

FOOD MENU Special Dishes





Take Your Taste Buds on a Mediterranean Journey

Indulge in the rich flavors of the Mediterranean and create your own meze / tapas experience. Choose as many dishes as you like

TAPAS		STARTERS							
3 for £14.95		BEEF CARPACCIO	£10.95						
WARM BREAD Flat bread with olive oil & balsamic.	£4.95	Sliced beef fillet served with parmesan, balsamic, glaze olive oil, rocket and mustard.							
ANTEP EZME (Chilli Sauce) Traditional Turkish style with tomato, herbs, celery, carrot, onion, pepper paste, chilli.	£4.95	CREAMY MUSHROOMS Sauteed mushrooms with wine, garlic and cream. Served with pitta bread.	£7.95						
Served with bread. GUACAMOLE	£5.95	GOAT CHEESE Breaded goat cheese fried until golden brown. Served with home-made cranberry sauce.	£8.95						
Diced avocado, tomatoes, red onion, olive oil, lime, garlic, a pinch of chilli.		CRISPY CALAMARI	£8.95						
PADRON PEPPERS Roast Spanish peppers with sprinkle of rock salt.	£5.95	Coated crispy calamari. Served with dressed salad & tartar sauce.	20.93						
MIXED OLIVES Mixed marinated olives with chilli, herbs and lemon.	£5.95	HOME-MADE SOUP OF THE DAY Served with bread.	£5.95						
HUMUS Chickpeas blended with tahini, cummin, olive oil, lemon & garlic. Served with bread.	£6.95	CHICKEN WINGS Juicy chicken wings tossed in a smoky BBQ or Buffalo sauce.	£7.95						
TZATZIKI Natural yoghurt with garlic mint & cucumber. Served with bread.	£6.95	GAMBAS PILPIL King prawns pan-fried with olive oil, chilli, garlic, parsley and fresh lemon.	£11.95						
PATATAS BRAVAS Cubed fried potatoes in a rich tomato sauce, topped with sour cream.	£6.95	GRILLED HELLOUMI The famous halloumi grilled cheese served with avocado salsa with sesame seeds.	£7.75						
toppsa mai sour orcani.		ALBONDIGAS (MEATBALLS) Meatballs in a rich tomato sauce served with parmesan cheese.	£8.95						









GREEK SALAD

Traditional Greek salad with ripe tomatoes, cucumber, red onion, bell peppers, mixed olives and creamy feta cheese tossed with extra virgin olive oil, pomegranate syrup, lemon and mint.

CAESAR SALAD

Chargrilled chicken, crispy gem lettuce with parmesan, croutons and Caesar dressing and cherry tomato.

THREE EAGLES SPECIAL SALAD

Dressed mixed leaves with crispy goat cheese, beetroot, baby plum tomatoes, raisins, avocado finished with olive oil dressing, a dash of lemon.

STEAK SALAD

Grilled steak with mixed leaves, cherry tomatoes, caramelised onion and walnuts, grain mustard dressing, balsamic glaze.

PASTA & RISOTTO

CHICKEN ALFREDO PENNE £16.95

Chicken breast in a garlic & parmesan, creamy pesto sauce, finished with parsley and black pepper.

PENNE ALLA ARABIATTA £16.95

Penne tossed in a spicy marinara sauce, onion, peppers, with black peppers & olives.

LINGUINE ALLA SCOGLIO £18.95

Linguine with a mix of prawns, octopus, mussels & squid. Cooked with white wine, garlic & parsley, finished with cream & parmesan.

RISOTTO AL FUNGI

Wild mushrooms & baby spinach topped with toasted walnuts, parsley & parmesan.

STEAK RISOTTO

Sliced steak with sun-dried tomato & roast pepper risotto, finished with parmesan.

HOME-MADE LASAGNE

Rich beef ragu layered with pasta & bechamel, served with dressed salad & garlic bread.

£17.95

£19.95

£19.95







£12.95

£13.95

£13.95

£16.95



GRILL

All of our hand-cut steaks are served with fries, corn, portobello mushroom

- Peppercorn
- Mushroom Sauce
- •Blue Cheese
- Gravy

STEAK SAUCES

9oz FILLET

£31.95

Its from the lowe back, which is rarely used, meaning the fillet steak is the most tender cut. (recommended cook medium)

10oz RIB-EYE

£29.95

The rib-eye is cut from the roast ,known as a prime rib roast that sits at the top of rib priminal, located between the chuck and loin. (recommended cook medium)

SURFAND TURF

£36.95

9 oz grilled fillet steak and King prawn sauteed with garlic, served with fennel pickles and asparagus. (recommended cook medium)

GRILLED LAMB SKEEWER £21.85

2 marinated cubed lamb skewers served with fries, salad, pepper, pita bread & yoghurt sauce.

GRILLED CHICKEN SKEEWER £19.95

2 marinated cubed chicken skewers served with fries, salad, Padron pepper, pita bread & yoghurt sauce.

WELSH LAMB CHOPS

£23.95

Local Welsh lamb chops marinated in herbs and spices and cooked on the grill. Served with mixed vegetables, mashed potato, gravy sauce.

