

At **BASE**, we aim to make good food an everyday event. Fresh ingredients are simply but skilfully prepared in our kitchens to bring you a taste of the Mediterranean and a little more.

## Breakfast

SERVED FROM 8am UNTIL 4pm

### EGGS, FRUIT AND CEREALS

#### SCRAMBLED EGGS

- with toast 4.50
- with smoked salmon and toast 5.95

#### ENGLISH BREAKFAST

bacon, sausage, eggs, tomato, mushroom and toast 5.95

#### OMELETTE

with cheese, ham, mushroom, tomato or tuna 5.95

#### EGGS BENEDICT

with ham or smoked salmon 5.95

#### CROQUE MONSIEUR

4.95

#### MUESLI (WHEAT FREE)

with yoghurt & honey 3.95

#### FRUIT SALAD

- with muesli, yoghurt & honey 4.95

### BAKERY

#### TOAST

with butter and jam 1.50

#### CROISSANT

- plain 1.50
- almond, raisin or cinnamon 1.70
- pain au chocolat 1.70

#### BAGEL

- with cream cheese 2.50
- with smoked salmon and cream cheese 3.95

## Sandwiches

SERVED FROM 8am UNTIL 6pm

### PANINI

MOZZARELLA, TOMATO, BASIL, PESTO 4.95

TUNA, SWEETCORN, MAYONNAISE 4.95

PARMA HAM, BRIE, TOMATO, BASIL 4.95

### CIABATTA

TUNA AND SWEETCORN with lemon mayonnaise 4.95

AVOCADO AND MOZZARELLA with sun-dried tomato pesto 4.95

SALAMI AND GRUYÈRE CHEESE with sun-dried tomato pesto 4.95

GRILLED VEGETABLES AND GOATS CHEESE with balsamic dressing 4.95

PARMA HAM AND MOZZARELLA with sun-dried tomato pesto 4.95

### WRAPS

PAN-FRIED AUBERGINE with houmous, tomato, cucumber and fresh parsley 6.95

CORN-FED CHICKEN with spring onion, tomato and rocket 6.95

MARINATED CHICKEN with cashew nuts & hoisin sauce 6.95

## Lunch and Dinner

SERVED FROM 12 NOON

### STARTERS

SOUP OF THE DAY 3.95

FRENCH ONION SOUP 4.50

CARAMELISED ONION TARTLET with goat's cheese and mixed leaves 5.95

GRILLED ASPARAGUS with halloumi fritter and avocado salsa 6.95

MARINATED SEARED PRAWNS with fresh tomato and garlic brushetta 6.95

SEARED SCALLOPS AND PUY LENTILS with a tomato provençale dressing 7.95

CARPACCIO OF MARINATED TUNA with rocket and soy sauce 7.95

### SALADS

ROCKET AND PARMESAN SALAD 5.95

MIXED SALAD with vinaigrette dressing 5.95

CAESAR SALAD 5.95

SMOKED SALMON SALAD with lemon mayonnaise and dill 6.95/9.95

CRISPY DUCK SALAD with mixed leaves and hoisin sauce 6.95/9.95

WARM GOAT'S CHEESE with endive, in a walnut dressing 7.95

MOZZARELLA, AVOCADO AND TOMATO with green pesto 8.95

CHICKEN CAESAR SALAD 8.95

NIÇOISE SALAD 9.95

### PASTA AND RISOTTO

SPAGHETTI

- with a tomato and basil sauce 8.95
- with olive oil and garlic 8.95

PENNE, FRESH SPINACH AND WALNUTS with a gorgonzola cheese sauce 8.95

RAVIOLI WITH SPINACH AND RICOTTA in a tomato sauce 8.95

RIGATONI WITH AUBERGINE capers, goat's cheese, tomato sauce 9.95

#### RISOTTO

- with asparagus and chives 6.95/9.95
- with pan-fried prawns, garlic and chilli 6.95/9.95
- with wild mushrooms and truffle oil 6.95/9.95

### MEAT DISHES

(all meat dishes are served with mixed salad or rice or potatoes, and a choice of sauces: mustard, béarnaise, garlic butter or pepper).

