A.				
	BREAKFAST & BITS		MAIN COURSES	
	SERVED 9AM -11.00AM		Sea Bass	£18.50
	Full English Breakafst	£13.95	served with new potates & seasonal vegetables	
	order 2 and second breakfast 1/2 price		Fish & Chips	£17.50
	BLT Bagel	£6.95	served with garden peas & tarter sauce	L17.50
	bacon, lettuce & tomato	20.55	La Mia's Burger	£15.50
	Bacon or Sausage Roll	£7.95		£13.50
	with coffee or tea	E7.95	served with cheese, chips & homemade slaw	C1E E0
		CE OF	Vegetarian Burger	£15.50
	Egg on toast	£5.95	served with cheese, chips & homemade slaw	
	Fried, Poached or Scrambled		Scampi & Chips	£17.50
	Toast, butter and jam	£3.95	served with chips, peas & tartar sauce	
			Spaghetti Bolognese	£12.95
	LA-MIAS TAPAS		Brisket Spanish Stew	£16.50
			red beans topped with cheese served with chips	
	Cheese Appetisers	610	Hot Spanish Stew	£16.50
	Baked Camembert	£10	hot Spanish sausage, butter beans, rich tomato sauc	e
	Rosary Ash Goats Cheese	£8	served with garlic bread and sliced gerkins	
	Whipped Feta	£8_	Chilli con carne served with rice	£16.50
	Vegetarian Plates (v)			
	Classic Bruschetta	£8	LA-MIAS PIZZAS 12"	
	Falafel	£8	Sandbanks Margherita	£11.50
	Chickpea Tagine	£9	Mozzarella, tomato sauce, basil	
	Meat Plates		Brownsea Meat Feast	£15.50
	Aberdeen Angus Meatballs	£10	Spanish sausage, chicken, pepperoni	113.30
	Chicken Wings	£10	La-Mias House Special	£14.50
	Brochette chicken & chorizo skewer	£10	Ham, pineapple, mozzarella, mushrooms, red onic	
	Brisket Spanish Stew	£9	Jurassic Vegetarian Delight	£14.50
	Chilli con carne	£9	Peppers, red onion, tomato, mushroom, olives	E14.50
	Hot Spanish Stew	£9		£11
	Fish Plates		Build your own pizza	±11
	Local Scallops	£14	Add choice of toppings £1 each: mozzarella,	
	Garlic King Prawns	£9.50	ham, pineapple, mushrooms, red onion, Spanish s	ausage,
	Deep Fried Calamari	£8	chicken, pepperoni, peppers, tomato, olives	610 50
	Deep Fried Whitebait	£8	Cheesy Garlic Bread	£10.50
	Scampi	£8		
	Crab Arancini	£8	SPECIAL PIZZAS DEALS	
	ords / trailent		Everyday Deal 1 (except Sundays)	£30
	CHADEDO		Two pizzas, two sides & unlimited soft drinks	LJU
	SHARERS		Everyday Deal 2 (except Sundays)	£25
	Fritto Misto	£35	Two pizzas & two sides	LZJ
	Cheese & Charcuterie Board	£35	Tuesday & Wednesday Night Deal	£25
	Cheese Board	£25	Two pizzas, two sides & two desserts	EZJ
			Friday Night Deal	£32
	SUNDAY LUNCH		Two pizzas, two sides & two soft drinks*	£32
	SERVED 12PM -4.00AM			C70
	Traditional Roast Dinner with all the trimm	inas	*swop soft drinks for house wines or beers	£38
	and home-made gravy	90	Saturday Sharer Deal	£40
	1 course	£19.95	12" pizza, two sides & bottle of prosecco	
	2 courses	£19.95	or house wine	010
		£24.95	Solo Deal (availble all week)	£18
	3 courses	E23.33	Pizza, a side dish & a soft drink	
	CIDEC		DECCEDTO	
	SIDES		DESSERTS	
	Koffman Fries	£4	Classic Crème Brûlée	£6.50
	Cheesy Fries	£4.50	Olive Oil Lemon Cake	£6.50
	Dirty Fries	£6.50	served with vanilla ice cream	
	Halloumi Fries	£5	Affogato al Caffè	£5
	Patatas Bravas	£5	Selection of Ice Creams	£7.50
			11	

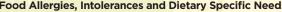


Green Salad









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.

£4

three scoops **Cheese Board**

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

two cheeses, grapes, crackers & chutney

£7.50