



## Breakfast Menu

9 -11am daily

### Full English Breakfast

£12.50

Eggs, sausages, bacon, tomato, hash browns, black pudding, mushrooms & toast

### Salt Cod Benedict

£10.50

Salt Cod, toast, poached eggs & pea shoots

### Eggs Benedict

£9.50

Poached eggs, bacon, toast & hollandaise sauce

### Shaksuka

£9

Tomato, pepper, chilli, garlic, poached eggs, feta cheese & toast

### Mediterranean Frittata of the Day

£8.50

*Please ask your server for details*

### Cilbir

£8

Poached eggs, garlic yogurt & olive oil

### La Pantumaca

£5

Crispy Serrano ham, sliced vine tomatoes on sourdough bread

### Bread and butter

£2.50

## Hot Drinks

Espresso £3

Latte £3.75

Flat White £3.75

Cappuccino £3.75

Americano £3.50

Mocha £4

Hot Chocolate £4



## Bread Basket

Local Butter £4

Balsamic & Olive Oil £5

Houmous £5

Aioli £5

Baba Ghanoush £5

Amfissa & Kalamata Olives £5

with herbs de provence

## Cheese Appetizers

### Baked Camembert

spiked with garlic & rosemary, £10

topped with red onion chutney

**Burrata** with torched peaches, £9

basil, tomatoes & pine nuts

**Rosary Ash Goats Cheese** £8

on a tomato & basil ragu

**Whipped Feta** £8

served with truffled honey & pine nuts

**Fried Halloumi Cheese,** £8

served with sweet chilli & lime yoghurt

## Vegetarian Plates

### Chickpea Tagine

with sweet potato & spinach £9

**Classic Bruschetta** £8

with tomato, basil & garlic

**Falafel** £8

served with houmous or Tzatziki

**Fried Padron Peppers** £6

with Dorset sea salt & houmous

## Sides

**Lebanese Tabbouleh Salad** £5

bulgur wheat, parsley, tomato & green onion

**Patatas Bravas** £5

**Sweet Potato Fries** £5

**Rocket and Parmesan salad** £4

with balsamic syrup

**Koffman's Fries** £4

## Meat Plates

**Fossil Farm 8oz Rump Steak** £17.50

Gremolata sauce

**Fossil Farm Baby Back Ribs** £15

marinated in Moroccan spices

**Aberdeen Angus Meatballs** £10

Arrabbiata sauce

**Chicken Wings** with olive oil, £10

garlic, honey & sweet chilli

**Chicken, chorizo & red** £10

**pepper brochette** with Tzatziki

**Confit Pork Croquettes** £10

with honey & mustard mayonnaise

**Chicken Livers** flamed with £9

brandy, cream & black pepper

**Hot Spanish Sausage,** onion, garlic £9

baby tomatoes & peppers

## Fish Plates

**Local Scallops,** garlic butter & herbs £14

**Rebozadas con Balacao** £12

(battered cod), tartare sauce

**Fowey Mussels** with chorizo, £10.50 | £19.50

chilli, tomato sauce or Marinière

**Garlic King Prawns** £9.50

with lemon & parsley

**Deep-fried Calamari** with aioli £8

**Deep-fried Whitebait,** tartare sauce £8

**Grilled Chermoula Sardines (2)** £8

**We cater for all dietary requirements, please speak to your server**

*A 10% discretionary service charge is added to all bills which benefits our staff*

## Platters (serves 2)

**Frito Misto,** selection of deep-fried sea food & aioli sauce £35

**Selection of cured meats** on a £25

platter with pickles, bread & red onion chutney

**Cheese Selection** grapes, £25

onion chutney & biscuits selection

**Mixed Selection** £25

cured meats and cheeses

## Desserts

**Affogato,** double espresso, £5

vanilla ice cream

Add Disaronno £4

**Classic Crème Brulée,** £6.50

with homemade shortbread

**Lemon Olive Oil Cake** £6.50

with vanilla ice cream

**Cheesecake** (please ask your server £7.50

about the daily flavour)