CHARGRILLED BEEF BURGER 8.95  
- with cheese or bacon 9.95

GRILLED CHICKEN BREAST 10.95  
with mixed seasonal leaves and roast vine tomatoes

SIRLOIN STEAK 13.95

BRAISED LAMB SHANK 14.95  
with vegetable couscous

DUCK CONFIT 14.95  
with braised red cabbage

VEAL OR CHICKEN ESCALOPE 16.95  
in breadcrumbs

FILLET STEAK 16.95

### MIXED GRILL FOR TWO

(served with fresh green beans, mixed salad and french fries)

SELECTION OF FRESH FISH 32.50

STEAK, LAMB CHOPS, CHICKEN AND VEAL 34.50

### FISH DISHES

FISH CAKE (Salmon, Cod and Haddock) 9.95  
with a mixed salad & tartare sauce

DEEP-FRIED CALAMARI 9.95  
with salad or french fries

SALMON 10.95  
with baby leeks, spinach & artichoke

TUNA STEAK 14.95  
with pak choi in a sauce vierge

BAKED COD 12.95  
with wild rice, garlic, chilli and coriander

WHOLE ROASTED SEA BASS 13.95  
with avocado and lemon salsa, and mixed leaves

### SIDE ORDERS

BROCCOLI 2.95

FOUR-TOMATO SALAD with red onion 3.50

FRESH SPINACH with olive oil and garlic 3.50

FRENCH BEANS with garlic 3.50

POTATOES 2.95  
french fries, mash or sauté

### DESSERTS

(all desserts are served with a choice of crème fraîche, whipped cream, crème anglaise or vanilla ice cream)

LEMON TART 3.95  
with a berry compôte

CRÈME BRULÉE 3.95

WARM CHOCOLATE FONDANT 4.50  
with a raspberry coulis

PETIT POT AU CHOCOLAT 4.50

CARAMELISED WARM APPLE TART 4.50

CRÊPES  
- with lemon and orange 4.95  
- with banana and chocolate 4.95

CHEESE PLATE 5.95  
our weekly selection

ICE CREAM OR SORBETS (3 scoops) 4.50



Recommended by  
**HARDEN'S  
GUIDE**  
2007

## Shakes, Smoothies and Juices

SERVED ALL DAY

We have listed our choices of mixes but please don't be shy, **INVENT YOUR OWN!**

### SHAKES

Vanilla, Chocolate, Banana or Strawberry	3.50
Coconut milk, Banana and Mango	3.50

### SMOOTHIES

<b>PURPLE HAZE:</b> Fruits of the Forest and Yoghurt	3.95
<b>TROPICAL:</b> Pineapple, Watermelon, Strawberry, Banana, Lime and Yoghurt	3.95
<b>BRAZILIAN:</b> Mango, Watermelon and Papaya	3.95
<b>HONEY BASE:</b> Mango, Ginger, Yoghurt and Honey	3.95
<b>COCO SURPRISE:</b> Coconut Milk and Pineapple	3.95

### JUICES

Orange, Carrot or Apple	2.95
Carrot and Orange	2.95
Carrot and Apple	2.95
Carrot, Celery and Beetroot (Ginger optional)	3.50
Orange, Mango and Banana	3.50
Orange, Mango, Banana and Strawberry	3.95
Pineapple, Mango, Strawberry and Orange	3.95
Apple, Banana and Acai	3.95
Apple, Melon/Watermelon, Banana and Acerola	3.95
Passion fruit, Orange and Banana	3.95

## Drinks

SERVED ALL DAY

### COFFEE

Espresso	1.70/2.00
Macchiato	1.80
Americano	1.90
Cappuccino	1.80/2.15
Latte	1.80/2.15
Hot Chocolate	2.15
Moccha (extra shot 30p)	2.15

