

NIBBLES

MARINATED MIXED OLIVES 4.25

BREAD AND OLIVES 6.25

Olives, selection of home made breads served with olive oil and balsamic vinegar mix.

AGLIO(v) 4.95

Flat bread with garlic oil and rosemary.

AGLIO WITH CHEESE 5.25

Flat bread with mozzarella, garlic oil and rosemary.

PESTO(v) 5.35

Flat bread with tomato sauce and home made basil pesto.

ANTIPASTI

CALAMARI 7.25

Breadcrumbs squid rings served rocket, chilli glaze, garlic mayonnaise and fresh lemon.

TRICOLORE(v) 5.95

Buffalo mozzarella, vine ripened tomatoes and avocado, basil and extra virgin olive oil.

INSALATA SPINACH 5.95

Crispy pancetta and parmesan on fresh spinach leaves, avocado, pine nuts and semi-dried sicilian tomatoes drizzled with a honey and mustard dressing.

GAMBERONI 8.95

Sauteed king prawns with garlic, white wine, chilli butter and parsley served with home made garlic brushed ciabatta bread

ANTIPASTO 8.45

A platter of Italian flavours: Parma ham, Napoli salami, speck ham from Trentino, Buffalo mozzarella from Campania, semi-dried Sicilian tomatoes, black olives and home made grilled ciabatta with chopped seasoned tomato.

FUNGHI PANATI (v) 6.95

Thick slices of breaded mushrooms deep fried, served with home made garlic allioli and rocket salad.

POLPETTE 7.45

Home made beef meatballs in tomato sauce finished with parmesan cheese. Served with home made grilled ciabatta.

BRUSCHETTA POMODORO (v) 5.75

Chargrilled home made ciabatta with vine ripened tomatoes, basil with garlic drizzled with extra virgin olive oil.

CROSTINI AL CAPRINO (v) 6.25

Oven baked home made ciabatta and goats cheese, served with rocket salad and drizzled with balsamic and extra virgin olive oil.

ZUPPA DEL GIORINO (v) 5.25

Home made soup - Ask staff for details.

PASTA

PENNE ARRABBIATA (v) 9.95

Penne pasta in a spicy tomato sauce with chilli and and baby plum tomatoes finished with garlic oil and basil.

SPAGHETTI BOLOGNESE 11.25

Spaghetti with a rich, slowly braised minced beef, red wine, onion, tomato and herb ragu.

SPAGHETTI CARBONARA 10.95

Spaghetti with pancetta, cream and parley finished with parmesan cheese.

LASAGNA 11.95

Layers of pasta, minced meat, bechamel sauce, tomato sauce and mozzarella baked in the oven the Italian way, served with rocket salad.

CANNELLONI (v) 11.45

Pasta filled with ricotta, fresh spinach and parmesan topped with tomato sauce and mozzarella and baked in the oven, served with rocket salad

SPAGHETTI CON POLPETTE 14.45

Spaghetti with home made beef meat balls, tomato sauce, onion and garlic finished with basil.

CASARECCIA POLLO PICCANTE 12.25

Cassareccia pasta with spicy chicken in a creamy sauce with tomatoes and spinach, finished with spring onions.

LINGUINE ALLA PESCATORA 14.75

Linguine with sauteed tiger prawns, mussels in white wine, garlic, chilli and tomato sauce.

PENNE DELLA CASA 12.25

Creamy penne pasta with chicken, mushrooms, roasted peppers topped with parmesan cheese and baked in oven

RISOTTO

RISOTTO AL FRUTTI DI MARE 14.95

Classic southern Italian risotto of mussels, prawns and king prawn with tomatoes, chilli, garlic and parsley.

RISOTTO VERDURE 13.95

Creamy risotto of freshly grilled asparagus, broad beans, peas, zucchini, green beans, spinach, mint and parmesan.

RISOTTO ALLA ZUCCA 13.95

Pumpkin and butternut squash risotto with sauteed pancetta, wilted spinach and parmesan, finished with rocket pancetta and pine nuts.

GLUTEN FREE MENU AVAILABLE ON REQUEST.

PLEASE INFORM YOUR SERVER OF ANY ALLERGIES OR INTOLERANCES.

