

STARTERS

✓ MARINATED OLIVES £4.95

✓ GARLIC PIZZA BREAD £6.50
(485 cal) (Add mozzarella + £1.50)(583 cal)

✓ PIZZA MARINARA £7.95
(545 cal) Classic Italian pizza base topped with tomato sauce, garlic and pesto

✓ TOMATO AND BASIL SOUP £6.95

✓ TRICOLORE £10.50
(377 cal) Avocado, sliced tomato and buffalo mozzarella

CHICKEN WINGS £7.95
(340 cal) Served with sweet chilli sauce

KING PRAWNS £11.95
(456 cal) King prawns cooked in garlic and chili pomodoro sauce

MUSSELS £10.95
(351 cal) White wine sauce with leeks, garlic, lemon, butter and parsley

THE GRILL

LAMB AND CHICKEN SPIEDINI £19.95
(574 cal) Grilled lamb and chicken skewers served with salad and rice

FILLET STEAK 10 oz £30.95
(1177 cal) Served with sauteed potatoes and peppercorn sauce.

RIBEYE STEAK 10 oz £27.95
(1271 cal) Served with sauteed potatoes and peppercorn sauce

SEAFOOD GRILL £32.50
Seabass, Salmon, King Prawns served with rosemary garlic sauteed potatoes, rocket, and parmesan salad

GRILLED CHICKEN OR HALLOUMI CEASAR SALAD £14.50
(557 cal) Lettuce, Caesar dressing and parmesan



MAINS

POLLO ALLA CREMA £16.95
(650 cal) Chicken breast in creamy mushroom sauce served with rosemary potatoes

LEMON CHICKEN £16.95
(633 cal) Chicken breast cooked in garlic, lemon, and white wine served with asparagus and rice

SALMON £18.50
(611 cal) Pan fried salmon served on a bed of cauliflower puree, garlic sauteed spinach and pesto dressing

SEA BASS £19.50
(642 cal) Sea bass fillets on a bed of new potatoes and leeks in a light creamy lemon sauce with mussels

CACCIUCCO £29.95
(506 cal) Traditional Italian seafood stew with lobster, king prawns, calamari, sea bass and mussels in a white wine, fresh chili and tomato sauce

RISOTTO

CHICKEN RISOTTO FUNGHI £16.50
(702 cal) Arborio rice in creamy chicken and mushroom sauce

RISOTTO FRUTTI DI MARE £17.95
(720 cal) Arborio rice with King prawns, Calamari and Mussels in a creamy wine sauce.

RISOTTO KINGS PRAWNS AND CHORIZO £16.95
(718 cal) Arborio rice with King Prawns cooked in garlic butter and Parmesan sauce

PASTA

✓ PENNE ARRABIATTA £13.50 (ADD CHICKEN £3.00)
(445 cal) Penne in a spicy Pomodoro Sauce with garlic, parsley and chili

SPAGHETTI FRUTTI DI MARE £18.95
(620 cal) King prawns, Calamari & Mussels in a tomato and white wine sauce.

KING PRAWN CASERECCO £16.95
(508 cal) King prawns, cherry tomatoes, and zucchini in a light creamy garlic white wine sauce

LOBSTER SPAGHETTI £21.95
(613 cal) Half Lobster, King prawns in a garlic, tomato and white wine sauce

CHICKEN AND PESTO PENNE £15.95
Chicken, Penne pasta in a rich pesto sauce

PLEASE LET THE SERVER KNOW YOU ARE ORDERING FROM THE
GLUTEN FREE MENU

Compulsory 10% Service charge will be added to your bill

P I Z Z A

- ✓ **MARGHERITA** £13.95
(723 cal) Tomato sauce and Fior di Latte mozzarella
- ✓ **CAPRESE** £16.95
(910 cal) Fior di Latte Mozzarella, fresh tomatoes, sundried tomatoes, buffalo mozzarella and basil (white base)
- NAPOLETANA** £14.95
(530 cal) Tomato sauce, anchovies, capers, black olives and oregano
- PIZZA POLLO** £15.50
(879 cal) Tomato sauce, Fior di Latte mozzarella, chicken, sweetcorn, red onion and mushrooms
- FRUTTI DI MARE** £18.50
(568 cal) Tomato sauce, prawns, calamari and mussels topped with rocket
- ✓ **VEGETARIAN** £14.95
(825 cal) Tomato sauce, Fior di Latte mozzarella and grilled vegetables
- ✓ **QUATTRO FORMAGGI** £16.50
(920 cal) 4 Italian cheeses. Gorgonzola, Fior Di Latte, mozzarella and parmesan (White Base)
- ✓ **GOAT'S CHEESE AND CARAMELISED ONION** £16.50
(984 cal) Tomato sauce, Fior di Latte mozzarella, spinach, caramelised onions, goat's cheese, garlic and red onions

EXTRA TOPPINGS

- Olives - Onion - Garlic - Chilli £1.50
- Mushroom - Peppers - Spinach £2.00
- Caramelised Onion - Pineapple -Anchovies - Artichoke -
Pepperoni-Chicken-Spicy Chicken-Beef £3.00
- Cheese-Goats Cheese Parma Ham - £3.00
- Buffalo mozzarella £5.00

S I D E S

- ✓ **SAUTEED GARLIC MUSHROOMS** £5.95
(257 cal)
- ✓ **ROSEMARY AND GARLIC SAUTEED POTATOES** £5.50
(253 cal)
- ✓ **SAUTEED GARLIC SPINACH** £5.95
(280 cal)
- ✓ **TOMATO ONION SALAD** £4.50

HAM AND MUSHROOM £15.95
Tomato sauce, Fior di Latte mozzarella, Prosciutto and mushrooms

PEPPERONI £15.95
Tomato sauce, Fior di Latte mozzarella and pepperoni

PARMA £16.95
Tomato sauce, Fior di Latte mozzarella and Parma ham topped with rocket, fresh tomatoes and parmesan

HAWAIIAN £15.95
Tomato sauce, Fior di Latte mozzarella, ham and pineapple

MORTADELLA SALAMI £17.50
(700 cal) Classic Italian base with Fiore di latte mozzarella, Mortadella buffalo mozzarella ,pesto and sundried tomato

DIAVOLA £16.50
(902 cal) Tomato sauce, Fior di Latte mozzarella, pepperoni, olives, onions and chillies

MEATY £17.50
(940 cal) Tomato sauce, Fior di Latte mozzarella, pepperoni, chicken, beef and Italian sausage

MEATY PICANTE £17.50
(946 cal) Mozzarella, tomato sauce, spicy marinated chicken, salami, beef, caramelised onions and jalapenos

LUGANICA £15.95
(926 cal) Tomato sauce, Fior di Latte mozzarella, Italian sausage, spinach, garlic and chili

Desserts

CHEESE CAKE £6.50

CRÈME BRÛLÉE £6.95
Chef's special vanilla recipe

ICE CREAM & SORBET £4.50
(2 scoops) Vanilla ice cream, strawberry ice cream, chocolate ice cream, lemon sorbet & mango sorbet

- ✓ **ROCKET AND PARMESAN SALAD** £5.50
(120 cal)
- ✓ **ROASTED MIXED VEGETABLES** £7.50
(260 cal) Roasted Peppers, Courgettes and mushrooms
- ✓ **MIXED LEAF SALAD** £6.50
- ✓ **FETA SALAD** £7.50
(285 cal)