



hot pasta

	R	L
Penne Napolitana (vg) Penne short pasta with a rich tomato and basil sauce and a touch of olive oil	£ 7.70	£ 9.70
Penne Arrabbiata (vg) Penne short pasta in a spicy tomato sauce with basil and chilli	£ 7.70	£ 9.70
Spaghetti Molina Spaghetti pasta with chicken stripes, spinach, garlic, chilli and olive oil	£ 9.60	£ 11.60
Farfalle al Pesto (v) Bow shape short pasta with Italian classic pesto and Parmesan cheese	£ 9.30	£ 11.30
Farfalle al Salmone Bow shaped short pasta with Scottish salmon pices, spring onion and bechamel	£ 10.80	£ 12.80
Penne Carbonara Penne short pasta with crispy bacon and a creamy cheesy sauce	£ 9.90	£ 11.90
Penne Campagnola (v) Penne short pasta with mushrooms, peas, spring onions and mascarpone sauce	£ 7.70	£ 9.70
Penne Amatriciana Penne pasta with tomato sauce, onion and bacon	£ 8.50	£ 10.50
Penne alla Puttanesca (vg) Penne pasta with tomato sauce, olives and cappers	£ 8.50	£ 10.50
Penne Quattro Formaggi (v) Penne pasta with parmigiano mascarpone taleggio e gorgonzola cheese	£ 9.90	£ 11.90

extras

Pasta substitution – available on Hot pastas and Spagbowl Specials
 Gluten Free Pasta £ 1.50
 Wholemeal Pasta Free

Toppings – first topping free
 Parmesan cheese pot / Chilli oil pot / Garlic oil pot £ 0.30

Extra ingredients – available on Hot pastas and Spagbowl Specials
 Bacon / Chicken / Pesto Sauce / Vegetable £ 1.50
 Salmon £ 3.50

spagbowl's specials

	R	L
Spaghetti Bolognese Spaghetti pasta with slow cooked mince meat	£ 9.80	£ 11.80
Spagbowl Gourmet Special Penne short pasta with slow cooked chunky beef ragout, plum tomatoes	£ 11.90	£ 13.90
Penne alla Vodka (v) Penne pasta with aurora sauce, vodka and basil	£ 9.30	£ 11.30
Rigatoni Mushroom and Truffle (v) Rigatoni pasta with mushrooms, cream and truffle oil	£ 11.90	£ 13.90
Tortelloni Burro e Salvia (v) Tortelloni pasta filled with ricotta and spinach, in a butter and sage sauce	£ 11.90	£ 13.90

hot cupboard

Mac and Cheese (v) Macaroni short pasta with bechamel, cheese, cream nutmeg, black pepper	£ 8.20
Meat Mac and Cheese Macaroni short pasta with bechamel, cheese, cream, Bolognese sauce	£ 8.90
Lasagne Traditional Italian Lasagne with layered sheet pasta and minced beef meat, Bolognese style sauce	£ 10.90
Garlic Bread (v) Half mini baguette topped with garlic oil	£ 2.60
Garlic bread with cheese (v) Half mini baguette topped with garlic oil and cheese	£ 3.00
Garlic bread cheese and onion (v) Half mini baguette topped with garlic oil, cheese and caramelized onion	£ 3.00
Sausage Roll Cumberland sausage in a puffy pastry roll	£ 3.00



breakfast

Traditional Porridge (v) Oat porridge with honey	£ 5.50
Chef Omelette (v) Free-range eggs omelette with chopped mushrooms served with broccoli, grilled tomatoes and avocado	£ 9.10
Scrambled Eggs & Tomato (v) Two free-range scrambled eggs with toast and grilled tomato	£ 8.20
Scrambled eggs, salmon and avocado Scrambled free-range egg, Scottish smoked salmon served with wholemeal toast and avocado.	£ 9.90

snacks and healthy bites

Two Hard Boiled Eggs (v)	£ 2.90
Hummus and raw carrot (vg)	£ 4.60
Hummus and Pitta soldiers (vg)	£ 4.60
Mix Nuts and Raisins Pot (vg)	£ 2.80
Almond Pot (vg)	£ 2.80
Cashew Pot	£ 2.80
Cranberry Pot (vg)	£ 2.80
Raisin Pot (vg)	£ 2.60
Protein Balls (v) Cereal with high protein seeds, chocolate shavings, peanut butter and protein powder	£ 3.20
Mixed fruit flapjack (vg) Homemade baked cereal bar with dry fruit peel and maple syrup	£ 3.20
Strawberry and banana yog (v) Low Fat Greek Yogurt on a Bed of flaked Almond & Fresh Strawberry and sliced banana	£ 4.90
Chocolate yog (v) Low Fat Greek Yogurt with chocolate chips and chocolate sauce	£ 4.90
Apple Slices and Peanut butter (vg) Sliced apple with a side of peanut butter (100g)	£ 4.70

dessert

Cheesecake	£ 6.50
Fruit Salad	£ 6.50

salads

Protein Box Grilled breast of chicken with lettuce, boiled egg, tomatoes, avocado & hummus	£ 11.50
Veggie Box (v) Grilled aubergine, peppers, tomato and mozzarella served on a bed of spinach, topped with a pesto dressing	£ 10.90
Chicken Salad Oven baked breast of chicken on a bed of rocket, #cherry tomatoes, parmesan shavings olive oil and balsamic vinegar dressing pot	£ 10.40

side salads

Caesar Salad (v) Caesar Salad with lettuce, croutons, parmesan shavings and Caesar dressing	£ 5.90
Caprese Salad (v) Fresh tomatoes and mozzarella cheese with olive oil and oregano dressing	£ 5.90
Mix salad (vg) Mix leaves salad with lettuce, rocket and radicchio leaves with olive oil and balsamic vinegar dressing	£ 5.90

soups

All soups are served with a bread roll	
Minestrone Soup (vg) Vegetable broth with courgette, carrots, onions, chickpeas, tomato sauce and a touch of olive oil	£ 5.90
Lentil and bacon Soup Lentil soup with carrots, celery, tomato sauce and bacon	£ 5.90
Classic Tomato Soup (v) Tomato soup with basil and a touch of mascarpone sauce	£ 5.90

drinks

Coke	£ 2.20
Diet Coke	£ 2.20
Coke Zero	£ 2.20
Fanta	£ 2.20
Coconut water	£ 3.20
Apple/Orange Juice	£ 3.50
Still/Sparkling Spring water	£ 2.00