

The  
*Sparling*  
In Barton



# Main Menu

## \* APPETIZERS \*

Selection of bread and oil small (V)	£3.75
Selection of bread and oil large (V)	£6.50
Marinated olives with feta cheese (V)	£4.50
Battered courgette with honey and rock salt (V)	£4.50
Bruschetta Pomodoro (V)	£4.95
Sticky chipolata sausages	£3.50
Pitta bread with houmous (V)	£3.95

## \* PLATTERS \*

(Starter for two people sharing or for one as a main course)

<b>SPANISH PLATTER</b>	£15.95
Patatas bravas, gambas pil pil, chorizo and bacalao sliders served with pitta bread	
<b>GREEK PLATTER (V)</b>	£14.95
Beans saganaki, houmous, dolmades, tzatziki, olives & feta served with pitta bread	
<b>ITALIAN PLATTER</b>	£14.95
Mozzarella in carrozza, bruschetta al Pomodoro, baby calamari all'aglio and mussels	
<b>TURKISH PLATTER</b>	£15.95
Lamb koftas, borek, saksuka, and chicken koftas served with Turkish flat bread	

## \* KIDS MENU £6.95 \*

(All served with chips and a scoop of ice cream)

Linguini in tomato sauce (V)

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Linguini Bolognese

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Cod Goujons with bean

—

Chicken nuggets with beans

—

Lasagne

—

Lamb Kofte

## \* STARTERS \*

<b>Soup of The Day (V)</b> Homemade soup served with toasted ciabatta bread	£5.95
<b>Biber Dolmasi</b> Stuffed Peppers filled with rice, fine chopped parsley, onion, tomato and beef mince in tomato sauce	£6.95
<b>Funghi Fritti (V)</b> Deep fried breaded mushrooms with garlic mayo dip	£5.95
<b>Mussels</b> Fresh cooked mussels with chilli, ginger, coconut milk, lemon grass and coriander served ontoasted brioche	£6.95
<b>Fegatini al Marsala</b> Pan fried fresh chicken livers with onion chilli and garlic and finished with marsala wine	£6.95
<b>Lamb Koftas</b> Traditional Turkish koftas on a skewer served with salad, Turkish flat bread and minted yogurt	£6.95
<b>Baby Calamari Fritti</b> Lightly battered with seasoned flour, deep fried and served with garlic mayo dip	£6.95
<b>Gambas Pil Pil</b> King prawns in a chilli lemon garlic butter sauce	£7.95
<b>Costillares Marco Polo</b> Slow cooked pork ribs with spicy barbeque sauce from Madrid	£5.95
<b>Timballo</b> Prawns, cream cheese and chives wrapped in Scottish smoked salmon	£6.95
<b>Pate</b> Homemade chicken liver pate served with toasted bread and tomato chutney	£5.95
<b>Trio Fried Cheeses(V)</b> Breaded mozzarella, spinach and feta borek and breaded brie,	£7.50
<b>Caprese Salad(V)</b> Italian mozzarella tomato and basil salad	£5.95
<b>Borek(V)</b> Turkish style feta cheese and spinach rolled in filo pastry, deep fried and served with spicy Turkish salsa	£5.95
<b>Saksuka(V)</b> Aubergines, courgettes, mushrooms and potato in garlic, peas, basil and tomato sauce	£5.95
<b>Dolmades(V)</b> Turkish style vine leaves stuffed with rice, in tomato sauce served with tzatziki	£6.45

## \* MAIN COURSES \*

Sparling Special Anatolian Casserole great to share  
This is most special dish from the east of Turkey (Anatolia).

Your choice of diced sirloin, chicken or vegetarian cooked with aubergines, courgettes, mushrooms, peas and potato in garlic, basil and tomato sauce in a special pan with burner served with chips, rice and grilled long green pepper

Sirloin to share           £29.95 or £15.95 for one  
Chicken to share       £26.95 or £13.95 for one  
Vegetarian to share   £20.95 or £10.95 for one