**Selection of Purbeck ice creams (3)** £7.50

**Ice Creams:** Vanilla bean,

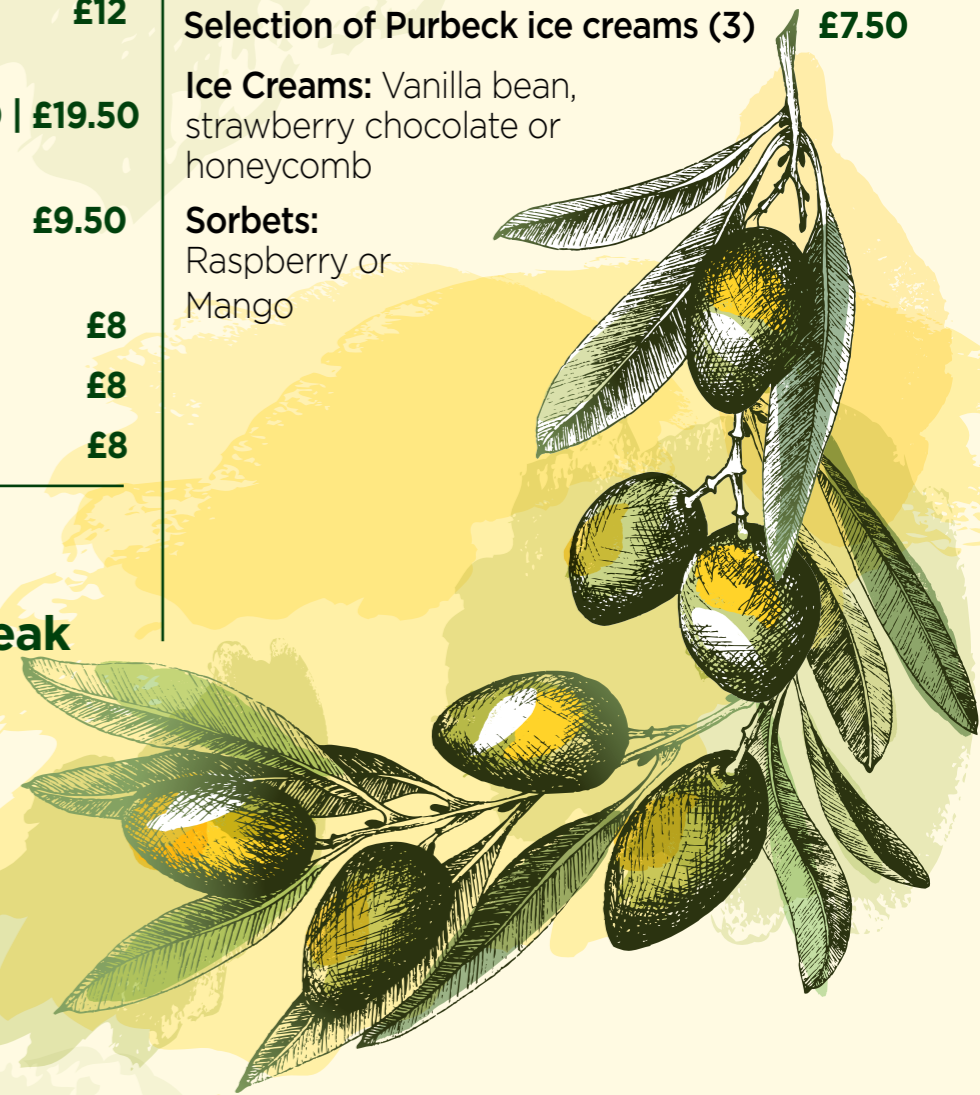
strawberry chocolate or

honeycomb

**Sorbets:**

Raspberry or

Mango





## EVOKING MEMORIES OF MEDITERRANEAN COOKING

La-Mia's is a family-run, Mediterranean style tapas and cocktail bar. We offer a range of delicious, fresh tapas and enticing cocktails crafted in one of the oldest Victorian Warehouses on historic Poole Quay. We pride ourselves on creating a friendly, fun, intimate atmosphere with lots of attention to detail evoking the smells and tastes of Mediterranean cooking. So whether you are looking to enjoy a deliciously crafted cocktail or tapas elevated in presentation and taste, La-Mia's will be sure to satisfy your cravings for that taste of the Mediterranean.

### DAILY SPECIALS

#### Ask your server

We have a number of different daily promotions throughout the week on tapas dishes, drinks deals and cocktail offers. Be sure to ask if there is a special offer today!

#### Bottomless Brunch

**Saturdays 3-7pm from £35pp**

Selection of three tapas dishes\* served with unlimited prosecco or cocktails for an hour and a half  
**(bookings only) \*T&Cs apply**

WITH  
LIVE  
MUSIC

#### Gift Vouchers available

##### Food Allergies, Intolerances and Dietary Specific Needs

We use a range of ingredients in our kitchen. If you have an allergy, please speak to a member of our team. We endeavour to avoid any allergen transfer between ingredients but we cannot guarantee that any dish will be totally free from any particular allergen.



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HENNING'S WHARF | POOLE QUAY



# Taste of the MEDITERRANEAN

## La-Mia's

MEDITERRANEAN TAPAS