

# Waves

THE ITALIAN  
RESTAURANT

## Lunch Menu

Please inform our staff of any allergies or dietary requirements when you order!

### To start/Light bites...

Chef's homemade soup of the day served with warm, crusty bread **£5.50**

Pan fried button mushrooms with garlic & onions in a creamy white wine sauce **£6.50** Or why not have it as a main for **£11.00!**

Beetroot and goat's cheese salad - Honey glazed goat's cheese on a beetroot and walnut salad tossed in a honey and mustard dressing (V) **£6.00** Or why not have it as a main for **£11.00!**

Prawn salad coated in Caesar dressing, served with garlic bread **£6.50** Or why not have it as a main for **£12.00!**



Ask about our  
Vegan options!



### Tempting lunches...

Chef's mouth-watering British beef lasagne - with mozzarella, cheddar & parmesan served with golden chips and salad garnish.. **£12.95**

Proper Fish & Chips - Fresh fillet of plaice deep fried in chef's secret recipe batter, served with golden fries and garden peas - just as it should be!.. **£11.95**

Penne pasta with Cajun chicken in a rich tomato sauce.. **£10.95**

Linguini with cooked minced pork, celery, onions, fennel seeds, white wine and cream sauce.. **£10.50**

Pasta with sautéed Italian vegetables in a rich tomato and basil sauce (VG).. **£10.50**

### Hot Paninis...

The classic 'grilled' Italian sandwich with your choice of... Ham, cheese & tomato // Chicken with pesto & cheese // Bacon & brie // Mozzarella, tomato & basil (V) All **£7.95**

Turn over to see our  
delicious pizza menu!

01834 870085 [www.celtichaven.co.uk/waves](http://www.celtichaven.co.uk/waves)

Waves is open every lunch time and from 6pm every Monday, Tuesday, Thursday, Friday, and Saturday (We also open on Wednesday evenings during main school holidays)

### Jacket Potatoes...

Crispy, oven baked and generously filled with your choice of...

Bolognese // Baby prawns in Marie Rose sauce // Tuna, mayo & sweet corn // Cheddar & baked beans (V) // Italian veggies in a rich tomato & basil sauce (V)

All **£7.95**

### Side orders...

Garlic Potatoes **£3.00**

Side Salad **£3.00**

Chips **£3.00**

Garlic Ciabatta **£3.00**

Fresh, seasonal vegetables **£3.00**

Basket of bread and olives for two **£5.95**

Creamy black pepper sauce **£2.00**

Basket of fresh bread **£3.00**

### Desserts...

Let us tempt you with today's delicious dessert selection **£6.00**

#### Allergy Information

V = Vegetarian

VG = Vegan

Many dishes are gluten free or can be made gluten free on request

Please inform your server of any dietary requirements