

# TOULOUS

## lunch and dinner

served from 11.45 till late

### BREAD & SMALL PLATES

Fresh toasted sourdough V With olive oil and balsamic	3.95
Marinated olives V	2.95
Giant green gordal olives V	3.95
Tortilla chips V With tzatziki, hommus, salsa	3.50
Mozzarella sticks V Served with rocket & Napoli sauce	4.95
Hummus and tzatziki V With carrot and cucumber sticks	4.25

### STARTERS

Soup of the day V Please see board	5.25	Crispy Duck Rocket, cucumber, cherry tomatoes, spring onion with a soya honey dressing	6.25
Wild Mushroom Risotto Balls V In penko breadcrumbs, rocket salad & garlic mayo	5.25	Crab avocado & mango stack Lump crab meat tossed in remoulade layered with avocado, mango. Served with toasted sourdough	6.95
Calamari Bread crumbed with rocket and tartare sauce	6.25	Marinated bbq Chicken Wings With dipping sauce & rocket	5.95
Gravadlax Cucumber salad, mustard dill sauce & toasted sourdough.	6.25	Grilled Merguez Lamb Sausages With home made tzatziki	5.95

### MEZZE

Toulouse mezze board for two 10.95  
Falafel, tzaziki, hommus, taramosalata, olives, couscous, grilled halloumi,  
wholemeal pitta

### MAINS

Toulouse burger Brioche bun with relish, mayo, tomato, lettuce & coleslaw Cheese 1.00p Bacon 1.50p	8.95	Fish & Chips Beer batter cod with chips, mint pea puree & tartare sauce	10.95
Halloumi and hummus V Brioche bun with grilled halloumi, hummus, lettuce, roasted peppers, sweet chilli sauce & yogurt	8.95	Fish Cake Salmon and cod fish cake served with spinach, poached egg, and hollandaise sauce	11.95
Salt Beef Our famous salt beef served with a pickled cucumber, coleslaw & salad	12.95	Toulouse style bbq beef rib Slow cooked with bbq sauce coleslaw & fries	16.95
Chicken Shish Marinated chicken cubes served with bulgur	10.95	Sirloin steak 10oz grilled steak served with fries & rocket salad	17.95
Ribeye Steak 10oz char grilled ribeye steak, served with fries & rocket salad	16.95	Thai Green chicken curry sugar snap peas, peppers coconut milk served with jasmine rice	10.95
Salmon Teriyaki Fresh salmon served in a Japanese style teriyaki sauce with broccoli & Jasmine rice	13.95	Stir fried vegetables V Broccoli, green beans, mushrooms, pepper, baby corn tossed in a wok Served with rice	9.95

### PASTA

Penne Napoli V Rich homemade tomato sauce, fresh chilli & fresh basil. Add fresh chilli 50p	7.75
Penne Toscana V Sundried tomato pesto, peppers and artichokes	9.95
Spaghetti Carbonara Classic carbonara sauce with cream, egg, parmesan & pancetta	9.95
Spaghetti Bolognese Homemade traditional Italian meat sauce	9.25
Penne Pesto e Pollo Chicken, olives, cream, basil & pesto	10.25
Tagliatelle Funghi V Mushrooms, spinach & cream	9.25

### SIDES

French Fries	2.95	Pickled Cucumber	1.95
Sweet Potato	3.95	Mixed Salad	3.95
Fat fries	3.50	Onion Rings	3.95
Coleslaw	2.95	Market Veges	2.95

### MEDITERRANEAN WRAPS

All served with salad & crisps

Toulouse Club Sandwich Three slices of toasted granary bread layered with chicken, mayo, avocado, crispy bacon & lettuce	8.95	Toulouse Chicken Schnitzel Wrap Chicken schnitzel, hummus & Israeli salad	8.95	Tricolore Mozzarella, fresh tomato, avocado & pesto toasted on ciabatta	7.95
Toulouse Steak Wrap Thinly sliced sirloin steak, caramelised onions, lettuce & mustard mayo	8.95	Salmon Caesar Wrap Char grilled salmon, cos lettuce, avocado parmesan & Caesar dressing	10.95	Tuna Melt Plain tuna, sun-dried tomatoes & melted mozzarella toasted on ciabatta	7.95
Toulouse Hot Dog 12" frankfurter served in a long bun with caramelised onions	7.95	Chicken Caesar Wrap Char-grilled chicken, cos lettuce, avocado, parmesan cheese & caesar dressing	9.95	Salt Beef Our famous salt beef piled high with mustard on rye bread	10.95
Boerewors Wrap Beef & lamb sausage served in a wrap with salad, caramelised onions & mustard mayo	8.95	Roasted vegetable Wrap V Selection of roasted vegetable, goat's cheese & rocket	8.95	Smoked Salmon & Cream Cheese On a delicious open toasted bagel	6.95
		Falafel V Marinated chickpeas served in a warm tortilla wrap with hummus and salad	7.95	Pesto Wrap Chargrilled chicken, avocado, spinach pesto & olives	9.25

