

## BREAKFAST & BITS

SERVED 9AM -11.00AM

<b>Full English Breakfast</b>	<b>£13.95</b>
<i>order 2 and second breakfast 1/2 price</i>	
<b>BLT Bagel</b>	<b>£6.95</b>
<i>bacon, lettuce &amp; tomato</i>	
<b>Bacon or Sausage Roll</b>	<b>£7.95</b>
<i>with coffee or tea</i>	
<b>Egg on toast</b>	<b>£5.95</b>
<i>Fried, Poached or Scrambled</i>	
<b>Toast, butter and jam</b>	<b>£3.95</b>

## LA-MIAS TAPAS

### Cheese Appetisers

<b>Baked Camembert</b>	<b>£10</b>
<b>Rosary Ash Goats Cheese</b>	<b>£8</b>
<b>Whipped Feta</b>	<b>£8</b>

### Vegetarian Plates (v)

<b>Classic Bruschetta</b>	<b>£8</b>
<b>Falafel</b>	<b>£8</b>
<b>Chickpea Tagine</b>	<b>£9</b>

### Meat Plates

<b>Aberdeen Angus Meatballs</b>	<b>£10</b>
<b>Chicken Wings</b>	<b>£10</b>
<b>Brochette</b> <i>chicken &amp; chorizo skewer</i>	<b>£10</b>
<b>Brisket Spanish Stew</b>	<b>£9</b>
<b>Chilli con carne</b>	<b>£9</b>
<b>Hot Spanish Stew</b>	<b>£9</b>

### Fish Plates

<b>Local Scallops</b>	<b>£14</b>
<b>Garlic King Prawns</b>	<b>£9.50</b>
<b>Deep Fried Calamari</b>	<b>£8</b>
<b>Deep Fried Whitebait</b>	<b>£8</b>
<b>Scampi</b>	<b>£8</b>
<b>Crab Arancini</b>	<b>£8</b>

## SHARERS

<b>Fritto Misto</b>	<b>£35</b>
<b>Cheese &amp; Charcuterie Board</b>	<b>£35</b>
<b>Cheese Board</b>	<b>£25</b>

## SUNDAY LUNCH

SERVED 12PM -4.00AM

<b>Traditional Roast Dinner with all the trimmings and home-made gravy</b>	
<b>1 course</b>	<b>£19.95</b>
<b>2 courses</b>	<b>£24.95</b>
<b>3 courses</b>	<b>£29.95</b>

## SIDES

<b>Koffman Fries</b>	<b>£4</b>
<b>Cheesy Fries</b>	<b>£4.50</b>
<b>Dirty Fries</b>	<b>£6.50</b>
<b>Halloumi Fries</b>	<b>£5</b>
<b>Patatas Bravas</b>	<b>£5</b>
<b>Green Salad</b>	<b>£4</b>



**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.

## MAIN COURSES

<b>Sea Bass</b>	<b>£18.50</b>
<i>served with new potatoes &amp; seasonal vegetables</i>	
<b>Fish &amp; Chips</b>	<b>£17.50</b>
<i>served with garden peas &amp; tarter sauce</i>	
<b>La Mia's Burger</b>	<b>£15.50</b>
<i>served with cheese, chips &amp; homemade slaw</i>	
<b>Vegetarian Burger</b>	<b>£15.50</b>
<i>served with cheese, chips &amp; homemade slaw</i>	
<b>Scampi &amp; Chips</b>	<b>£17.50</b>
<i>served with chips, peas &amp; tartar sauce</i>	
<b>Spaghetti Bolognese</b>	<b>£12.95</b>
<b>Brisket Spanish Stew</b>	<b>£16.50</b>
<i>red beans topped with cheese served with chips</i>	
<b>Hot Spanish Stew</b>	<b>£16.50</b>
<i>hot Spanish sausage, butter beans, rich tomato sauce served with garlic bread and sliced gerkins</i>	
<b>Chilli con carne served with rice</b>	<b>£16.50</b>

## LA-MIAS PIZZAS 12"

<b>Sandbanks Margherita</b>	<b>£11.50</b>
<i>Mozzarella, tomato sauce, basil</i>	
<b>Browsea Meat Feast</b>	<b>£15.50</b>
<i>Spanish sausage, chicken, pepperoni</i>	
<b>La-Mias House Special</b>	<b>£14.50</b>
<i>Ham, pineapple, mozzarella, mushrooms, red onion</i>	
<b>Jurassic Vegetarian Delight</b>	<b>£14.50</b>
<i>Peppers, red onion, tomato, mushroom, olives</i>	
<b>Build your own pizza</b>	<b>£11</b>
<i>Add choice of toppings £1 each: mozzarella, ham, pineapple, mushrooms, red onion, Spanish sausage, chicken, pepperoni,peppers, tomato, olives</i>	
<b>Cheesy Garlic Bread</b>	<b>£10.50</b>

## SPECIAL PIZZAS DEALS

<b>Everyday Deal 1 (except Sundays)</b>	<b>£30</b>
<i>Two pizzas, two sides &amp; unlimited soft drinks</i>	
<b>Everyday Deal 2 (except Sundays)</b>	<b>£25</b>
<i>Two pizzas &amp; two sides</i>	
<b>Tuesday &amp; Wednesday Night Deal</b>	<b>£25</b>
<i>Two pizzas, two sides &amp; two desserts</i>	
<b>Friday Night Deal</b>	<b>£32</b>
<i>Two pizzas, two sides &amp; two soft drinks*</i>	
<i>*swop soft drinks for house wines or beers</i>	<b>£38</b>
<b>Saturday Sharer Deal</b>	<b>£40</b>
<i>12" pizza, two sides &amp; bottle of prosecco or house wine</i>	
<b>Solo Deal (available all week)</b>	<b>£18</b>
<i>Pizza, a side dish &amp; a soft drink</i>	

## DESSERTS

<b>Classic Crème Brûlée</b>	<b>£6.50</b>
<b>Olive Oil Lemon Cake</b>	<b>£6.50</b>
<i>served with vanilla ice cream</i>	
<b>Affogato al Caffè</b>	<b>£5</b>
<b>Selection of Ice Creams</b>	<b>£7.50</b>
<i>three scoops</i>	
<b>Cheese Board</b>	<b>£7.50</b>
<i>two cheeses, grapes, crackers &amp; chutney</i>	

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