

## Starters

<b>Olives</b> .....	£2.20	
<b>Garlic bread plain</b> .....	£2.50	
<b>Garlic bread tomato and cheese</b> .....	£3.60	
<b>Focaccia bread</b> .....	£2.80	
With rosemary, garlic and olive oil		
<b>Soup of the day</b> .....	£2.70	
<b>Tortilla (v)</b> .....		
Spanish style omelette with potato and onions .....		£4.20
<b>Funghi Al Aglio (v)</b> .....		
Pan fried mushrooms with garlic herbs in a rich creamy sauce .....		£4.90
<b>Albondigas A La Jardineira</b> .....		
La Vida spicy meatballs in a napolitana sauce .....		£4.95
<b>Gambas Piri Piri</b> .....		
Black tiger prawns with chilli and wine in a herb sauce .....		£5.95
<b>King Prawns La Vida</b> .....		
King prawns pan fried with garlic and a touch of chilli in a rich creamy pink sauce .....		£6.20
<b>Mussels Monjeri</b> .....		
Mussels with shallots, herbs in a creamy white wine sauce .....		£5.95
<b>Mussels Provençal</b> .....		
Mussels with onions in a rich herbs white wine napoli sauce .....		£5.95
<b>Avocado Tricolore (v)</b> .....		
Sliced avocado with fresh mozzarella di bufalo beef tomatoes and sundried tomatoes .....		£4.80
<b>Insalate Caprese (v)</b> .....		
Fresh mozzarella di bufalo with beef tomatoes in a vinaigrette olive oil sauce .....		£4.60
<b>Calamari</b> .....		
Crispy squid rings served tartare sauce and lemon .....		£4.60
<b>Prawn Cocktail</b> .....		
Baby prawns and rosemary sauce .....		£4.60
<b>Scampi</b> .....		
Served with tartare sauce and lemon .....		£5.50
<b>Grilled Sardins</b> .....	£4.60	
<b>Jamon Serrano</b> .....		
The famous cured ham from Spain .....		£4.90

## Pizza

<b>Pizza Margarita (v)</b> .....	£9.90	
Tomato mozzarella and cheese .....		
<b>Pizza Prosciutto Funghi</b> .....	£6.30	
Tomato, mozzarella, ham and mushrooms .....		
<b>Pizza La Vida (v)</b> .....		
Grilled courgettes, aubergines, tomato and mozzarella finished with sun dried tomato and goats cheese .....		£7.40
<b>Pizza Marinara</b> .....		
Tomato, mozzarella, mussels, clams, prawns and tuna .....		£7.90
<b>Pizza Diavola</b> .....		
Tomato, mozzarella, red onion, spicy sausage and chillies .....		£6.80
<b>Pizza Italia</b> .....		
Rocket parma ham, mozzarella and parmigiano .....		£8.20
<b>Calzone Special</b> .....		
Closed pizza with spinach, salami, mushrooms topped with bolognese meat and mozzarella cheese .....		£8.30

## Pasta

<b>Penne Arrabiatta (v)</b> .....	£5.60
Penne pasta with onion and chillies in a tomato sauce .....	
<b>Spaghetti Carbonara</b> .....	£6.40
Spaghetti with pancetta in a creamy parmesan and crushed black pepper sauce .....	
<b>Pasta Marinara</b> .....	£7.20
Linguine pasta with clams, prawns, mussels in a white wine sauce, fresh basil and tomato sauce .....	
<b>Tagliatelle La Vida (v)</b> .....	£6.80
Tagliatelle with aubergine, courgettes, onions, topped with mozzarella cheese baked in the oven .....	
<b>Lasagne</b> .....	£6.80
Home made traditional Italian lasagne al forno .....	

## Chicken

<b>Chicken Valdostana</b> .....	£11.90
Chicken breast in breadcrumbs topped with ham and mozzarella cheese in a white wine and tomato sauce .....	
<b>Chicken La Vida</b> .....	£11.90
Grilled breast of chicken cooked in a white wine and creamy sauce with mushrooms topped with asparagus .....	
<b>Chicken Picante</b> .....	£11.40
Chicken breast cooked with onions, garlic, peppers, courgettes and chillies in napolitana sauce .....	
<b>Chicken Piri Piri</b> .....	£10.50
Portuguese style chicken piri piri grilled in olive oil and chillies .....	

