

# The Admirals Head

Little Bealings

Freehouse-Restaurant-Pizzeria



## To Start

**Bread & Olives** A selection of fresh bread with marinated Olives £3.75

**Garlic Pizza Bread** Italian Pizza bread with Garlic £3.50

**Garlic Pizza Bread with Red onion** Italian Pizza bread with Garlic & caramelised Red Onion £3.75

**Bruschetta** Toasted Bread topped with either

Marinated Sweet Peppers £3.95

Tomato & Basil £3.95 or

Garlic & Herb Mushrooms. £3.95

**Zuppa** Cream of Italian Tomato soup served with bread £3.50

**Antipasti** Traditional Italian starter with Cured Ham, Salami, baby Mozzarella and marinated Olives & Vegetables £6.50

**Fritto Misto** Deep fried Crabcakes and Torpedo Breaded King Prawns with garlic mayonnaise £5.50

**Tricolore** The Italian Flag! Vine Riped Tomato, Baby Mozzarella & Guacamole salad dressed with balsamic Glaze £5.25

**Parmigiana al Forno** Layered Aubergine strips with Tomato sauce & Parmesan Cheese, baked in the oven. £4.75

(Also available as a main)

**Crayfish Cocktail** Crayfish Tails in Marie Rose sauce on crisp salad £5.50

## Mains Course

### Pastas & Salads

**Rigatoni Paesani** Large tube pasta with sautéed Mushrooms, Sausage, Peas and Ham in a rich Cream & Herb Sauce £8.95

**Linguine Pollo** Carbonara style Linguine pasta with Chicken, Bacon & Parmesan, topped with Fresh Parsley £8.95

**Gamberoni Piccanti** Juicy King Prawns & Linguine Pasta combined with a Cherry Tomato sauce and a hint of Chilli £9.95

**Ravioloni** Handmade Ravioloni Pasta filled with Spinach and Ricotta, topped with our rich Tomato Sauce & Parmesan and then oven baked £9.95

**Farfalle Fantasia** Butterfly Pasta with a Creamy Smoked Salmon, Crayfish & Courgette sauce with a good spike of Vodka £9.50

**Agnello Abbruzzese** Slow cooked Lamb with Olive Oil, Garlic, Rosemary, Tomato and Bacon, served with Rice £10.95

**Parmigiana al Forno** Layered Aubergine strips with Tomato sauce & Parmesan Cheese, baked in the oven £9.25

**Goats Cheese Salad** Crisp mixed leaves with Creamy Goats Cheese and Caramelised Red Onion £8.25

**Chicken & Bacon Salad** Grilled Chicken & Bacon with mixed leaves, served with creamy Caesar dressing and grated Parmesan £8.75

### Grills & Fish

**Sirloin Steak** Best quality British Sirloin Steak, cooked just how you like it, served with Chips, Salad leaves and Onion Rings £16.95

Add Brandy & Peppercorn sauce £1.95

**Chicken Cacciatore** Grilled Chicken Breast topped with BBQ, sauce, Bacon & Cheese, served with Chips & Onion Rings £8.95

**Admirals Burger** served with bread bun, chips and onion rings  
Choose either

4oz British Rump **Steak Burger** £7.50 or

4oz **Beef burger** £6.50

**Mixed Grill** British 4oz Rump Steak, Smoked Bacon Chop and Italian Pork Sausage, served with Chips & Onion Rings £13.25

**Suffolk Pork** Pork Loin Steaks with a Creamy Mushroom, Tarragon & Whole grain Mustard sauce, served with rice £9.50

**Seafood Al Forno** A medley of Fish, King Prawns & Crayfish in a creamy Vermouth Sauce, topped with breadcrumbs & cheese, then baked in the oven £9.50

**Fish & Chips** Fillet of Cod, in a light Beer batter. Served with Chips £8.95

Please ask your server about our side orders

## Pizzas

**Margherita** with Tomato base and Mozzarella Cheese £6.50

**Calzone** Folded Pizza filled with Tomato, Sausage, Ham, Chicken, Pepperoni, Chilli & Cheese £8.50

**Capri** Bocconcini Mozzarella with Cherry Tomatoes and fresh Basil £7.25

**Mare e Luna** Half topped with Tomato, Ham, Pepperoni & Mushroom, the other with King Prawn Courgette and Mozzarella £8.50

**Americano** Not traditional but tasty... BBQ sauce base topped with Chicken, Bacon & Mozzarella Cheese £6.95

**Ortolana** Tomato base topped with Black Olives, Red Onion, Peppers, Courgette, Mushroom & Mozzarella Cheese £6.95

**Formaggio** Goats cheese with Caramelised Red Onion £6.95

**Speck** Tomato base with Mozzarella, topped with cured Speck & Fresh Rocket once cooked £7.25

Please ask your server if you would like to change any of the toppings. Additional toppings charged at 75p

## Bambini

**Chicken Bites** Battered Chicken breast bites with chips £5.95

**Pasta Pomodoro** Pasta simply served with our rich tomato sauce £5.25

Add cheese £1.25                      Ham £1.25                      or Chicken £1.25

**Pizzetta** A small Pizza with tomato base and choice of 3 toppings £5.25

Choose from Sliced Tomato, Mozzarella Cheese, Sausage, Ham, Pepperoni, Courgette, Chicken, Peppers

## Side Orders

Chips £1.95

Onion Rings £1.95

Mixed Side Salad £2.50

Tomato & Red Onion Salad £2.50

Rocket & Parmesan Salad £2.95

Garden Peas £1.50