


# DINNER AT 143 THE CANOPY

Served Tuesday- Saturday 11.30AM- 3PM & 6.30PM- 9PM

## Starters

**Soup of the Day**, Crusty Bread 5

**Deep Fried Whitebait**, Tartare Sauce & Fresh Lemon (gf) 5.5

**Warm flatbread** Fresh Herbs, Feta ,Tomato Dressing, Caramelised Onions 5.5  (with out Feta vegan)

**Chicken Livers** Pan Fried With Garlic, Lime, Chilli & Balsamic 5.5 

**Crispy Calamari**, Arabiatta Dip & Fresh Lemon (gf) 5.95

**Griddled Asparagus**, Soft Poached Free-Range Hen's Egg, Sauce Hollandaise (gf) 6.50

**Timbale of Avocado**, Prawn, Crayfish, Gremolata (gf) 6.95

**Mezze Board** for Sharing- Babaghanoush, Chicken Wings, Sweet Potato Pancakes, Tzatziki, Hummus & Za'atar grilled Pitta Bread & Olives 10 (gf without pitta bread)

## Main Plates

**Asparagus**, Mushroom, Pea, Mint & Lemon Risotto, Cream (v, gf) 12.95 (with out Cream vegan)

**Tower of Vegetables**, Goats Cheese, Tomato Basil dressing (v, gf) 12.95  (without Goats Cheese vegan)

**Canopy Pie of the Day**, with Market Vegetables 12.95

**Breast of Guinea Fowl**, Wild Mushroom, Jus, Vegetables, Rosti Potato (gf) 13.5

**Slow Braised Rump Steak**, Gourmet Sauce, Champ 14.5

**Pan Roasted Fish of the Day**, Canopy Gremolata (gf) 14.95

**Braised Lamb Shank**, Moroccan, African Style With A Kick, Bubble & Squeak (gf) 16

**Pan -Seared Calves Liver**, Crispy Bacon, Onion Rings, Champ, & Red Wine Onion Gravy 16

## Black Rock Grills (gf)

**Fish on the Rock** 18.95      **House Steaks** of the day on the Rock 20 (Fillet 25)

Sauté Garlic Potatoes, a Choice of House Salad OR Grilled Tomato, Courgette, Battered Onion Rings & 3 sauces  
EXTRA SAUCES ARE CHARGED AT £1.50 PER ITEM

## Side Dishes 3.5

Sweet Potato Fries 

Bread Basket, Butter, Oils Balsamic

Dauphinoise Cheese Potato

Pan Fried Kale with Red Onions & Garlic 

Seasonal Market Vegetables

During Your Meal if You Are Unhappy With Anything, Please Notify The Waiting Staff So That We Can Try To Put It Right While You Are With Us.

If You Have Any Food Allergies, Please Notify Our Staff Before You Place Your Order.

A 10 % Discretionary Service Charge Will Be Added To the Total Bill

All Our Prices Are Inclusive Of 20% Vat

## **DESSERTS**

**Sticky Toffee Pudding**, Pouring Cream **5.5**, Vanilla Ice Cream **6**.

**Homemade Ice Cream** (2 scoops) **4.5** (3 scoops) **5.5**

**Chocolate Fondant Tart**, Pouring Cream **5.95**

**Crème Brule** (gf) **5.95**

**Canopy Mess** (gf) **5.95**

**Salted Caramel & Chocolate Cheesecake**, Vanilla Ice Cream **6.25**

**Apple Tart Tatin**, Candy Ginger Ice Cream **6.25**

**A Trio of Artisan Cheeses**, Biscuits, Fruits, Chutney **7.5**

**We have vegan ice-creams upon request**

## **Liqueur Coffees**

### **Irish**

Jameson Irish whiskey, Coffee, Cream

### **French**

Cointreau, Coffee, Cream

### **Calypso**

Tia Maria, Coffee, Cream

### **Baileys**

Baileys, Coffee, Cream

### **After Eight**

Crème De Cacao, Crème De Menthe, Coffee Cream

### **Grand Latte**

Grand Marnier With Café Latte

**5.5**

**Liqueurs Are Also Available Upon Request.**

## **After Dinner Cocktail**

**Espresso Martini 6.95**

Vodka, Kalua, Espresso

**Canopy Flame-sharing cocktail 10**

Baileys, Sambuca, Kalua, Cointreau

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