



ANTIPASTI

- Olive Marinate (V)** £5.95
Selection of kalamata, large green pitted and large black pitted olives tossed in sun-dried tomatoes, olive oil, parsley, and garlic seasoning
- Zuppa Di Verdure (V)** £6.95
Traditional home-made minestrone vegetable soup
- Bruschette (V)** £8.95
Gluten-free bread topped with diced tomato and red onion marinated in balsamic vinegar, olive oil, and basil, topped with rocket, sun-dried tomatoes, and freshly grated parmesan (vegetarian and vegan options available).
- Crema Di Funghi (V)** £8.95
Button mushrooms cooked in garlic cream and herb sauce served with toasted gluten-free bread
- Gamberi Piccanti** £9.95
Pan-fried king prawns on top of a garlic, chili, white wine, and butter sauce
- Formaggio Di Capra (V)** £10.95
Oven-roasted goat cheese served on a bed of carpaccio beetroot, mixed leaves topped with walnut and a reduction of balsamic vinegar
- Tricolore (V)** £12.95
Avocado, mozzarella, sliced tomato, and pesto dressing on the side
- Antipasto Di Carne (Sharer)** £12.95
A selection of cured Italian meats with mozzarella, pickles, rocket leaves, and gluten-free bread (vegetarian and vegan options available)

INSALATA

- Insalata Caesar Con Pollo** £15.95
Caesar salad made with lettuce, parmesan, tomato, gherkin, onion, croutons, and roasted chicken tossed in a traditional Caesar dressing
- Burrata Royal** £14.95
Fresh buffalo mozzarella with a creamy and buttery center served on a bed of rocket, tomato, Parma ham, and avocado
- Insalata Salmone E Avocado** £17.95
Smoked salmon, prawns, and avocado with dressed mixed leaves and mozzarella mixed with light Italian dressing

OTHER MAINS

- Pollo Mari Monti** £20.95
Pan-fried chicken breast cooked with king prawns, mushrooms, white wine, tomatoes, and cream sauce served with mashed potato
- Manzo** £27.95
Ribeye steak grilled to your liking and served with steamed vegetables and your choice of sauce (mushrooms or peppercorn sauce)
- Spigola Alla Griglia** £24.95
Grilled fillet sea bass served with steamed vegetables
- Salmone** £24.95
Roast fillet of salmon on fresh spinach in a white wine and lemon sauce

Gluten Free Menu

A True Taste of Italia



PASTA

Arrabbiata (V) £15.95

Gluten-free pasta served with spicy tomato sauce and garlic

Pesto (V) £14.95

Gluten-free pasta tossed in our seasonal mixed vegetables, sliced chilies, and pesto sauce

Amatriciana £16.95

Gluten-free pasta cooked with cured pancetta and tossed in a Napoletana garlic and chili sauce

Pasta Con Pollo E Funghi £16.95

Gluten-free pasta cooked with chicken, garlic, and wild mushrooms in a creamy sauce

Bolognese £16.95

A classic Italian dish using homemade beef ragu and gluten-free pasta

Scoglio £18.95

Gluten-free pasta with cherry tomato, garlic, and parsley sauce containing our freshly cooked prawns, mussels, squid, and white fish

Pasta Con Gamberetti E Pollo £19.95

Gluten-free pasta in a creamy tomato and garlic sauce tossed with king prawns, chicken, and seasonal herbs

Salmone £17.95

Fresh salmon and smoked salmon cooked in a white wine and tomato sauce with a touch of cream and served with gluten-free pasta

Carbonara £16.95

Cured pancetta cooked in a cream, egg yolk, and parmesan sauce on top of gluten-free pasta

SIDES

Chips (V) £5.95

Sweet Potato Fries (V) £5.95

Caesar Salad £5.95

Seasonal Salad (V) £5.95

Steamed Vegetables (V) £5.95

Rocket and Parmesan Salad £5.95



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