

# Waves

THE ITALIAN  
RESTAURANT

My great 'Lazy Sunday Lunch'  
Served from 12 'til 4pm



## Starters

Chef's freshly homemade soup of the day with warm crusty bread (VG)

Smoked salmon slices with salad leaves, lemon and classic cocktail sauce

Sautéed button mushrooms tossed in a creamy white wine and parsley sauce with warm crusty bread for dipping (V)

Flaked welsh goats cheese on a honey and mustard dressed walnut salad (V)

Asparagus spears tossed in a sesame and sunflower seed salad (VG)

## Mains

Roast prime 'Best of British' beef with a homemade Yorkshire pud and a rich gravy

Slow roasted shoulder of British lamb with mint sauce and a rich gravy

Roast belly pork with rosemary stuffing and homemade apple sauce and a rich gravy

Chicken supreme with a sage, chestnut & cranberry stuffing and a rich gravy

Grilled fillet of hake on a white wine and tarragon sauce

Italian vegetable, chick pea and coconut curry, served with fragrant rice (VG)

Unless stated otherwise all of the above main courses are served with a delicious selection of fresh, seasonal vegetables, roast and new potatoes - yum.

## Desserts

Choose from today's delicious dessert selection.

One course  
£11.00

Two courses  
£16.00

Three courses  
£21.00

Child portions  
available - one  
course £6.50,  
two courses  
£9.50 or three  
courses £12.50

## 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.*



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

0918

