

## First things first

<b>Kalamata Olives (v)</b>	£4.50
<b>Flatbread (v)</b> <i>served with Taziki/Hummus/Alioli/Olive Oil/Babaganoush</i>	£6
<b>Halloumi Fries (v) with sweet chilli sauce</b>	£7.50
<b>Tempura Prawns with sweet chilli sauce</b> 	£9.50
<b>Pâté with red onion marmalade</b> <i>served with La-Mia's salad garnish, flatbread, balsamic dressing</i>	£7.95
<b>Mediterranean Appetizer (v)</b> <i>hummus topped with marinated olives, falafel, flatbread</i>	£11

## Tapas Thursday

Thursdays from 3pm

4 small tapas dishes  
and 2 glasses of house  
wine or 2 cocktails  
**£28.95**



## TAPAS SMALL PLATES


Perfect for grazing, great to share or to enjoy on your own

**Any 3 plates for £24 Any 5 plates for £37**

<b>Scallops</b> <i>served with garlic butter</i>	£12.50	<b>La-Mia's prawn cocktail</b> <i>in Marie Rose sauce served with flatbread</i>	£9.50
<b>Falafal (v) served with hummus/tzatziki</b>	£9	<b>BBQ Chicken wings</b> 	£9
<b>Chickpea Tagine (v)</b> <i>served with flat bread</i>	£9	<b>Spinach and parmesan arancini</b> <i>served with alioli or sweet chilli sauce</i>	£9.50
<b>Patatas Bravas (v)</b>	£9	<b>Meatballs</b> <i>served with rich tomato sauce and flatbread</i>	£9.50
<b>La-Mia's Mediterranean Bruschetta (v)</b>	£9	<b>Scampi with tartar sauce and lemon</b>	£10.50
<b>Deep fried Calamari</b> <i>served with alioli</i>	£9	<b>Garlic and Chilli prawns</b> <i>served with bread</i>	£11.95
<b>Deep Fried Whitebait</b> <i>with homemade tartar sauce</i>	£9	<b>Baked Camembert (v)</b> <i>served with bread and homemade chutney</i>	£12.95
<b>Chicken Liver in Brandy &amp; cream sauce</b> <i>served with sourdough</i>	£9		

## SHARING

Perfect for sharing between 2 - 4 people.  
Fancy a glass of wine for two? See our drinks  
menu for our full range.

<b>Fritto Misto</b> <i>prawns, calamari, whitebait, scampi, squid</i>	£19.95
<b>Charcuterie Board</b> <i>Selection of meats, 3 cheeses, grapes, celery, chutney, crackers and bread</i> 	£25.95
<b>Steak Sharer</b> <i>1 x 10oz Sirloin steak, bbq chicken wings, meatballs in a rich tomato sauce, chicken skewer, choice of 2 side dishes from 'Bit on the Side', La-Mia's salad or garden peas</i>	£49.95

## Bit on the side

<b>House Salad (v)</b>	£4.25
<b>Rice (v)</b>	£4.25
<b>Patatas Bravas</b>	£4.95
<b>Koffman Fries (v)/ Chunky Chips (v)</b>	£4.95
<b>Cheesy Chips (v)</b>	£5.95
<b>Loaded Fries (v)</b>	£7.50
<b>Garlic Flatbread (v)</b>	£7.50



**Gluten free meal options available.  
Please ask our staff**

### Food Allergies, Intolerances & 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.

**NO SERVICE CHARGE**

**A waiter/waitress gratuity is very much appreciated**

## SIGNATURE DISHES

<b>Homemade Soup</b> served with fresh bread	£9	<b>Hot Spanish Sausage Stew</b>	£19.50
<b>La-Mia's Seafood Salad</b> salmon, prawns, mussels, octopus, squid, avocado, Marie Rose Sauce, lettuce, tomatoes, cucumber, onions, olives	£15.95	served with rice or chips or garlic flatbread	
<b>Panfried Seabass</b>	£18.50	<b>Brisket Spanish Stew</b> 	£19.50
with new potatoes, broccoli and caper butter		served with rice or chips & garlic flatbread	
<b>Scampi</b>	£18.95	<b>Surf and Turf</b>	£29.95
with chips, peas, homemade tartar sauce		10oz sirloin steak, prawns, sautéed mushrooms, new potatoes or fries, garlic butter sauce and La-Mia's salad	
<b>Fresh 'Catch of the Day' Fish &amp; Chips</b>	£18.95		
served with mushy or garden peas, tartar sauce			



## PIZZAS

Homemade in our pizza oven



<b>La-Mia's Margharita (v)</b>	£15.50	<b>Brownsea Mighty Meat</b> 	£16.50
Mozzarella, tomato sauce, basil		Spanish sausage, chicken, pepperoni	
<b>Classic La-Mia's Pepperoni</b>	£16.50	<b>Jurassic Vegetarian Delight (v)</b>	£15.50
Tomato sauce, mozzarella, pepperoni		Peppers, red onion, tomato, mushroom, olives	
<b>La-Mia's House Special</b>	£17.50	<b>Cheesy Garlic Pizza</b>	£10.50
Ham, pineapple, mozzarella, mushrooms, red onion			

## BURGERS

La-Mia's burgers are served with homemade coleslaw, fries relish, onions and mixed salad

<b>Breaded Chicken Burger</b>	£16.95
<b>Classic Burger</b>	£16.95
<b>Stack Burger</b>	£18.95
with cheese and bacon	
<b>Halloumi Burger (v)</b>	£15.50
with sweet chilli sauce	



## PASTA

<b>Spaghetti al ragu Bolognese</b> 	£13.95
homemade bolognese sauce	
<b>La-Mia's Mediterranean Pasta (v)</b>	£13.95
olives, peppers, red onion, tomatoes and basil	
<b>Carbonara</b>	£14.95
served with bacon, white wine & cream sauce	
<b>Seafood Linguine</b>	£22.95
prawns, squid, mussels, garlic cream or tomato sauce	

## DELICIOUS DIPS

Harissa | Tzatziki | Aioli  
Hummus | Babaganosh £1.95 each

## Something sweet

<b>Classic Crème Brûlée</b> with shortbread	£7.95
<b>La-Mia's Lemon Cake</b>	£7.95
<b>Sticky Toffee Pudding</b> with ice cream	£7.95
<b>Affogato al Caffè</b>	£7.95
<b>Cheescake of the day</b>	£7.95
<b>Selection of Ice Creams 3 scoops</b>	£7.50
<b>Eton Mess</b>	£7.95
strawberry & raspberry ice cream with fresh fruit and meringue	
<b>Hot Chocolate Brownie</b>	£7.95
with New Forest ice cream	
<b>Cheese Board (v)</b>	£8.95
2 cheeses, grapes, crackers and chutney	

## Coffee & Cake

Enjoy any regular hot  
drink and a cake  
£6.95

