



**hearty stews for lunch** served with crusty bread & butter  
meat or vegetarian 6.95

**sandwich of the day for lunch** served lunch  
meat or vegetarian served on brown with french fries & salad garnish 6.95

**bistro dishes** served lunch & dinner

- risotto of the day 8.95
- 100% sussex beef burger with leaf salad & fries 9.95
- moules & french fries 9.95
- sardinian mixed charcuterie platter of meats, olives, artichokes, cheese & carasua bread 8.95  
(also enjoy this meat platter as a starter or share !)

**starters** served lunch & dinner

- soup of the day (v) 5.00
- risotto 5.95
- marinated filet of beef carpaccio with oyster mushrooms 7.95
- fresh (MSC) mackerel terrine with dill & olive salsa 6.95
- crab spring roll with pickled ginger & corn coleslaw 7.95
- poached pear, hazelnut & roquefort salad (v & n) 6.95

**main course** served lunch & dinner

- ribeye steak, melted parsley & garlic butter with baked vine tomatoes & french fries 16.95
- roast shank of lamb with a root vegetable gratin & pomme puree 14.95
- free range corn fed chicken breast with a lovely madeira & porcini sauce & tagliteli 13.95
- smoked poached haddock with fragrant curried leeks, poached egg & grain mustard sauce 12.95
- fresh loch salmon baked with rosti potato, baby spinach & a basil dressing 13.95
- roast butter nut squash with a lentil ragout & parsnip crisp (v) 9.95

**dishes on the side** served lunch & dinner 2.95

- broccoli & pine nuts
- crunchy green beans
- selection of rye, pumpkin, sourdough, wholemeal & organic bread, dip & olives
- mixed leaf salad
- french fries
- olives

**puddings** served lunch & dinner 6.50

- bindi authentic vanilla & coffee Italian ice cream **or** st clements sorbet
- iced vanilla parfait with marinated pear
- warm sticky toffee pudding with butterscotch sauce & vanilla ice cream
- brioche chocolate chip bread & butter pudding with caramelized orange
- ravioli of pineapple & crème fraiche with a fresh mint & lemon grass juice

muscat beaume de venise, france 2000 15%vol golden, honeyed muscat pudding wine 6.95

**cheese board** served lunch & dinner 7.95  
served with biscuits, grapes & our own chutney

organic fonsaca port, portugal 2001 20%vol wonderfully rich, opulent glass of port 6.95

**Dear Guest**, welcome & thank you for dining at blenio bistro, may we advise when choosing a main course only your dish may take up to 20 minutes as all our fresh meat & fish are cooked to order **bon a p p é t i t**