GRILLED KING PRAWNS £23.35

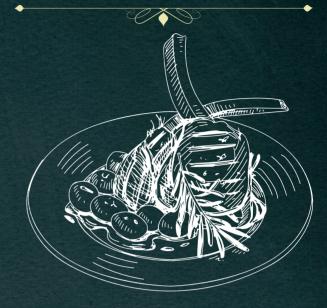
King prawns marinated with lemon, olive oil and garlic. Served with fennel pickles asparagus, parsley and green oil.

MIXED GRILL (for 2)

£42.95

2 Lamb skewer, 2 Chicken skewer, 2 lamb chop, sliced fillet steak. Served with fries, salad, pita bread & yoghurt sauce chilli sauce.

FROM THE OVEN



BEEF RIB STIFADO

£24.95

Slow-cooked beef rib with shallots, tomatoes, celery, mustard, carrots and herbs. Served with mashed potato and bbg sauce, mixed vegetables.

LAMB SHANK

£24.95

Slow cooked lamb shank with vegetables garlic and fresh herbs, a melt in your mouth.

Ottoman classic. Served with gravy, mashed potato and mixed vegetables.

TUSCAN CHICKEN BREAST £21.95

Baked chicken breast in a creamy Tuscan sauce with spinach, garlic & sun-dried tomatoes.

Served with crispy potatoes & asparagus.

SALMON FILLET

£21.95

Gently cooked Salmon fillet, served with asparagus, mashed potato and mixed vegetables, and green oil.

FILLET SEA BASS

£21.95

Pan-seared seabass served with mixed vegetables mashed potato, lemon, capers and green oil.







SIDES

£4.95
£4.95
£4.95
£4.95
£4.95
£4.95
£4.45
£4.45
£4.95

SUNDAY ROAST £17.95



Every Sunday 12:00 - 17:00

Mashed potato, roast potatoes, Yorkshire pudding, pigs in blanket, onion stuffing, mixed season vegetables, red cabbage, gravy sauce.

CHICKEN ROAST	£17.95

BEEF ROAST	617.06
	£17.95

VEGAN RED LENTIL & SWEET POTATO COTTAGE PIE

With mixed green vegetables, carrots & braised red cabbage.

KIDS ROAST £6.95

£13.95





All sauce homemade

PEPPERCORN	£3.45
MUSHROOM	£3.45
GRAVY	£3.45
BLUE CHEESE	£3.45

KIDS SELECTIONS

Our kids' menu is specially crafted for our young guests aged 12 and under-just for them to enjoy!

CHICKEN STRIPS WITH FRIES	£6.95
BEEF BURGER WITH FRIES	£6.95
LINGUINE & MEATBALLS	£6.95
SLICE FILLET STEAK WITH FRIES	£13.95

■ If you or any of your guests have an allergy or dietary restriction please inform your waiter / waitress ■



DISHES AND THEIR ALLERGEN CONTENT - [THREE EAGLES]														
	***		Y _{**}			Jupin Flour	Mik		MUSSARD	2	- %			
DISHES	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
WARM BREAD		\		\		1	1		1	\		1	1	
AVOCADO SALSA (because of bread)	√	√		✓		\	✓		1	\		1	\	
MEDITERRANEAN OLIVES		√		√		✓	√		✓	√		√	\	
CHILI SAUCE (ANTEP EZME)	√	√		√		✓	√		✓	√		√	\	
HUMMUS		√		√		\	√		√	√		√	1	
CACIK		√		√		√	√		V	\			\	T.
MUCHOS NOCHOS	√	√				\	\		✓				\	
PADRON PEPPERS														
ALBONDIGAS	√						√						\	
HOMEMADE SOUP daily ask kitchen														
GRILLED HALLOUMI							\					√	\	
CHICKEN WINGS Buffalo BBQ	4								\			√	V	
CREAMY MUSHROOMS		√		√		\	√		\	\		√	\	\
PATATAS BRAVAS	\						\		*				\	
CALAMARI		\		√	√		√		\				\	
GOAT CHEESE		\		√			\						/	
BEEF CARPACCIO							\		\				\	
KING PRAWNS GAMPAS PILPIL			✓		√		\						\	
GREEK SALAD		\					\							
THREE EAGLES SALAD		√					√						\	
STEAK SALAD		√					\		✓	√			\	✓
CEASAR SALAD		√		√			\		\	\				
LAMB WRAP	√	√					√		✓				\	
CHICKEN WRAP	√	\checkmark					√						\	
KING PRAWN CHARGRILLED	√		✓		\		\		✓				\	
RIBEYE	√												✓	
FILLET STEAK	√												✓	
FILLET STEAK SURF&TURF	√		✓		√		√		✓				✓	
CHUNKY CHIPS													\	
LINGUINI MEATBALL	√	√					√						\	
CHICKEN BURGER	√	√		√			√		\			✓	✓	✓
CLASSIC BURGER		√		✓	✓				\			✓	/	✓
SPECIAL BURGER	√	√		√			√		\			/	/	\

