

V SUITABLE FOR VEGETARIANS

♥ EAT WELL – dishes under 600 calories for you to enjoy as part of a healthier lifestyle and balanced diet

G Gluten free pizza bases and pasta are available. Please be aware that our kitchens are not 100% flour free. Please ask for more information

Please ask if you wish to swap ingredients or sauces in our pizza and pasta dishes

ANTIPASTINI BREAD AND OLIVES

ITALIAN MARINATED OLIVES • 2.10 V

PANE BELLA • 4.95 V
A selection of breads with your choice of balsamic vinegar and olive oil or warm mascarpone & spinach dip

GARLIC DOUGH BASTONI • 3.05 OR 5.50 TO SHARE V
Mini bread batons with a melted garlic parsley butter dip

GARLIC DOUGH BREAD • 5.95 V
Baked pizza dough with mozzarella and garlic parsley butter

CONTORNI

ZUCCHINE FRITTE • 3.25 V
Lightly battered and fried courgettes

FRIES • 2.65 V

CIABATTA • 2.60 V
With balsamic vinegar and olive oil

INSALATA MISTA • 3.75 V

ROCKET & PARMESAN SALAD • 3.50

ANTIPASTI TO START

ZUPPA DEL GIORNO • 3.95
Soup of the day, with toasted ciabatta

ZUPPA MINISTRONE • 3.95 V
Minestrone soup with tomato, conchigliette pasta and seasonal vegetables, with toasted ciabatta

BRUSCHETTA • 4.65 V
Plum tomatoes, rocket, red onion, garlic and fresh basil on toasted ciabatta

Add baby mozzarella or speck ham • 1.20

MOZZARELLA CARROZZA • 5.50 V
Oven baked breaded mozzarella & provolone cheese, with rocket and a spicy arrabbiata dip

FUNGHI ARROSTO • 4.95 V
Baked large field mushrooms in a creamy mascarpone, garlic & spinach sauce, topped with mozzarella. Served with toasted ciabatta

MOZZARELLA TRICOLORE • 5.10 V
Baby mozzarella, avocado, baby plum tomatoes, rocket and fresh basil, with basil pesto

CALZONE FOLDED PIZZAS

All drizzled with pomodoro sauce

CARNE • 8.95
Smoked pancetta, spiced meatballs, red onion, melted mozzarella and our own Bolognese ragu

POLLO E SPINACI • 8.95
Sliced chicken breast with garlic butter, fresh spinach, Parmesan and mozzarella

VERDURE • 8.65 V
Red pesto with roasted peppers and onions, black olives, baby plum tomatoes, field mushrooms, creamy mascarpone and mozzarella



• 5.75 Succulent king prawns in chilli & garlic butter, with toasted ciabatta and a flamed pepper dip

CALAMARI • 5.75
Tender squid, battered and deep-fried, with lemon, caper & herb mayonnaise

MOZZARELLA E POMODORO • 4.75 V
Baby mozzarella, baby plum tomatoes, rocket and fresh basil, with basil pesto

POLPETTINI • 5.50
Baked spiced meatballs in a rich tomato sauce, topped with mozzarella. Served with toasted ciabatta

GRANDI PIATTI FOR SHARING

• 5.95 OR 10.95 TO SHARE
Fine Italian salami, speck ham, vegetable caponata, baby mozzarella, bruschetta, toasted ciabatta, grissini and Italian marinated olives

Perfect with a chilled sparkling Lambrusco Reggiano

SELEZIONE CLASSICA • 10.95
Baked lemon & rosemary chicken wings, spiced meatballs, calamari, mini garlic butter calzoni, funghi arrosto and battered courgettes, with flamed pepper and lemon & herb dips

PIZZERIA

G Gluten free pizza bases are available. Please ask for more information

MARGHERITA • 6.50 V
Tomato, mozzarella and basil

PESTO ROSSO E VERDURE • 8.65 V
Roasted peppers, onions, black olives, baby plum tomatoes and field mushrooms on a red pesto base, with creamy mascarpone and mozzarella

SPECK E RUCOLA • 8.95
Tomato and mozzarella topped with fresh rocket, baby plum tomatoes, baby mozzarella and Italian speck ham

CARNE MISTA • 8.95
Spicy Italian pepperoni, salami, smoked ham and smoked pancetta

POLLO PICCANTE • 8.75
Spicy chicken breast, roasted peppers, onions and fresh green chillies on a spicy arrabbiata base

Traditionally thin and crisp pizzas, topped with our delicious pizza sauce, made in Italy just for us from 100% Italian tomatoes with a touch of basil.

