

Drinks

WHITE WINE

TALEVERA AIREN SAUVIGNON

Zesty with notes of citrus, grapefruit, and tropical pineapple

5.95 175ml **7.50** 250ml **19.95** bottle

BELVINO PINOT GRIGIO

An off dry Pinot Grigio, with notes of green apple, and pear

7.50 175ml **9.50** 250ml **24.50** bottle

FANTINEL PINOT GRIGIO

Crisp, and refreshing, with ripe apple, peach, and pear

8.50 175ml **10.50** 250ml **28.50** bottle

ARA SAUVIGNON BLANC

Beautifully fresh and dry with lively acidity and grapefruit flavours

9.50 175ml **11.95** 250ml **31.50** bottle

GAVI DI GAVI

Cortese grapes from the best vineyards around the town of Gavi. Unoaked with floral, and citrus aromas

10.50 175ml **12.95** 250ml **34.95** bottle

PULPO ALBARIÑO

Albariño grapes grown in the Salnés Valley region of Rías Baixas. Unoaked, bright, with hints of apple

37.50 bottle

RED WINE

TALEVERA TEMPRANILLO

Unoaked, light and refreshing, with notes of fruits of the forest, mixed with sweet spice

5.95 175ml **7.50** 250ml **19.95** bottle

LUNARIS MALBEC

A lighter Malbec with cherry, and plum, and a background of warming spice

7.50 175ml **9.50** 250ml **24.95** bottle

DON JACOBO RIOJA

A traditional Rioja, matured for a year in American Oak barrels, followed by a year in the bottle before release

8.95 175ml **11.50** 250ml **30.50** bottle

PINOT NOIR REBELLION

Harvested at night prior to a cool 'carbonic maceration', fruity, with an abundance of blackberry

9.50 175ml **11.95** 250ml **31.95** bottle

PURO ORGANIC MALBEC

Made from grapes grown at 1,000 metres above sea level. Classic dark purple-blue colour, with sweet blueberry, and violet

9.50 175ml **12.50** 250ml **32.95** bottle

BEER & CIDER

We have a wide range of lagers, craft ales and cider available - please ask a member of the team for more information.

menu

Dining

STARTERS

GARLIC BREAD 5.95
(v / vg / 614 kcal)
Add cheese (280 kcal) 1.00

SIDES

RANCH SALAD 4.75
(v / 392 kcal)

BAKED WAFFLE FRIES 4.25
(v / vg / 450 kcal)

SAUCES: 1.00
Buffalo (v / vg / gf / 15 kcal)
Blue Cheese (v / gf / 285 kcal)

SHARERS

NACHOS 9.50
(gf / 1277 kcal)
Covered with melted cheese, sour cream, guacamole, jalapeños, salsa
Add BBQ pulled pork (171 kcal) 2.00
Vegan option available (814 kcal) 9.50

WINGS half kilo / kilo 8.95 / 17.50
Hot buffalo, and blue cheese (1113 / 2084 kcal)
BBQ and ranch dressing (1112 / 2126 kcal)

PROSCIUTTO AND MUSHROOM (857 kcal) 12.95
Serrano ham, mushroom, rocket

PULLED PORK (942 kcal) 12.95
BBQ sauce, pulled pork, green peppers, sour cream
ADD JALAPEÑOS (9 kcal) 1.00

CAPRI (v / 1018 kcal) 12.95
Goats' cheese, sun-dried tomato, caramelised onion

SPICY VESUVIUS (999 kcal) 12.50
Nduja, chorizo, and fresh red chilli

EXTRAS:
Cheese / Vegetables 1.00
Any meat 2.00
Sundried tomatoes 2.00
Goats cheese 2.00

× FRATELLIS ×

Fratellis' hand-stretched pizzas are freshly made here at The Light. Vegan cheese available

