

MENU

Please inform your server of any allergens.



Vegetarian option available



Gluten-free



Vegan option available



Warning! Very hot



New dish

All pizza / pasta can come with gluten-free option*, please just ask!
£2.00 extra for all GF pizza bases.
*Except lasagne



A LITTLE BIT OF SOUL IN YOUR BOWL

Take a seat, pass the plates and make it a family thing. From New York-Italian classics to feel-good crowd-pleasers, we cook it fresh and keep it friendly. Come hungry... leave happy.

STARTERS

Tomato Soup

£5.95

Italian-style tomato soup with lightly toasted bread and butter

Crispy Panko Prawns

£6.95

Juicy prawns in panko crumbs, served with sweet-chilli dip and salad garnish

Gambas Pil-Pil

£8.95

Prawns sizzled in garlic-chilli oil. Come with lightly toasted breads for dunking.

Pâté

£8.95

Chicken-liver pâté in a traditional pot with clarified butter. Served with lightly toasted breads, salad garnish and chilli jam.

Halloumi Sticks

£6.95

Halloumi sticks with Cajun mayo and salad garnish

Garlic Crispy Chicken

£6.95

Juicy chicken breast strips, marinated in buttermilk and coated in a crispy crumb. Sliced & served with aioli.

Brie Triangles

£6.95

Golden, breadcrumb brie with cranberry purée and a light salad garnish

Hot Wings (6)

£9.95

Hot and kickin' crispy-coated chicken wings. Served with a BBQ sauce.

GARLIC BREADS

All garlic breads can be made with gluten-free dough, please just ask! £2.00 extra for GF base. 

Plain Garlic Bread £8.95

Mozzarella Garlic Bread £9.50

Mexican Red Onion, Tomato and Chilli Garlic Bread £9.95

MAINS

POLLO

CHICKEN MILANESE

Butterflied and coated in a light panko breadcrumb. Served with a choice of fries, salad or mash!

Plain £11.95

With Crunchy Jalapeño and Onions

£14.95

Arrabbiata Sauce

£14.95

Tomato, Onion and Mozzarella £14.95

Hunter's Chicken with bacon, mozzarella and BBQ sauce

£15.95

GRILLED CHICKEN


Butterflied and freshly-grilled chicken. Served with a choice of fries, salad or mash!

Garlic Butter £12.95

Peppercorn Sauce

£14.95

BURGERS

Done just how mama used to make 'em. All burgers are served char-grilled in a soft brioche bun with salad leaves, beef tomato slice and a side of home-made fries. Add your choice of fries seasoning (Piri Piri, Cajun or Salt & Chilli Pepper) for 50p. All burgers can come gluten-free, please just ask. 

Cheeseburger £14.95

Juicy beef burger, topped with Monterey Jack cheese

Cajun Buttermilk Chicken £14.95

Tasty chicken fillet burger, coated in a Cajun buttermilk batter with Cajun mayo

Bacon n' Eggs £15.95

Layered beef burger with crispy bacon, fried egg and a barbecue sauce

The Black n' Blue £15.95

Lip-smackin' beef burger, doused in classic blue cheese

The Hot One £14.95

Tasty beef burger, set on fire with a chilli cheese topping and chipotle mayo

Hello Halloumi £15.95

Deep-fried halloumi burger, smothered in a sweet chilli mayonnaise

The Veggie £14.95

The full veggie burger, set off with a sauce of your choice

House Special!! Soul Bowl £15.95

Sizzler Burger

Juicy beef burger with mozzarella and jalapenos, served sliced and sizzling on a griddle pan with bechamel cheesy sauce and a BBQ dip

LOADED BRATWURST DAWGS

Bratwurst hot dogs, loaded with your choice of finger-licking topping and served with fries. Add your choice of fries seasoning (Piri Piri, Cajun, or Salt & Chilli Pepper for only 50p).

Jalapeños, Onions and Cheese £13.95

Bacon and Cheese £14.50

Pulled Pork and Cheese £14.95

SALADS

Mambonito Salad!

Mixed leaves, tomato, onion and cucumber with avocado, black rice, azuki beans and a chimichurri dressing

Plain £8.95 Chicken 10.95

Halloumi 10.95

DOUBLE UP ON ANY BURGER FOR £4!

PASTA

All pasta can be done gluten-free except for lasagne and dough bowl. Please just ask. 

Arrabbiata Pasta in a Dough Bowl! £14.95

Hot, hot, hot! Penne pasta served in traditional spicy tomato, chillies and fresh basil sauce BUT with a twist (!) – it comes served in a garlic pizza dough bowl! Perfect for dipping into the last of that Arrabbiata sauce!