PEPPERONI PICCANTE • 7.95
Spicy Italian pepperoni and hot green chillies

QUATTRO STAGIONI • 8.85
The Four Seasons – Italian pepperoni, smoked ham, field mushrooms and artichokes

Extra toppings:
Roasted peppers, field mushrooms, green or red pesto, red onion, baby plum tomatoes, roasted courgettes, fresh chilli, rocket, Parmesan, black olives, artichokes **V** • 1.00

Spicy Italian pepperoni, sliced chicken breast, smoked pancetta, smoked ham, speck ham • 1.20

PASTA

SPAGHETTI BOLOGNESE • 7.95
Our traditional beef ragu

SPAGHETTI CARBONARA • 7.95
Spaghetti with smoked pancetta, egg and pecorino cheese with a splash of cream

"Penne Ricce"

"Bucatini Lunghi"

"Spaghetti"

"Rigatoni"

Bucatini Lunghi al Ragù d'Agnello

• 8.75 From the Abruzzo region of Italy, our rich lamb and red wine ragu with bucatini lunghi and Parmesan shavings

Perfect with our full bodied Montepuciano d'Abruzzo red wine

BUCATINI GAMBERONI • 9.50 ♥
Eight succulent king prawns sautéed with garlic and chilli in a spicy pomodoro sauce, with bucatini lunghi

AL FORNO BAKED IN THE OVEN

Conchiglioni di Mare

• 9.75 Giant egg pasta shells filled with cod, prawns, mascarpone and lemon zest, in a creamy saffron sauce with baby spinach

LASAGNE • 8.85 OR 14.50 TO SHARE
Layers of egg lasagne, fine minced beef ragu and béchamel sauce

MELANZANE ALLA PARMIGIANA • 8.85 OR 14.50 TO SHARE V ♥
Aubergines layered with béchamel and a slow roasted tomato, basil & thyme sauce, topped with mozzarella. Served with a lemon dressed baby gem salad

POLLO ALLA CREMA • 8.95 OR 14.50 TO SHARE
Sliced chicken breast with red onions, roasted peppers, smoked pancetta and penne ricce pasta in a white wine sauce, with Parmesan shavings

CANNELLONI • 8.50 V
Cannelloni filled with fresh spinach and creamy ricotta, topped with tomato and béchamel sauces

CARNE E PESCE MEAT AND FISH

POLLO CIABATTA • 8.95
Chargrilled chicken breast, baby gem leaves, red onion and mayonnaise in a ciabatta bun. Served with fries and a smoked tomato & onion relish

Add crisp bacon, melted mozzarella, goat's cheese, or dolcelatte & porcini sauce • 1.20

BURGER AMERICANO • 8.95
Chargrilled beef burger, baby gem leaves, red onion and mayonnaise in a ciabatta bun. Served with fries and a smoked tomato & onion relish

Add crisp bacon, melted mozzarella, goat's cheese, or dolcelatte & porcini sauce • 1.20

Pollo Milanese
• 11.25 Baked chicken breast in Parmesan breadcrumbs, with green beans, rosemary roasted potatoes, roasted red onions, peppers and courgettes, with a pomodoro dipping sauce

CONTROFILETTO AI FERRI • 14.95
21 day aged 8oz rump steak with your choice of fries, garlic butter, roasted field mushrooms and rocket or a lemon dressed salad of baby gem leaves, green beans, cucumber, spring onion and plum tomatoes
Sauces: Peppercorn, Marsala wine or porcini mushroom & dolcelatte • 1.95

FRITTO MISTO • 9.95
Lightly battered king prawns, cod, calamari and courgettes. Served with fries and a herb, lemon & caper dip

SPEZZATINO DI MANZO • 11.95
Slow cooked beef stew in red wine and herbs. Served with creamy basil mash and roasted courgettes

FILETTO DI SPIGOLA • 12.75 ♥
Butterflied seabass fillet with a warm salad of roasted new potatoes and red onions, green beans, black olives and plum tomatoes, with a fresh herb & garlic salsa verde

POLLO CACCIATORE • 11.25
Oven baked chicken in a tomato, smoked bacon & mushroom sauce, topped with mozzarella. Served with your choice of fries and salad or roasted vegetables and rosemary new potatoes

INSALATA FRESCA CRISP ITALIAN SALADS

Mozzarella Tricolore
• 8.25 V Baby mozzarella, fresh avocado, baby plum tomatoes and rocket, with a fresh basil & pesto dressing

POLLO E VERDURE • 8.95 OR 5.50 FOR ANTIPASTI ♥
Chargrilled chicken with fresh avocado, baby spinach, black olives, roasted peppers, spring onion, baby plum tomatoes and a zesty lemon dressing

PEPE ROSSI RIPIENI • 8.25 V
Oven baked pepper stuffed with creamy red pepper risotto, basil and crumbled goat's cheese. Served with a crisp lemon dressed salad of baby gem, rocket, green beans, spring onion and cucumber

SALMONE E FAGIOLI • 9.50 ♥
Baked salmon fillet with cannellini and nero beans, baby plum tomatoes, spring onion and baby spinach, in a zesty lemon dressing

CAESAR POLLO • 8.95 OR 5.75 FOR ANTIPASTI
Chargrilled chicken and crisp gem lettuce in a Caesar dressing, with lightly toasted ciabatta croutons and Parmesan shavings

Add smoked pancetta • 1.20