MARGHERITA (v / 777 kcal) 10.50
Tomato, mozzarella, basil

PEPPERONI (1056 kcal) 12.50
Tomato, mozzarella, pepperoni

FUNGHI (v / 785 kcal) 11.50
Mushroom, spinach, red onion

Adults need around 2000 kcals a day

To Finish

REAL DAIRY ICE CREAM

CHOCOLATE, VANILLA, STRAWBERRY, MINT, CHOC CHIP (v)
Additional flavours available, please ask your server for full list

1 SCOOP AND SAUCE 2.95
(From 116 kcal)

2 SCOOPS AND SAUCE 4.25
(From 232 kcal)

3 SCOOPS AND SAUCE 5.25
(From 358 kcal)

PIP FROZEN LOLLIES 1.50
Apple or Rainbow Fruity (v / vg / gf / from 17 kcal)

WAFFLE STICKS 3.75
(v / from 416 kcal)

TOPPINGS: 0.75
Mini Smarties
Marshmallows
Fudge Pieces
Sprinkles
Oreo Crumb
Fresh Strawberry

COOKIES & MILKSHAKES

AMERICAN STYLE COOKIE (v / from 268 kcal) 1.95
Choose from Chocolate Brownie, Rainbow Nation, Rocky Road, and Salt Lake Caramel

MILKSHAKES (v / From 503 kcal) 5.50
Choose from Oreo, Salted Caramel, Chocolate, Strawberry, Vegan Chocolate

HOT DRINKS

ESPRESSO (1 kcal) 2.05

MACCHIATO (14 kcal) 2.70

AMERICANO (1 kcal) 2.85

CAPPUCCINO (89 kcal) 3.10

LATTE (114 kcal) 3.10

FLAT WHITE (69 kcal) 3.10

HOT CHOCOLATE (277 kcal) 3.20

CHAI TURMERIC LATTE (147 kcal) 3.30

TEA PIG TEAS (1 kcal) 2.55

A selection of caffeinated and fruit teas

Most of our dishes can be adapted for allergy and dietary requirements. Please make sure you ask a member of the team.

v - vegetarian / vg - vegan / gf - gluten free

Adults need around 2000 kcals a day

Drinks

ROSÉ WINE

TALEVERA TEMPRANILLO
Made from a blend of Tempranillo and Garnacha grown in the sunny vineyards of central Spain
5.95 175ml 7.50 250ml 19.95 bottle

RARE VINEYARDS
Made from 100% Cinsault, bottled early to capture all the fresh summer-fruit flavours
7.95 175ml 9.95 250ml 26.95 bottle

SPARKLING WINE

DA LUCA PROSECCO
Pear and peach fruit, on a lively, yet soft and generous palate
6.95 125ml 29.95 bottle

LAURENT PERRIER LA CUVÉE BRUT NV
88.50 bottle

COCKTAILS

PEACH BELLINI 7.95
Peach purée, and Prosecco

ESPRESSO MARTINI 9.00
Vodka, Kahlua, and espresso

PORN STAR MARTINI 10.00
Vodka, passion fruit, apple juice, vanilla syrup, and Prosecco

MOJITO 10.00
White rum, mint, and fresh lime

NEGRONI 9.00
Gin, vermouth, and Campari

APEROL SPRITZ 9.50
Aperol and Prosecco

MOCKTAILS

COLUMBIAN LEMONADE (v / vg / gf / 146 kcal) 5.75
Coco real, lime juice, and coconut syrup

CALENO G&T (v / vg / gf / 180 kcal) 7.50
Caleno, juniper, ruby grapefruit, rosemary, and tonic

CALENO CAIPIRINHA 7.50
(v / vg / gf / 181 kcal)
Caleno, lime, and passion fruit

SOFT DRINKS

COKE 330ml (145 kcal) 2.85

DIET COKE 330ml (14 kcal) 2.70

GINGERELLA GINGER ALE 2.90
(91 kcal)

LEMONY LEMONADE (84 kcal) 3.55

CREAM SODA (169 kcal) 3.10

ROOT BEER (165 kcal) 3.10

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