



Menu



light bites and snacks

Homemade soup £3.95
Served with fresh bread and butter
Ask for today's choice

Grilled chicken satay skewers £4.50

Three skewers served with a spicy peanut sauce

Salmon and parsley fishcake £4.50

Served with dressed garlic and lemon mayonnaise

Ultimate sharing nachos  £4.95 / £8.95
A large bowl of crispy nachos topped with creamy guacamole, salsa, salsa, cheddar, melted cheese and jalapeno peppers

Ultimate sharing spicy wedges £3.95 / £7.95
Crisp spiced potato wedges topped with tomato, melting cheese, sour cream and spicy salsa



sharing platters

Available from 1pm

Chicken:

Chicken satay strips, chili dusted chicken strips, cream fried chicken wings, lemon, ginger and turmeric chicken skewers, chicken garlic wings, mixed leaf salad, grilled bread and dipping sauce

Fish:

Cut and pepper fried squid, mini fish, paprika and onion fishcakes, tartare and chili mussels, pan, battered haddock strips, tempura fried wildcod skewers, mixed leaf salad, grilled bread and dipping sauce

Vegetable:

Asian quorn skewers, onion tomatoes and mushrooms in bruschetta, tempura vegetable chips, hot and sour tartare and orange waffles, roasted root vegetable chips, salad, mixed leaf salad, grilled bread and dipping sauce

All platters available to share

One £4.50, Two £7.95, Three £13.00, Four £16.50

innocognito sandwich bar

All our sandwiches are freshly filled to order and come with a dressed garnish salad and fries. Cheese from a flavoured mayonnaise.

Cheddar and chutney £4.25 
Wedge Cheddar with a beer and tomato chutney

B.L.T. £4.25
Bacon, lettuce and tomato
all fillings add warmed chicken £1.50 or £1.77 £4.95

Innocognito melt £4.50
Tuna mayonnaise, Mince Cheddar and the spine of Welsh rarebit melted under the grill

Goat's cheese and roasted vegetables £4.95 
Roasted vegetables topped with goat's cheese finished with green peas

Celtic Pride £3.95
Hot Celtic Pride rump steak with a traditional scotch chutney

main courses



Boz Celtic Pride rump steak £ 9.75

10oz Celtic Pride rib eye steak £13.95

Boz Celtic Pride rump steak with skewered tiger prawns £13.95

Served with a grilled tomato, flat mushrooms, onion rings, dressed garlic and fries

All our steaks are chargrilled to your liking

Grilled sweet cured pork steak £8.95
Served with fries, two eggs and dressed garlic

Cajun chicken burger £6.95

Blackened chicken fillet topped with mango, mint, red onion and sour cream dressing in a fresh roll with fries and dressed garlic

Spiced lentil and cumin burger £6.25 

Topped with guacamole, carrot and roasted pepper salad in a fresh roll with fries and dressed garlic

Thai green Quorn curry £7.95 

Flavourful curry served with jasmine rice, mini papadum and a cucumber, lime, chili and coriander salad

The curry pot £8.50

Ask for today's variety

Served with jasmine rice, mini papadum, salsa and a tomato, mint and coriander salad

The mussel pot £9.25

Steaming mussels cooked with tomatoes, butter, three and white wine, served with fresh bread and fries

innocognito signature dishes

The sausage pot £6.95

Ask for today's variety

Three sausages from our award winning butchery served on fresh bread with sweet onion garlic topped with your vegetable chips

'45' Fish and chips £7.65

A prime fish fillet of haddock cooked in our own '45' horizontal beer batter served with healthy peas, fries and tartare sauce

The Innocognito club £6.25

Three slices of grilled bismarck bread crusted with grilled chicken, bacon, Parmesan, lettuce and tomato served with fries

Celtic Pride cheese and bacon burger £6.95

A prime hot thick beef burger topped with cheddar cheese and warmed bacon in a fresh roll served with fries



pasta and salads

Spaghetti carbonara £7.25

Pancetta, Parmesan cheese, cream and garlic sauce tossed with fresh spaghetti and served with garlic potatoes

Spicy meatballs £7.95

Fresh vegetables with fresh spicy tomato sauce topped with pork and beef meatballs and served with garlic potatoes

Porcini mushroom ravioli £6.25 

Diced with a white wine, tomato and herb sauce and topped with parmesan mushrooms and served with garlic potatoes

Classic Caesar salad £6.25 

Crisp sea lettuce, creamy Caesar dressing, freshly mushrooms and Parmesan Cheese
optional add dressed chicken £1.50 including your Caesar salad £7.95

Seafood salad £7.25

Fresh scallops and turbot with hollandaise sauce on a bed of honey and mustard dressed mixed leaf salad

Warm chicken and bacon salad £7.95

Mixed leaf in a heart captious vinaigrette topped with chicken and bacon with dried cranberries and tomatoes

desserts

All served with cream, vanilla pods, salted ice cream or hot chocolate

Warm chocolate fudge cake £3.95

Sticky toffee pudding £3.95

Chocolate centred pudding £3.95

Luxurious bread and butter pudding £3.95

Three scoops of vanilla pod Welsh ice cream £2.50



 Suitable for vegetarians.

Fish dishes may contain small bones. Some products may contain nuts. Please note: alcohol from a team member. All weights quoted are approximate before cooking. Metric weight equivalent: 6oz = 170g, 8oz = 225g, 1lb = 450g. Items listed on this menu are subject to availability.