and mozzarella cheese</i>	£8.00
Caspa Funghi <i>breaded, white sauce, cheddar and mozzarella cheese and mushrooms</i>	£8.50
Caspa Veneto <i>breaded, white sauce, cheddar and mozzarella cheese, ham and pineapple</i>	£8.50
Caspa Bolognese <i>breaded, white sauce, cheddar and mozzarella cheese and bolognese</i>	£8.50
Caspa Prawn <i>breaded, white sauce, cheddar and mozzarella cheese and prawns</i>	£8.50
Caspa HotShot <i>breaded, white sauce, cheddar and mozzarella cheese, pepperoni, peppers, onion and jalapenos</i>	£8.50
Caspa BBQ Bacon <i>breaded, white sauce, cheddar and mozzarella cheese and barbeque bacon</i>	£8.50

## SEAFOOD DISHES

Treat yourself to one of our delicious Caspian seafood dishes, served with a choice of fries, steak chips or rice

Scampi	£6.90
Salmon Steak	£6.50
Fishcakes	
Extra Sauce	£2.50
<i>choose from calabrese or pesto rosso</i>	

## FROM THE GRILL

A smaller portion size of our Caspian Favourites, ideal for lunchtime, served with a side salad and choice of fries, steak chips or rice

Rump Steak (Approx 7oz)*	£9.80
Lumberjack Steak (Approx 7oz)*	£9.80
Gammon Steak (Approx 8oz)* <i>with egg or pineapple</i>	£8.80
Pork Platter <i>cumberland sausage, pork medallion steak and succulent spare ribs</i>	£9.20
Surf & Turf <i>chicken, steak kebab, sausage and scampi</i>	£9.20
Cumberland Sausage	£6.50

## KEBABS

A smaller portion size of our Caspian Favourites, ideal for lunchtime, served with a side salad and choice of fries, steak chips or rice

Special Kebab <i>steak, koftah and chicken</i>	£8.90
Steak Kebab <i>cubed rump steak</i>	£8.50
Chicken Kebab <i>marinated chicken</i>	£8.50
Koftah Kebab <i>lamb mince with spices</i>	£6.50

Please enquire on any allergies or dietary requirements

## PIZZA

*7inch served with fries.*

*Please note all pizza sauces and mince are freshly prepared on our premises*

<b>Margherita</b>	<b>£6.00</b>
<i>tomato, mozzarella cheese</i>	
<b>Al Funghi</b>	<b>£6.00</b>
<i>tomato, mozzarella cheese, mushroom</i>	
<b>Proscuitto</b>	<b>£6.50</b>
<i>tomato, mozzarella cheese, ham</i>	
<b>Proscuitto Funghi</b>	<b>£6.50</b>
<i>tomato, mozzarella cheese, ham, mushroom</i>	
<b>Veneto</b>	<b>£6.50</b>
<i>tomato, mozzarella cheese, ham, pineapple</i>	
<b>Hot Shot</b>	<b>£6.50</b>
<i>tomato, mozzarella cheese, onions, pepperoni, olives, peppers and chilli</i>	

## SIDES

<b>9" Garlic Bread</b>	<b>£4.00</b>
<b>9" Garlic Bread With Cheese</b>	<b>£4.50</b>
<b>9" Garlic Bread With Mushroom</b>	<b>£4.50</b>
<b>9" Garlic Bread With Tomato</b>	<b>£4.50</b>
<b>Rice</b>	<b>£2.50</b>
<b>Onion Rings</b>	<b>£1.90</b>
<b>Barbequed Tomatoes</b>	<b>£2.00</b>
<b>Dips</b>	<b>£1.50</b>
<i>Choice Of Bbq, Garlic, Rose-Marie, Mayo, Chilli, Yoghurt Or Coleslaw</i>	
<b>French Fries</b>	<b>£2.00</b>
<b>Sweet Potato Fries</b>	<b>£3.50</b>
<b>Potato Wedges</b>	<b>£2.50</b>
<b>Steak Chips</b>	<b>£2.00</b>

## PASTA AND RISOTTO

*A delicious choice of pasta and risotto  
Please note, some of our pasta dishes contain pesto & pine nuts*

*\*GF Spaghetti is available on request*

<b>Lasagne</b>	<b>£7.80</b>
<i>served with chips &amp; side salad</i>	
<b>Moussaka</b>	<b>£8.00</b>
<i>a greek dish of minced lamb with aubergines, yellow split peas, topped with a delicious cheese sauce</i>	
<b>Spaghetti Bolognese</b>	<b>£7.00</b>
<i>spaghetti served with a traditional italian bolognese sauce</i>	
<b>Spaghetti Carbonara</b>	<b>£8.00</b>
<i>smoked bacon in a creamy white sauce</i>	
<b>Penne Vegetarian</b>	<b>£7.00</b>
<i>broccoli, onion, mushroom, peppers, basil and garlic in a napoli sauce with a dash of cream</i>	
<b>Penne Funghi</b>	<b>£7.00</b>
<i>penne in a creamy mushroom sauce with basil and pesto</i>	
<b>Penne Pollo</b>	<b>£8.00</b>
<i>chicken and broccoli in a napoli sauce with a dash of cream and pesto</i>	
<b>Spaghetti Con Frutti Di Mare</b>	<b>£8.50</b>
<i>mussels, baby octopus, prawns, king prawns, calamari and garlic served in a napoli sauce, pesto and dash of cream</i>	
<b>Risotto Funghi</b>	<b>£7.00</b>
<i>risotto in a creamy mushroom sauce with pesto</i>	
<b>Risotto Pollo</b>	<b>£8.00</b>
<i>chicken breast pieces and broccoli in a napoli sauce with a dash of cream</i>	
<b>Risotto Con Frutti Di Mare</b>	<b>£8.00</b>
<i>king prawns, prawns, calamari, baby octopus, mussels and garlic in a napoli sauce, pesto and dash of cream</i>	