### SALADS

All served with dressing

Toulouse House Salad Avocado, bacon, chicken, egg, rocket & parmesan cheese, served on a bed of mixed leaves	10.95	Roasted Vegetables V Selection of marinated roasted vegetables served on a bed of spinach & rocket leaves	9.95
Chicken Caesar Char-grilled chicken, cos lettuce, parmesan cheese & roasted croutons.	9.25	Feta and Pomegranate V With black olives, onion, tomatoes, cucumber & mixed leaves	9.50
Salmon Caesar Char-grilled salmon, cos lettuce, parmesan cheese & roasted croutons.	10.95	Salmon & Cottage Cheese Smoked salmon, cottage cheese & avocado served on a bed of mixed leaves	10.95
Nicoise Flaked tuna, olives, sliced egg, french beans, new potatoes & mixed leaves	9.95	Tricolore Salad V Fresh buffalo mozzarella, tomato, avocado & onion served on a bed of mixed leaves	8.95
Caprino V Goat's cheese, roasted peppers, cherry tomatoes, & mixed leaves	8.95	Bosco Salad V Warm mushrooms, fresh buffalo mozzarella, sun blushed tomatoes, avocado served on a bed of rocket and spinach	10.50

### BAKED POTATOES

All served with salad

Cottage Cheese V	7.95
Cheese V	7.25
Baked Beans V	7.25
Cheese & Crispy Bacon	8.50
Cheese & Baked Beans	8.25
Tuna Mayo	8.50
Coleslaw V	7.95
Bolognese	8.25
Roasted Vegetables V	9.95

# TOULOUS

## Mojito 5.95

A refreshing, summery blend of rum, mint, lime and soda

## Classic Bloody Mary 5.50

Spiced tomato juice, vodka

## Aperol Spirits 5.95

Bittersweet aperitif with prosecco and orange

## DRINKS

(g) 175ml glass (b) bottle

### WHITE

Tarabilla, Blanco, 5.95(g) 17.00(b)  
Spain 2013/4  
Easy drinking & very refreshing

Pinot Grigio, Galassia, 19.00(b)  
Italy 2013  
Perfect for everyday drinking by the glass or with light dishes

Chenin Blanc, The War Horse, 22.00(b)  
South Africa 2013/4  
South Africa has a reputation for top quality Chenin, exactly because of wines like this

Sauvignon Blanc, 3 Woolly Sheep, 26.95(b)  
Marlborough, NZ 2013/4  
One of the first advocates of the benefits of screwcap closure. It is this sort of innovative thinking that makes them one of the most progressive wineries in the region today

Chablis, Louis Robin, 30.00(b)  
France 2012  
High quality Chablis that could easily be mistaken for a premier cru

### SPARKLING

Prosecco Frizzante, 6.95(g) 25.00(b)  
Enrico Bedin, Italy NV  
Fresh, crisp & subtle citrus fruit flavours

Champagne, Gaston Dericbourg, 40.00(b)  
France NV  
Dom Perignon worked in the cellars - it is believed that part of the discovery of champagne happened at Champagne Gaston Dericbourg!

### BEER & CIDER

Peroni 330ml 3.95  
Corona 330ml 3.95  
Premium Cider 500ml 4.50

### SOFT DRINKS

Coca Cola/Diet Coke 2.30  
Orange Fanta 2.25  
Sprite 2.25  
Still or sparkling water 1.95  
Still or sparkling water large 2.95  
Fresh Orange juice 2.95  
Fresh carrot juice 2.95  
Fresh apple juice 2.95  
Kids Apple Juice 1.75  
Thick Milkshake 3.75  
Chocolate, strawberry or banana  
Fresh Fruit Smoothies (ask for menu) 3.95  
Iced coffee 3.50

### RED

Solano, Tinto, 5.95(g) 17.00(b)  
Spain 2013/4  
Try this wine for great glass midweek with dinner

Merlot, Goleta, Chile 2013 19.50(b)  
From the vineyard in Chile to the UK where it is bottled, making this not only a smooth and lighter red but also extremely environmentally friendly

Malbec, Valcheta, 22.95(b)  
Argentina 2013  
Fresh, juicy & intense berried fruit flavours

Rioja, Lacrimus, 24.95(b)  
Spain 2013  
Really easy drinking & traditionally oaky, try me with most dishes

Pinot Noir, The Crusher, 29.00(b)  
California, USA 2012  
Packed with juicy red fruits & slightly smoky, huge quality at such a good price!

### ROSÉ

Mas de la Source, Reserve Rosé,  
France 2013 5.95(g) 17.95(b)  
A delicate blend of grapes makes for the perfect rosé for all occasions

### SPIRITS

	25ml	50ml
Bombay Sapphire	2.95	4.95
Absolut Vodka	2.95	4.95
Black Label Whiskey	2.95	4.95
Jack Daniels	2.95	4.95
Bacardi	2.95	4.95
Mixes @ 1.25		

### HOT DRINKS

Hot chocolate 2.35  
Americano 1.90/2.25  
Cappuccino 2.00/2.50  
Latte 2.30  
Espresso 1.90/2.20  
Macchiato 1.95/2.25  
Mocha 2.35  
Extra shot .30p  
Soya milk available .30p  
Tea 2.25  
Breakfast tea, Green, camomile, earl grey, fresh mint, blackcurrant, rooibos

All our dishes are prepared in kitchens where nuts, flour, etc are commonly used so unfortunately we cannot guarantee our dishes will be free of traces of these products. Olives may contain stones. Fish and meat may contain bones. All dishes may contain items not mentioned in the menu description.

All prices include vat at the current rate. All tips paid in cash are retained by waiters and these are shared by them with other employees.



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