



Appetisers

Olive Mediterraneo

A mix of Mediterranean olives with Sundried tomatos, roasted garlic & herb (v) £4

Selezione di pane

A selection of Mediterranean bread served with olive oil & balsamic dip (v) £4

Bruschetta

Toasted ciabatta bread, topped with chopped Tomatoes, garlic, olive oil & basil (v) £5

Focaccia alla sarda

Focaccia bread with garlic butter, Pancetta & Pecorino cheese £6

Starters

Tagliere misto per due

Sharing board: A selection of continental cold cuts meats, cheese & olives served with Mediterranean vegetable relish, artichokes, roasted chillies & bread £22

Caponata Siciliana

Buffalo mozzarella with sweet & sour vegetable relish & pine nuts (v) £8

Fritto misto di mare

Lightly deepfried mixed seafood & courgettes £12/£18

Prosciutto & Gorgonzola con Nocci

Sardinian flat bread with melted Gorgonzola topped with Parma ham finished with a rocket salad £8.50

Capesante in crosta

King scallops topped with mixed herb breadcrumbs with pesto sauce & crispy Italian Parma ham £12

Cozze al vino Bianco

Fresh mussels cooked in a white wine sauce, garlic & chilli served with toasted bread
£10/£16

Gamberoni al limone

King prawn in a garlic, chilli, lemon butter sauce served with a Sardinian flat bread £10/£16

Mains

Pasta

Linguine alle vongole e cozze

Linguine pasta cooked with clams & mussels in a garlic, chilli, white wine sauce £17

Pappardelle zucchini & gamberoni

Ribbon shapes pasta with courgettes & king prawns in a plum cherry tomato & garlic sauce £18

Linguine allo scoglio rosa

Mixed seafood linguine pasta cooked in a creamy tomato & chilli sauce £18

Tagliatelle alla parmegiana

Tagliatelle pasta sautéed with aubergines in a rich tomato sauce, topped with a rocket salad, Parmesan cheese (v) £14

Gnocchi alla spinaci

Spinach Gnocchi pasta cooked in a pesto sauce, topped with pecorino cheese, pine nuts & rocket (v) £14

Ravioli zucca & Pecorino

Ravioli pasta filled with pumpkin & Pecorino cheese sautéed in butter & sage sauce finished with parmesan cheese (v) £14

Tagliatelle carbonara

Ribbon pasta with cream, egg, pancetta, flat Italian parsley, Pecorino cheese & black pepper £14

Risotto alla Milanese

Arborio rice cooked in a creamy sauce with asparagus, topped with rocket & parmesan cheese (v) £14

Fish

Polpo alla grilia

Chargrilled octopus served with plum cherry tomatoes, roasted new potatoes in a chilli garlic butter & mixed green leaf salad £23

Spigola alla Vernaccia

Baked sea bass sautéed with Vernaccia wine & black olives served with sliced new potatoes, shallots & cherry tomatoes £18

Cossola di pesce

Traditional Mediterranean fish & shellfish stew with a touch of chilli served with crostini bread £22

Merluzzo in crosta

Roast cod loin topped with breadcrumbs & pistachios served with black ink squid risotto £20

Calamari e gamberoni alla griglia

Chargrilled squid & king prawns cooked in olive oil, chilli, garlic & mixed herbs served on toasted bread, with rocket & roasted cherry tomatoes £22

Salmone al guazzetto

Roasted salmon fillet served with clam & mussels in a tomato, garlic & chilli sauce £1

Meat

Lombata alla griglia

10oz chargrilled sirloin steak served with roast plum cherry tomato, sautéed mushrooms & skinny chips £24

Lombata all griglia

40oz Italian style chargrilled sirloin served on a wooden chopping board with roast plum cherry tomatoes, Sautéed mushrooms & skinny chips £80

Fileto di manzo

8oz chargrilled fillet steak served with roast plum cherry tomatoes, sautéed mushrooms & skinny chips £30

Pollp alla Milanse

Suffolk chicken breast cooked in breadcrumbs served with linguine pasta, tomato & basil sauce £16

Pollo alla Romana

Suffolk chicken breast cooked with Parma ham & sage, in a Marsala liquor served with a new potato cake & roasted mixed peppers £17

Salse - Sauces

Peppercorn sauce £4

Stilton Sauce £4

Contorni e insalate - Accompaniments

Insalata mista

Mixed salad £4

Insalata rucola Parmegiano

Classic wild rocket salad topped with Parmesan cheese £4

Insalata caprese

Fresh tomato with buffalo mozzarella, basil & olive oil £5

Patatine fritte

Skinny chips £3.50

Patate novele

Roasted new potatoes with onions & rosemary £3.50

Arrosto di vegetali

Roasted Mediterranean vegetables £5