



ALLERGENS

1. CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

2. GLUTEN

Wheat, (such a spelt and Khorasan wheat/Kamut) rye, barley, and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meatproducts, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

3. CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

4. EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastry or food brushed or glazed with eggs.

5. FISH

You will find this in some sauces, pizzas, relis hes, salad dressings, stock cubes and Worcestershire sauce

6. LUPIN

Yes, lupin is a flower, but is also found in flour. Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

7. MILK

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

8. MOLLUSC

These include mussels, land snails, squid and whelks, but can also be found in oyster sauce or as an ingredient for fish stews.

9. MUSTARD

Liquid Mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries marinades, meat products, salad dressings, sauces and soups.

10. NUTS

This ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, dessert, nut powders stir-fried dishes, ice cream, marzipan (almond paste), nuts oil and sauces.

11. PEANUTS

Peanuts are a legume and grow underground, which is why it's called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces, as well as in groundnut oil and peanut flour.

12. SESAME SEED

These seeds can be found in bread, breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

13. SOYA

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.


14. SULPHUR DIOXIDE

Often used in Dried Fruits such raisins, apricots and prunes. You can find in meat products, soft drinks, vegetables, wine and beer. If you have asthma you have a higher risk of developing a reaction to sulphur dioxide.

LEGEND:

 = **HEALTHY FOOD**  = **VEGETARIAN**
 = **VEGAN**

 = **GLUTEN FREE**

 **GLUTEN FREE AVAILABLE** = **GLUTEN FREE AVAILABLE**



CICCHETTI (APPETIZER)

£6 each cicchetto - 3 cicchetti £15

GAMBERONI ALL'AGLIO

Fresh King Prawns cooked in Butter and Garlic Sauce
Allergens: (2, 3, 7)

FUNGHETTI TRIFOLATI



Mixed Selection of Wild Mushrooms with Garlic, White Wine and Rosemary
Allergens: (14)

CALAMARI FRITTI

Fried Fresh Squid
Allergens: (2, 7, 8)

PARMIGIANA



Baked Aubergines with Parmesan Cheese, Tomato & Mozzarella.
Allergens: (7)

POLPETTE DELLA NONNA

100% Beef 3 Meatballs in Tomato Sauce
Allergens: (2, 4, 7)

CAPRINO PANATO



Deep Fried Goat Cheese in Breadcrumbs & Red Onion Compote.
Allergens: (2, 4, 7)

MINISTRONE



The Italian classic soup made of mix vegetables

BRUSCHETTA



2 Slices of homemade toasted bread, spread with fresh garlic and topped with marinated fresh cherry tomatoes
Allergens: (2)

DA CONDIVIDERE (SHARING PLATTERS) - MIN 2 PERSONS

ANTIPASTO CASALINGO

A selection of Italian Cured Meats, Conserves & Italian Cheeses.
Allergens: (2, 7, 9)

£8.5 Per Person

ANTIPASTO VEGETARIANO



A Selection of fresh Grilled Vegetables, Aubergines, Courgette, Mix Peppers & Conserves
Allergens: (None)

£7.5 Per Person

COZZE ALLA MARINARA

Mussels in White Wine Sauce, Extra Virgin Olive Oil and Garlic
Allergens: (3, 14)

£9.5 Per Person

INSALATE (SALADS)

INSALATA DI MARE



Steamed Mussels, Clams, King Prawns, Octopus on a bed of Rocket Salad and Cherry Tomatoes with Lemon Olive Oil Dressing
Allergens: (3, 5, 8, 14)

£16.5

INSALATA CAPRESE



Rocket Salad, Cherry Tomatoes & Buffalo Mozzarella.
Allergens: (7)

£12.5

INSALATA DI POLLO



Grilled Chicken Breast Strips served on a bed of Baby Gems Salad with Caesar's Dressing, Anchovies & Croutons
Allergens: (4, 5, 7)

£15



PASTA FRESCA (HOME MADE FRESH PASTA)

SPAGHETTI AGLIO E OLIO



£10

Sauteéd garlic, italian extra virgin olive oil & fresh chilli peppers
Allergens (2)

SPAGHETTI ALLA CARBONARA

£13.5

Guanciale, Egg Yolk, & Pecorino cheese
Allergens (2, 4, 7)

TAGLIATELLE AL RAGU' - THE REAL BOLOGNESE!

£15

100% Mince Beef Sauce marinated with carrots, celery, and onions
Allergens: (2, 7, 14).