Lasagne £14.95

Traditional beef ragù in pasta layers, topped with mozzarella

Penne Pomodoro Your Way

Traditional Italian tomato sauce on pasta, served with your choice of topping!

Plain Pomodoro £12.95

Panko Breaded Chicken Strips £15.95

Mac N' Cheese

Served bubbling and gooey in a hot skillet pan.

On Its Own £9.95 Tender Pulled Pork £15.95 Crispy Bacon £13.95

Black pepper and parmesan?! Let's go full Italiano! Don't forget to ask your server for your traditional Italian flourish!

PIZZA

All pizza dishes can be made with gluten-free dough, please just ask! £2.00 extra for GF pizza base. 

Pizzas displaying the  can be made with vegan cheese. Please just ask.

Margherita £11.95

Grated mozzarella cheese with a fresh, Italian tomato sauce

Hawaiian £12.95

Grated mozzarella, sliced ham and chunky pineapple, atop a fresh, Italian tomato sauce

Soul Bowl Ol' Smoky £13.95

Sink your teeth into this smoky BBQ base, topped with hearty sausage, earthy mushrooms and sweet red onions for the perfect mix of sweet and savoury

Sweet Chilli Prawn £14.95

Prawns with sweet chilli sauce, sliced chillies and mozzarella, served on a classic tomato base

BBQ Boar £13.95

Tender pulled pork dressed on a smoky BBQ base and layered with red onion, roasted peppers and a generous sprinkle of mozzarella cheese

Smokin' Chilli Chicken and Sweetcorn £14.95

BBQ sauce on base, sweetcorn, sliced chillis, chicken chunks, mozzarella

Meatropolis £15.95

Turn up the heat with this meat lover's inferno! Classic tomato base with melted mozzarella and a flavour-packed lineup of ham, zesty Cajun chicken, spicy salami & pepperoni, juicy sausage and a kick of fresh chilli.

Pepperoni £12.95

Grated mozzarella, sliced pepperoni sausage and a fresh Italian tomato sauce

Vegetarian £12.95

Grated mozzarella, roast peppers, red onions, mushrooms and sweetcorn on a fresh, Italian tomato sauce

Farmhouse Royale £13.95

A bold blend of rich tomato base, topped with gooey mozzarella, savoury ham, juicy pepperoni, earthy mushrooms and vibrant peppers

Pollo Mama Vista £13.95

Grated mozzarella, chicken, sweetcorn and mushroom, served with a traditional tomato sauce base

Flame Thrower £13.95

Pepperoni, red onions, peppers, grated mozzarella and fresh chilli, served with a classic Italian base sauce. (pepperoni can be removed)

Brooklyn Cheeseburger £14.95

Strips of juicy beef burger packed in between heaps of grated mozzarella cheese and Italian tomato sauce. Topped with a smattering of pickles, red onions and real burger sauce. Welcome to New York baby

THE SIDES

Loaded Fries

Fries, loaded high with your choice of delicious topping.

Jalapeños, Onions and Cheese £7.95

Bacon and Cheese £8.95

Pulled Pork and Cheese £9.95

Seasoned Fries £3.95

Served crispy with your choice of seasoning; Plain, Piri Piri, Cajun or Salt & Chilli Pepper

Side Salad £3.95

Mash £3.95

Crunchy Red Slaw £3.95

LEVEL UP WITH A DIP/SAUCE!!

£2.00 each or 3 for £5.00

Sticky BBQ / Sweet Chilli / Cajun Spice Mayo / Piri Piri Mayo / Chipotle Mayo / Garlic Mayo / Sriracha

ADD AN EXTRA TOPPING TO YOUR PIZZA!!

£1.00 TOPPINGS!

Sweetcorn, mushrooms, chillis, jalapeños, red onions, peppers, pineapple

£2.00 TOPPINGS!

Cajun chicken, pepperoni, salami, sausage, prawns, chicken, pulled pork, chicken chunks, ham

HAPPY DAYS!

All dishes marked with  are included in our Happy Days menu

Pizza £10.50

Pasta £10.50

Burgers £12.95



Served 12pm - 9pm Monday - Friday. *Excluding school holidays and bank holidays

Allergens.

We can not guarantee that any product is completely free from any allergen. Please let your server know if you have any allergens so that this can be checked with the chef, as not all ingredients may be listed on the menu. All dishes are prepared & cooked where allergen ingredients (e.g. nuts, flour etc.) are commonly used. We are sorry for any inconvenience or disappointment that this may cause; the handling of allergens and safety of guests is of the utmost importance to us. Please inform your server of any allergens.