## Meat

<b>Sirlion Boscaiola</b> .....	£14.90
Grilled sirlion in a rich red wine sauce with onions and pancetta .....	
<b>Fillete Dolceate</b> .....	£16.90
Grilled prime scottish fillet in a rich Italian dolceate cream sauce .....	
<b>Fillete Al Peppe</b> .....	£16.90
Grilled prime Scottish fillet with a brandy, peppercorn and cream sauce .....	
<b>Kieftiko</b> .....	£16.90
Lamb shank, slow-baked on the bone until the lamb is moist marinated in garlic, herbs and lemon juice, served with fresh seasonal vegetables .....	
<b>Fillet Of Pork</b> .....	£11.90
Thin slices of pork cooked with Marsala wine Demi-Glace and a touch of cream .....	

## Fish

<b>Salmon</b> .....	£12.90
With baby prawns, garlic white wine and a touch of cream .....	
<b>Seabass</b> .....	£14.90
With tiger prawns, mussels white wine lemon sauce .....	
<b>Scallops Au Gratin</b> .....	£16.90
Grilled scallops in a white wine creamy sauce baked in the oven with parmesan cheese .....	

Our mains, fish, meat and chicken are served with vegetables of the day or home made chips

## Side Dishes

<b>Mediterranean Vegetables (v)</b> .....	£2.50
Roasted mediterranean vegetables with roasted new potatoes .....	
<b>Sauted spinach with garlic (v)</b> .....	£2.35
<b>French fries (v)</b> .....	£1.90
<b>Sauted potato and bacon with onions and rosemary</b> .....	£2.45
<b>Mixed salad with Italian dressing (v)</b> .....	£2.30
<b>Tomato and onion salad (v)</b> .....	£1.90

## Paninis

From 10.30am - 5pm

### Baguettes

<b>Cheddar cheese, ham &amp; red onion</b> .....	£3.25	
<b>Tuna Melt</b> .....	£3.20	
<b>Prawn Mayonnaise</b> .....	£3.70	
<b>Chicken Mayonnaise</b> .....	£3.60	
<b>La Vida Panini (v)</b> .....		
Grilled marinated courgettes, aubergines, red onions, peppers and goats cheese .....		£3.50
<b>Jamon serano</b> .....		
Cured ham from Spain .....		£3.75

Note: All our Panini's are served with salad garnish

### Children's menu available

### Soup of the Day

Please ask a member of staff for our soup of the day selection

## Desserts

<b>Home made tiramisu</b> .....	£3.20
<b>Cheese Cake</b> .....	£3.20
(ask a member of staff for flavours)	
<b>Crème Brule</b> .....	£3.20
<b>Ice Cream</b> .....	£2.50
(Chocolate, Vanilla, Strawberry)	

## Coffees

<b>Espresso</b> .....	£1.20
<b>Caffe Latte</b> .....	£1.60
<b>Cappuccino</b> .....	£1.45
<b>Caffe con Panna (with cream)</b> .....	£1.75
<b>Caffe Americano</b> .....	£1.50
<b>Tea</b> .....	£1.10
<b>Tea - Herbal</b> .....	£1.20
<b>Hot Chocolate</b> .....	£2.30
<b>Liquor Coffees</b> .....	£3.60

## Set Menu

Choice of one starter & one main from the A La Carte Menu for £12.90 per person

Free Bottle of wine for 4 persons or more

### Starters

**Funghi Al Aglio (v)**  
**Albondigas Al a Jardineira**  
**Gambas Piri Piri**  
**Avacado Tricolore (v)**

### Mains

**Chicken La vida**  
**Fillet Of Pork**  
**Salmon**  
**Pasta La Vida (v)**  
**Home made Chips, Vegetabls or salad included**

\*Sirlion stake with choice of sauce £3.00 extra

## Tapas

Set Menu For The Tapas Lovers  
 Free Jug of Sangria for 4 persons or more

Selection of 6 tapas for £14.90 per person  
 minimum 2 people

**Focaccia Bread**  
 With garlic olive oil and rosemary (v)  
**Funghi Al Aglio (v)**  
 Pan fried mushrooms with garlic herbs in a rich creamy sauce  
**Albondigas A La Jardiniera**  
 La Vida spicy meatballs in a napolitana sauce  
**Chorizo Frito Al Vino**  
 Spicy spanish sausage with paprika in a red wine sauce  
**King Prawns La Vida**  
 King prawns pan fried with garlic, and a touch of chilli in a rich creamy pink sauce  
**Patatas Bravas**  
 Fried potato with a spicy tomato sauce