

# LIGHT MEALS

---

## Melanzane Bake (Eggplant) 97

Thin layers of lightly fried eggplant in a napolitana sauce. Served with a small garlic and mozzarella focaccia

---

## Nachos Plain 82

Corn chips topped with soya mince, spicy tomato salsa, and melted mozzarella cheese.

---

## Nachos Spicy 86

With jalapeño chillies

---

## Flatbread & Dips 79

Three delicious dips – pesto, olive tapenade, sundried tomato. Served with a small garlic and herb flatbread

## Michelos Special Burger 97

Home-style soya mince patty with melted mozzarella cheese and chips

---

## Chips 36

# SOUPS

---

## Tomato 61

## Cream of Corn & Onion 65

---

## Minestrone 64

## Cream of Pea & Lettuce 65

## Cream of Tomato 65

# BAKED POTATO

---

**Napolitana**

74

**Tuna & Mozzarella**

95

---

**Arabiato**

76

**Smoked Salmon  
Curry**

95

---

**Alfredo, Pesto,  
Indiano, Biella,  
Spinaci, Polish,  
Creamy Pesto**

86

**Mexicana**

95

# TRAMEZZINO

---

All our Tramezzino are made with melted mozzarella cheese and served with a side salad or chips

Choose white or brown

<b>Spinach &amp; Feta</b>	86	<b>Tuna Mayo, Peppadews &amp; Gherkins</b>	95
<b>Avocado &amp; Feta</b>	86	<b>Olives &amp; Mushrooms</b>	86
<b>Roasted Vegetables</b>	86	<b>Cheese &amp; Tomato</b>	82

# BAKED PASTAS

---

<b>Vegetarian</b>	94	<b>Spinach &amp; Feta Cannelloni</b>	102
<b>Tuna</b>	104	<b>Macaroni &amp; Cheese</b>	89

# SALADS

---

## Italian

92

With green peppers, carrots, corn, red onions, olives and mozzarella cubes

---

## Greek

95

With red onions, kalamata olives, feta and sundried tomatoes.

---

## Health

102

With chickpeas, carrots, avocado, asparagus, cottage cheese, sprouts, cranberries, mixed toasted seeds. Served with a low-fat yogurt dressing

---

## Michelos

106

Fresh smoked salmon and haloumi cheese with lettuce, tomato slices, green peppers, cucumbers and red onions

---

## Nicoise

106

With steamed green beans, kalamata olives, soft boiled potatoes, tuna and boiled egg

---

## Oriental Chicken

106

Spinach and cucumber with red bell peppers, steamed baby corn, sugar snap peas and avocado topped with sesame soya 'chicken' strips. Served with a honeyed ginger soy dressing

## Sticky Beetroot & Sweet Potato

106

Sticky beetroot, roasted sweet potato, red onion, grated egg, feta cheese, salted cashews, and croûtons on a bed of spinach and rocket. Served with our Secret Pink dressing

## Haloumi

106

With baby tomatoes, avocado and haloumi cheese, topped with corn nuts

## Roast Vegetables & Couscous

102

Herbed couscous with roasted vegetables and rocket, topped with cranberries, walnuts, and pumpkin seeds. Served with a sweet Honey-and-Lemon vinaigrette

# PIZZAS

S M L

### Margarita

77 95 145

### Mushrooms & Olive

89 116 174

### Tex Mex

93 120 175

Baked Beans, Corn & Jalapeño Chilies

### Vegetarian

95 122 176

Fresh Tomato, Green Pepper, Olives & Mushrooms

### Hawaiian

89 116 174

Mushrooms & Pineapple

## Neptune

95 122 176

Fresh Tomato & Tuna

---

## Stoneys

95 122 176

Feta, Pineapple & Peppadew

---

## Sundried

97 126 182

Sundried Tomato, Avocado, Feta & Rocket

---

## Mexicana

105 130 180

Soya Mince, Onions, Green Pepper & Jalapeño Chillies

---

## Avo Jaffo

95 124 180

Feta, Avocado & Pineapple

---

## Veg De Lux

97 126 182

Fresh Tomato, Green Olives, Mushrooms, Sweet Onion Relish, Asparagus & Green Pepper

## Pasta Pizza

120 142 195

The Carbo Loader –

Thick base Margarita with a choice of pasta topping: Polish, Arbiato or Indiano

---

## Toscana

105 130 180

Marinated 'Chicken' Strips, Avo, Mushrooms & Sweet Onion Relish

---

## Greco

95 122 176

Spinach, Feta & Olives

---

## Funghi Al Pesto

89 116 174

Roasted Mushrooms & Pesto

---

## Arostito

95 124 180

Sticky Beetroot, Roasted Butternut, Feta & Rocket

---

## Owners Favourite

95 124 180

Pesto, Sweet Onion Relish & Feta

---