CARNE E GRILL

SALTIMBOCCA MAIALE 16.95

Pork fillet with crispy Parma ham, roasted new potatoes, green beans and a sage, white wine and butter sauce.

SALMONE CON LENTICCHIE 16.95

Roasted fillet of salmon wrapped in Parma ham on a bed of lentils, with spinach, green beans and honey and mustard dressing.

POLLO MILANESE 15.75

An Italian classic! Pan fried chicken breast covered in parmesan and lemon zest breadcrumbs with a tomato sauce, served with roasted new potatoes and green beans.

POLLO CON FUNGHI 15.25

Chargrilled chicken breast, creamy mushroom sauce and roasted new potatoes, served with rocket salad.

BRANZINO BASILICO 15.45

Pan-fried sea bass served with basil crushed potatoes baby plum tomato and olives finished with fresh basil and olive oil

BISTECCA £19.95

West Country 28 day matured sirloin steak marinated in rosemary and served with chips and a choice of sauces.

- ✦ Peppercorn Sauce
- ✦ Mushroom Sauce
- ✦ Dolce Latte Sauce

LIGHTER MAINS

(All dishes are under 600 calories)

TEGAMMACCIO 16.95

Fish Stew with mussels, king prawns, tiger prawns, sea bass, in a tomato, capers and olive sauce. Served with home made grilled ciabatta.

INSALATA DI POLLO 12.75

Chargrilled chicken breast, lettuce, croutons, smoked pancetta, cherry tomatoes, parmesan cheese and caesar dressing.

TAGLIATA DI MANZO 17.25

Finely sliced chargrilled sirloin steak on a salad of rocket, spinach, green beans, tomato and parmesan drizzled with balsamic dressing.

INSALATA SALMONE 15.75

Oven baked salmon on a bed of rocket and spinach salad with green beans, sun dried tomatoes, parmesan shavings, drizzled with salsa verde.

PIZZE

MARGHERITA (V) 9.95

Tomato, mozzarella, fresh basil and garlic oil.

FIORENTINA (V) 11.45

Tomato, mozzarella, spinach, egg and olives finished with more spinach, parmesan shavings and garlic oil.

SAN REMO 12.75

Tomato, mozzarella, prawns, anchovies, red onion, chilli, garlic oil and finished with rocket.

QUATTRO FORMAGGI (V) 12.45

Tomato, mozzarella, goats cheese, gorgonzola, finished with parmesan shavings.

COTTO 11.75

Tomato, mozzarella, Italian cooked ham, flat field mushrooms, black olives and garlic oil.

PICCANTE 11.95

Tomato, mozzarella, spicy salami, roasted peppers and garlic oil.

TROPICAL 11.45

Tomato, mozzarella, Italian cooked ham and pineapple finished with garlic oil.

VEGETARIAN (V) 11.75

Tomato, mozzarella, sweetcorn, mushrooms, peppers, red onion, olives and finished rocket finished with garlic oil.

PARMA 12.95

Tomato, buffalo mozzarella, finished with rocket Parma ham and parmesan shavings.

CAPRINO 11.25

Tomato, mozzarella, goats cheese, red peppers, red onion, finished with garlic oil and oregano.

SOFIA 12.95

Tomato, mozzarella, chicken, pepperoni, cotto ham and fresh chilli finished WITH ROSEMARY AND GARLIC OIL

CALZONE CARNE 14.45

Folded pizza with tomato, mozzarella, bolognese, spicy marinated chicken, chilli, mushrooms and peppers.
Served with mixed salad.

TURN ANY PIZZA INTO CALZONE WITH A SALAD
FOR £2.50

SIDES

CHIPS	£3.25
TRUFFLE CHIPS	£4.25
GREEN BEANS	£3.25
MIXED SALAD	£3.25
ROASTED NEW POTATOES	£3.25
TOMATO AND BASIL SALAD	£3.25

GREEN SALAD	£3.25
ROCKET & PARMESAN SALAD	£3.50
GARLIC SPINACH	£3.75
DOLCE LATTE SAUCE	£2.95
MUCHROOM SAUCE	£2.95
PEPPERCORN SAUCE	£2.95