



T.E.B

LOUNGE

Mediterranean-inspired cuisine • Premium seafood • Signature grills

DIETARY KEY

VE = Vegan | V = Vegetarian | GF = Gluten-Free option available

Please inform your server of any dietary requirements or allergies

A discretionary service of 12.5% will be added to your bill

STARTERS

Marinated Olives (VE, GF) — £5

Extra virgin olive oil, citrus zest

Tzatziki & Warm Bread (V) — £6

Greek yoghurt, cucumber, garlic, dill

Hummus & Warm Bread (VE) — £6

Chickpeas, tahini, lemon, olive oil

King Prawns (GF) — £8.50

Pan-fried, garlic butter, white wine

Bruschetta (V) — £7

Vine tomatoes, oregano, parmesan, balsamic glaze

Arancini — £8

Cured salmon, cream cheese, herbs, mozzarella

Chicken Wings (GF) — £8.50

Crispy fried, oregano, sweet chilli glaze

Calamari — £9

Lightly fried, wasabi mayonnaise

Creamy Garlic Mussels — £9

Mussels, cherry tomatoes, garlic & white wine in a creamy tomato sauce

Goat's Cheese Salad — £7.50

Goat's cheese, cherry tomatoes, rocket & balsamic glaze (v)

Greek Salad — £8

Tomato, cucumber, olives, red onion, peppers, herbs, feta cheese, oregano & olive oil (v)

Halloumi Fries — £7.50

Sweet chilli, honey & sesame seeds (gf) (v)

Classic Hot Board — For The Table — £22

Prawns, arancini & wings

Mediterranean Board — For The Table — £22

Camembert, pizza bread, olives & dips

HOUSE SPECIALS

Beef Tartare (GF) — £16

Gherkins, egg yolk, buffalo, shallots, capers, mustard, crostini

Shell- On Baked Scallops — £16

Garlic butter, basil pesto, breadcrumbs

Octopus Salad (GF) — £13

Potatoes, lettuce, parsley, chilli

PASTA

King Prawn & Crab Linguine — £18.50

Saffron cream, dill, tomato

Penne Arrabbiata (V, VE) — £15

Tomato, chilli, garlic

Wild Mushroom Spaghetti (V) — £16

Spinach, garlic cream

Lamb Moussaka — £19

Seasonal vegetables, lamb gravy

Frutti di Mare — £24

King prawns, shrimp, mussels, calamari, white wine, lemon

Caviar Lobster Paccheri / Linguini — £32

Garlic butter, white wine, cherry tomato

**All Pasta dishes can be served in a garlic bread bowl upon request for £1 extra.*

PIZZAS/CALZONE

Margherita — £10

Tomato, mozzarella, oregano

Pepperoni — £12.50

Tomato, mozzarella, pepperoni, oregano

Vegetarian (V) — £13

Mushrooms, onions, peppers, olives, tomato, mozzarella, oregano

Quattro Formaggi — £14

Mozzarella, blue cheese, brie, Parmesan, oregano

TEB Pizza — £15.50

Tomato, mozzarella, rocket, cherry tomatoes, cured beef (bresaola), shaved Parmesan

FROM THE SEA

Seafood Platter (to share) — £65

Prawns, shrimp, calamari, mussels, white wine, lemon, fresh bread

Sea Bass Fillet (GF) — £20

Asparagus, baby potatoes, tomato sauce, basil oil

Salmon (GF) — £19.50

Mashed potatoes, vegetables, creamy mushroom sauce

Blackened Cod (GF) — £20

Mediterranean vegetables, celery purée

Battered Hake — £18

Chips, tartare sauce

FROM THE GRILL

Corn-Fed Chicken Supreme (GF) — £18.50

Boulangère potato, baby carrots, chive reduction

Lamb Chops (GF) — £24

Basmati rice, tzatziki, fresh salad

Lamb Shank (GF) — £21

Mashed potato, seasonal vegetables, gravy

Sirloin Steak (8oz) (GF) — £25

Chunky chips, mushroom, tomato

Fillet Steak (10oz) (GF) — £31

Chunky chips, mushroom, tomato

T-Bone Steak (16oz) (GF) — £45

Asparagus, chips, mushrooms, tomato, garlic butter

Tomahawk Steak (30oz, to share) (GF) — £65

Asparagus, chips, grilled vegetables, garlic butter

The TEB Beef Burger (8oz) — £18

Brisket patty, brioche bun, English cheddar, onions, tomato, cucumber, onion ring, TEB burger sauce, baby gem, chunky chips & rainbow slaw

The TEB Chicken Burger — £18

Breaded chicken breast fillet, brioche bun, English cheddar, onions, tomato, cucumber, onion ring, TEB burger sauce, baby gem, chunky chips & rainbow slaw

The TEB Green Burger (V) (VEA) — £18

Lentil & vegetable patties, brioche bun, English cheddar, onions, tomato, cucumber, TEB burger sauce, baby gem, chunky chips & rainbow slaw

SIGNATURE SHARING FEASTS

Mixed Grill (to share) — £75

Lamb chops, sirloin, chicken wings, meatballs, chicken fillets

Tomahawk Supreme Platter (to share) — £150

Tomahawk steak, lamb chops, sirloin, chicken wings, meatballs, chicken fillets

SIDES

Chips — £4.50

Cheesy Chips (V) — £5.50

Grilled Asparagus (VE, GF) — £5.50

Rice (VE, GF) — £5.50

Mashed Potato (VE, GF) — £5.50

Side Salad (VE, GF) — £5.50

Seasonal Vegetables (VE, GF) — £5.50

Onion Rings — £6.50

SAUCES

Blue Cheese (V) —£1.50

Peppercorn (GF) —£1.50

Mushroom (GF) —£1.50

Chimichurri (VE) —£1.50