- Mussels** £12.95  
Fresh cooked mussels with chilli, ginger, coconut milk, lemon grass and coriander
- Fegatini al Marsala** £12.95  
Pan-fried fresh chicken livers with onion chili and garlic and finished with marsala wine
- Lasagne and Chips** £9.95  
Homemade traditional lasagne with grandma's secret recipe sauce
- Halloumi Kebab (V)** £12.95  
Halloumi red pepper kebab with roasted vegetables and couscous
- Patlican Kebab (V)** £13.95  
Battered aubergines, courgettes, mushrooms, onion and pepper skewer served with couscous and Turkish spicy salsa
- Ravioli Vegetarian(V)** £9.95  
Fresh egg pasta filled with ricotta and spinach, in creamy tomato sauce
- Ravioli Lobster** £12.95  
Fresh egg pasta filled with lobster in saffron and cream sauce
- Moussaka** £10.95  
Traditional Greek style with potato base, layers of aubergines and minced beef,
- Chicken and Lamb Koftas** £15.95  
Traditional koftas on skewers served with salad, rice, chips, minted yogurt and Turkish flat bread
- Linguini Bolognese** £8.95  
Linguini in an Italian traditional beef Bolognese sauce
- Linguini Mare** £11.95  
Linguini with mussels, clams, prawns, salmon, squid and king prawns in tomato sauce
- Sea Bass Tulipano** £17.95  
Seabass fillets rolled with baby prawns, oven baked with white wine, garlic, cherry tomato and lemon, served with crushed new potatoes and seasonal vegetables
- Hake** £16.95  
Hake fillet, oven baked with baby prawns, garlic, capers and creamy white wine sauce with crushed new potatoes and vegetables

## \* MAIN COURSES \*

<b>Salmon</b>	£15.95
Poached fillet of salmon in lemon and dill butter sauce, served with crushed new potatoes and seasonal vegetables	
<b>Paella Chicken and Chorizo</b>	£11.95
Spanish paella rice with chicken, chorizo, onion, peppers and saffron	
<b>Paella Sea Food</b>	£13.95
Spanish paella rice with mussels, clams, prawns, salmon,	
<b>Paella Surf and Turf</b>	£15.95
Spanish paella rice with chicken, chorizo, mussels, clams, prawns, salmon,	
<b>Paella Vegetariana(V)</b>	£9.95
Spanish paella rice with, onion, peppers, aubergines, cherry tomato and saffron	
<b>Moroccan Chicken Tagine</b>	£14.95
Pan roasted chicken breast in classic tagine sauce with harissa couscous	
<b>Pollo Sparling</b>	£16.50
Pan roasted chicken breast, served on bed of Linguine, in a creamy mushroom sauce	
<b>Spanish Chicken</b>	£16.50
Oven baked chicken breast with chorizo, onion, peppers, chili, garlic and white wine, tomato, basil sauce, served with new potatoes and seasonal vegetables	
<b>Lamb Kleftiko</b>	£16.50
Slow cooked lamb shank with aubergines, courgettes, mushrooms, peas and potato in garlic, basil and tomato sauce	
<b>Moroccan Lamb Tagine</b>	£16.50
Slow cooked lamb shank in classic tagine sauce with harissa couscous	
<b>Iberian Belly Pork</b>	£16.95
Crispy pork belly with Iberian sauce (chorizo, onion in caramelized red wine jus) served with spring onion mash potato and seasonal veg	

## \* STEAKS \*

8oz Fillet Steak	£24.95
10oz Sirloin Steak	£19.95
14oz Rib Eye on the Bone	£20.95

Steaks are cooked to your liking with hand cut chips, onion rings, grilled tomato, Portobello mushroom and choice of peppercorn, blue cheese, Dianne, mushroom or red wine jus

## \* TAPAS \*

Tapas offer Monday to Friday 3 tapas for £12.95

<b>Patatas Bravas(V)</b> Potatoes roasted in tomato chilli, onion and garlic	£4.95
<b>Lamb Koftas</b> Traditional Turkish koftas on a skewer served with salad, Turkish flat bread and minted yoghurt	£5.95
<b>Gambas Pil Pil</b> King prawns in a chilli lemon garlic butter sauce (£1.50 surcharge when as part of deal)	£6.95
<b>Funghi fritti (V)</b> Deep fried breaded mushrooms with garlic mayo dip	£5.95
<b>Costillares Marco Polo</b> Slow cooked pork ribs with spicy barbeque sauce from Madrid	£5.95
<b>Beans Saganaki(V)</b> Greek-style beans in a tomato spicy sauce with feta cheese	£5.95
<b>Chorizo Vino Rojo</b> Pan fried chorizo with red onion and finished in red wine	£5.95
<b>Chicken Souvlaki</b> Greek style marinated chicken skewer with minted yoghurt	£5.95
<b>Pitta and Dips(V)</b> Pitta bread served with houmus & tzatziki dips	£4.95
<b>Ravioli Vegetarian(V)</b> Fresh egg pasta filled with ricotta and spinach	£5.95
<b>Ravioli Lobster</b> Fresh egg pasta filled with lobster in saffron and cream sauce	£6.95
<b>Lasagne</b> Homemade traditional lasagne with grandma's secret recipe sauce	£6.25
<b>Moussaka</b> Traditional Greek style with potato base, layers of Aubergines and minced beef,	£6.50
<b>Baby Calamari</b> Lightly battered with seasoned flour, deep fried and served with garlic mayo dip	£5.95
<b>Bruschetta Pomodoro(V)</b> Toasted bread topped with chopped tomato, red onion, garlic and basil in creamy tomato sauce	£4.95
<b>Bacalao Sliders</b> Fillets of cod, battered and deep fried served with garlic mayonnaise dip	£6.95
<b>Caprese Salad(V)</b>	£5.95