MACCHERONI ALL' ARRABBIATA



£13.5

Spicy Sauce made from Garlic, Tomatoes and Red Chili Peppers cooked in Extra Virgin Olive Oil
Allergens:(2)

BIGOLI ALL'AMATRICIANA

£13.5

Guanciale, Red Onions & Basil in a Red Wine Tomato Sauce
Allergens: (2, 14)

MACCHERONI ALLA NORMA



£13.5

Fresh Melanzane, Pomodoro, Basilico & Dried Ricotta
Allergens: (2, 7)

TAGLIATELLE AL SALMONE

£15

Fresh Salmon, Prawns, Spring Onions, cherry tomato & white wine sauce
Allergens: (2, 3, 5, 14)

PACCHERI AI FRUTTI DI MARE

£16.5

Fresh Mixed Seafood (Mussels, Clams, Squid and Prawns) in Cherry Tomato & White Wine Sauce
Allergens: (2, 3, 5, 8, 14)

RISOTTO (ARBORIO RICE)

RISOTTO AI FRUTTI DI MARE



£16.5

Fresh Mixed Seafood(Mussels, Clams, Squid and Prawns) in cherry tomato & white wine sauce
Allergens: (3, 5, 8, 14)

RISOTTO ALLA BOSCAIOLA



£13.5

Gorgonzola Cheese, Mixed Mushrooms & Cream Sauce.
Allergens: (7, 14)

AL FORNO (OVEN BAKED)

MELANZANE ALLA PARMIGIANA



£13.5

Baked Aubergines with Parmesan Cheese, Tomato & Mozzarella
Allergens: (2, 7)

LASAGNA ALL' EMILIANA

£13.5

Oven baked flat pasta Sheet made with Parmesan Cheese, Bechamel Sauce and 100% Mince Beef
cooked in a Tomato Sauce.
Allergens; (2, 7, 14)



We have available: Spaghetti, Linguine, Fusilli and Penne Gluten Free

Please let us know of any allergy you may suffer from as not all ingredients are mentioned. Grazie
A Discretionary service charge of 12.5% will be added to your final bill.



PINSA (ROMAN PIZZA)

QUATTRO FORMAGGI 

Mozzarella, Gorgonzola, Goat Cheese & Parmesan Shavings
Allergens: (2, 7)

£13.5

MARGHERITA 

Tomato, Mozzarella & Basil
Allergens: (2, 7)

£10

PROSCIUTTO E FUNGHI

Tomato, Mozzarella, Ham & Mushrooms
Allergens: (2, 7, 14)

£12.5

DIAVOLA

Tomato, Mozzarella, Spicy Spianata Salami & Chili Flakes
Allergens: (2, 7)

£13.5

VEGETARIANA  

Tomato, Mozzarella Aubergines, Courgettes, Mixed Peppers & Red Onion
Allergens: (2)

£12.5

QUATTRO STAGIONI

Tomato, Mozzarella, Ham, Mushrooms, Artichokes & Olives
Allergens: (2, 7, 14)

£13.5

BUFALINA 

Tomato, Buffalo's Mozzarella cheese topped with basil flavoured extra virgin oil
Allergens: (2, 7)

£13.5

NAPOLETANA

Tornato, Mozzarella, Anchovies, Cappers & Olives
Allergens: (2, 5, 7)

£12.5

EXTRA

**Egg, Artichokes, Red Onions,
Cappers, Anchovies, Pesto**

£1

Parmesan Shavings, Goat Cheese, Gorgonzola

£2

**Aubergines, Courgettes, Mixed Peppers, Friarelli,
Mushrooms, Rocket, Cherry Tomatoes, Frankfurter**

£1.5

**Parma Harn, Nduja, Spicy Salame,
Cooked Ham, Italian Sausage, Pancetta**

£3



**PINSA IS EASILY AND
NATURALLY DIGESTIBLE**

The dough of roman pinsa is made from a combination of soy rice and wheat flour which makes it a much healthier alternative to traditional pizza. It's fermented for up to 72 hours and baked at lower temperature. The dough is highly hydrated as it contains up to 80% water.



CARNE (MEAT)

PETTO DI POLLO ALLA NORMA



Grilled Chicken Breast with Aubergines, Mozzarella, Basil and Tomato Sauce

Allergens: (2, 7, 14)

£18.5

BISTECCA ALLA GRIGLIA



Sirlon Steak topped with Rocket Salad and Cherry tomatoes. Served with Green Pepper or Mashroom Sauce

Allergens: (none)

£23.5

SCALOPPINA MILANESE

Veal Escalope in Breadcrumbs served with Risotto Pomodoro Parmigiano

Allergens: (2, 4, 7)

£18.5

FEGATO BURRO E SALVIA



Calf Liver with Butter and Sage served with Mashed Patatos and Crispy Bacon

Allergens: (7)

£21.5

PESCE (FISH)

FRITTURA MISTA

Calamari, Gamberi, Whitebait, Seabass & Mixed Vegetables

Allergens: (2, 3, 4, 5, 7)

£21.5

ORATA AL CARTOCCIO



Wrapped Oven Baked Sea Bream in white wine sauce, cherry tomatoes and black olives

Allergens: (5, 14)

£21.5

GAMBERONI ALLA DIAVOLA



Spicy King Prawns in a Tomato & White Wine Sauce, served with Saffron Risotto.

Allergens: (3, 7, 14)

£18.5

SALMONE ALLA GRIGLIA



Fresh Scottish Salmon Filet Served with oven baked sliced wild fennel

Allergens: (3)

£18.5

CONTORNI (SIDES)

Any Side Dishe £5

MIXED SALAD

TOMATO & ONION SALAD

ROCKET & PARMESAN SALAD

VEGETABLES OF THE DAY

SAUTE SPINACH

FRENCH FRIES

GARLIC BREAD

BREAD BASKED

ZUCCHINI FRITTI