### FREEZACINO

(98% fat free)	
Iced Coffee Freezacino	3.50
Iced Chocolate and Coffee Freezacino	3.50

### TEA

English Breakfast Tea	1.60
Earl Grey, Peppermint, Camomile or Green Tea	1.70
Iced Tea	1.80
Fresh Mint Tea	2.10

### SOFT DRINKS

Coke, Diet Coke, 7-UP, Orangina	1.70
Mineral Water (330ml)	1.50
Mineral Water (750ml)	2.50

### BEER AND SPIRITS

<b>BEERS:</b> Becks, Stella Artois, Peroni or Budvar	2.95
<b>PREMIUM BEERS:</b> Leffe or Chimay	3.95
<b>SPIRITS</b> (50ml)	4.50
<b>PREMIUM SPIRITS</b> (50ml)	5.50

## Champagne

### CHAMPAGNE

<b>HOUSE CHAMPAGNE (12%)</b> <i>a creamy Champagne with hints of biscuit &amp; honeyed fruit</i>	Bottle	150ml Glass	29.99	5.95
<b>CHAMPAGNE BOIZEL, ROSÉ, BRUT (12%)</b> <i>deliciously fruity and fragrant pink Champagne</i>			39.99	7.95
<b>LAURENT PERRIER BRUT (12%)</b> <i>crisp and dry, with a hint of apple</i>			49.99	
<b>BOLLINGER (12%)</b> <i>pinot noir, full-bodied and complex</i>			69.99	
<b>KRUG (12%)</b> <i>deep, rich, complex and dry - for a really special occasion</i>			120.00	

## Wine

### HOUSE WINE

	Carafe	
	1/4 Litre	4.50
<b>RED, WHITE OR ROSÉ</b>	1/2 Litre	8.75
	1 Litre	17.00

### WHITE WINE

<b>SOAVE, ALPHA ZETA, ITALY 2006 (12.5%)</b> <i>a perfumed nose with hints of lime and almonds, rich on the palate</i>	Bottle	175ml Glass	14.99	4.00
<b>SAUVIGNON-CHARDONNAY, CERRO PUNTA NEGRA, ARGENTINA 2006 (13.5%)</b> <i>a fresh and attractive new world blend, light and refreshing</i>			14.99	4.00
<b>PINOT GRIGIO/CHARDONNAY, TERRE DI MONTEFORTE, ITALY 2006 (12%)</b> <i>a very fine example of this popular dry white from the North of Italy</i>			15.99	4.50
<b>MUSCADET SUR LIE, COTES DE GRANDLIEU, FRANCE 2006 (12%)</b> <i>a nutty perfume gives way to lively, fresh and minerally fruit on the palate</i>			16.99	4.75
<b>TOURAIN SAUVIGNON, DOMAINE DES CORBILLIERES, FRANCE 2006 (13%)</b> <i>fresh, zippy and balanced with a good weight, concentration and length</i>			17.99	5.00
<b>LA VIGNE D'ARGENT, BORDEAUX BLANC, FRANCE 2006 (12.5%)</b> <i>a fresh and aromatic Sauvignon/Semillon blend with gooseberry and herbaceous notes</i>			17.99	
<b>CHARDONNAY, VIU MANENT, CHILE 2005 (14%)</b> <i>an easy drinking new world Chardonnay, off-dry, very fruity and smooth</i>			17.99	
<b>CHABLIS, DOMAINE BILLAUD-SIMON, BURGUNDY, FRANCE 2005 (12.5%)</b> <i>classic unoaked Chardonnay from one of Burgandy's leading producers</i>			22.99	
<b>GAVI DE GAVI, "VIGNETI LUGARARA" 2006 (12%)</b> <i>a full, forward wine with attractive perfumes and a rich flavour</i>			23.99	