Italian mozzarella tomato and basil salad

## \* TAPAS \*

- Borek(V)** £5.95  
Turkish style feta cheese and spinach rolled in filo pastry, deep fried and served with spicy Turkish salsa
- Saksuka(V)** £5.95  
Aubergines, courgettes, mushrooms and potato in garlic, basil and tomato sauce
- Dolmades(V)** £5.95  
Turkish style vine leaves stuffed with rice in tomato sauce served with tzatziki

## \* SALADS \*

- Chicken Caesar Salad** £9.95  
Baby gem lettuce, parmesan, croutons, bacon, anchovies and grilled chicken breast with traditional Caesar dressing
- Prawn and Salmon** £10.95  
Mix leaf salad, tomato, cucumber, prawns and smoked salmon salad with a Marie Rose dressing
- Greek Salad(V)** £8.95  
Mix leaf salad with cucumber, tomato, red onion, olives and feta with a vinaigrette dressing

## \* A BIT ON THE SIDE £3.50 \*

- Hand cut chunky chips  
—  
Seasonal vegetables  
—  
Savoy cabbage and crispy bacon  
—  
Sweet potato fries  
—  
Mixed salad  
—  
Rocket and parmesan salad  
—  
Onion rings  
—  
Creamy mash potato

# Sunday Lunch Menu

£15.50 Two Courses  
£18.50 Three Courses

## \* STARTERS \*

### **Soup (V)**

Chefs homemade soup of the day with crusty bread

### **Pate**

Homemade chicken liver pate with crusty bread and tomato chutney

### **Fishcake**

Salmon and haddock with caper, shallot and dill butter sauce

### **Goats Cheese Tart (V)**

Goats cheese with roasted red pepper and onion tart

## \* MAIN COURSES \*

### **Roast Sirloin**

Roast sirloin of beef, Yorkshire pudding, seasonal vegetables and red wine sauce

### **Roast Pork**

Roasted pork loin with all the seasonal trimmings and apple sauce

### **Paella Vegetariana (V)**

Spanish paella rice with, onion, peppers, aubergines, cherry tomato and saffron

### **Ravioli (V)**

Spinach and ricotta cheese ravioli in creamy tomato sauce

### **Fish Of The Day**

Please ask a member of staff

### **Linguini Bolognese**

Linguini in an Italian traditional beef Bolognese sauce

## \* PUDDINGS \*

Sticky toffee pudding with toffee sauce and vanilla ice cream

Classic creme brulee and biscotti

Tiramisu

Strawberry pana cotta with strawberry coulis



# Daily Market Menu

LUNCH TIME 2 COURSE £11.95 3 COURSE £14.95  
(Monday to Friday) 12:00 - 15:00 Saturday 12:00 - 17:30

EVENING 2 COURSE £15.50 3 COURSE £18.50  
(Monday to Friday) 17:30 till closed \*

## \* STARTERS \*

### **Soup (V)**

Chef's homemade soup of the day with crusty bread

### **Paté**

Homemade chicken liver paté with crusty bread and tomato chunthey

### **Funghi fritti (V)**

Deep fried breaded mushrooms with garlic mayo dip

### **Mackerel**

Smoked mackerel, lemon and rocket salad with tomato and tarragon dressing \*

## \* MAIN COURSES \*

### **14oz Ribeye On The Bone £5.00**

Surcharge Served with chips, onion rings, mushroom and tomato

### **Chicken Souvlaki**

Greek style marinated chicken skewer served with chips, salad, pitta and minted yoghurt

### **Liver & Onions**

Lamb liver with caramelised onions, creamy mash, green beans and onion gravy

### **Ravioli (V)**

Homemade ravioli filled with ricotta cheese and spinach in creamy tomato sauce

### **Fish Of The Day**

Please ask a member of staff

Homemade chicken liver pate with crusty bread and tomato chutney

### **Linguini Bolognese**

Linguini in an Italian traditional beef Bolognese sauce

## \* PUDDINGS \*

Sticky toffee pudding with toffee sauce and vanilla ice cream  
classic creme brulee and biscotti

Tiramisu

2 scoop of selection ice cream