### RED WINE

<b>MERLOT, DOMAINE DES MOULINES, FRANCE 2005 (12%)</b> <i>an excellent house red, lightly fruity and medium bodied</i>			14.99	4.00
<b>MINERVOIS, ROUGE DE L'AZEROLLE, FRANCE 2005 (14%)</b> <i>packed with berry fruit and overtones of chocolate - a real star</i>			15.99	4.50
<b>CABERNET SAVIGNON RESERVA, CHOCALAN ESTATE, CHILE 2004 (13.5%)</b> <i>a complex, multi-layered wine with plum and dark berry flavours</i>			16.99	4.75
<b>RIOJA, BODEGA NAVAJAS TINTO, SPAIN 2005 (13%)</b> <i>superb - fruity, silky and elegant with a spicy finish</i>			16.99	9.95 (1/2)
<b>COTES DU RHONE, CUVÉE MATHILDE CLOS ST MICHEL, FRANCE 2004 (13%)</b> <i>ripe cherries and spice on the nose, followed by fruit on palate</i>			17.99	
<b>MALBEC, ALTOS LAS HORMIGAS, ARGENTINA 2006 (14.5%)</b> <i>deeply coloured with intense chocolate and mulberry flavours</i>			18.99	
<b>VALPOLICELLA CLASSICO, ALLEGRI, ITALY 2006 (13%)</b> <i>vibrant fresh cherry fruit in a rounded yet highly refreshing style</i>			19.99	
<b>OMRAH SHIRAZ, AUSTRALIA 2004 (14.5%)</b> <i>a blend of ripe berries, pepper and mint, enhanced by vanilla oak</i>			19.99	5.25
<b>CAHORS, CUVÉE PRESTIGE, CHATEAU DU CEDRE, SW FRANCE 2004 (13.5%)</b> <i>this special full-bodied cuvée is layered with complex flavours</i>			22.99	

### ROSÉ WINE

<b>BANDOL ROSÉ, DOMAINE LA SUFFRÈNE, FRANCE 2005 (13%)</b> <i>a lovely dry wine from Provence, with plenty of subtle fruit on the palate</i>			21.99	5.75
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### DESSERT WINE

<b>MUSCAT DE RIVESALTES, CHATEAU DE JAU, LANGUEDOC, FRANCE, 2004 (15%)</b> <i>an excellent sweet wine from the South of France</i>	Bottle	100ml Glass	24.99	5.50
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## Owners Private Cellar

(SPECIAL WINES - WHEN ONLY THE BEST WILL DO)

### WHITE

<b>CHABLIS 1er CRU "FOUCHAUME," DOM. CORINNE PERCHAUD, FRANCE 2004 (13%)</b> <i>lovely aromatics with good depth on the palate, elegant and intense</i>			29.99	
<b>MEURSAULT, DOMAINE YVES BOYER-MARTENOT, FRANCE 2002 (13%)</b> <i>rich, opulent, oaky, beautifully balanced with concentrated flavour</i>			34.99	
<b>CHASSAGNE MONTRACHET, JEAN-MARC PILLON, FRANCE 2004 (13%)</b> <i>powerful aromas and concentrated fruit. Intense and rich</i>			39.99	

### RED

<b>AMARONE CLASSICO, CORTEGIARA, ITALY 2004 (15%)</b> <i>intense plum and dark cherry flavours, enriched by chocolate and dried fruit</i>			29.99	
<b>MOUNT BARKER SHIRAZ, PLANTAGENET, AUSTRALIA 2002 (13%)</b> <i>award-winning Australian Shiraz, elegant rather than powerful</i>			34.99	
<b>PETROLO, TORRIONE, TUSCANY, ITALY 2003 (14%)</b> <i>outstanding "super Tuscan" rarely available in the UK, rich, outstanding balance</i>			39.99	
<b>GEVREY-CHAMBERTIN, DOMAINE BERTRAND LE CRAIS, BURGUNDY, FRANCE 2001 (13%)</b> <i>a superb example of Pinot Noir; powerful, elegant and with a silky texture</i>			49.99	

All vintages shown correct at date of printing. We reserve the right to replace with a later vintage where necessary.