

## Breakfast...

Served until 12pm, using local free range eggs

### **Calazione** 7.95

Full cooked breakfast, fried egg, bacon , sausage served with mushrooms, tomato, baked beans and gluten free toast

### **Uova in Camicia con Funghi** 5.95

Poached egg served with mushrooms and tomato on gluten free toast *(v)*

### **Uova Strapazzate al Salmone** 6.95

Scrambled eggs, smoked salmon, mascarpone served on gluten free toast

### **Avocado con Funghi** 5.95

Seasoned avocado with mushrooms served on gluten free toast *(v) (vg)*

## Gluten Free Menu

## Panini...

### **Calabrese** 5.95

Italian grilled gluten free bread with spicy salami, cheese and rocket

### **Venezia** 7.95

Italian grilled gluten free bread with chicken and gorgonzola cheese

### **Mediterranea** 6.95

Italian grilled gluten free bread with roasted Mediterranean vegetable and homemade pesto *(v) can be (vg)*

### **Caprese** 7.95

Italian grilled gluten free bread with tomatoes, buffalo mozzarella, basil and homemade pesto *(v)*

### **Parma** 5.95

Italian grilled gluten free bread with prosciutto, tomato and basil

## Pasta...

### **Fettucine al Pollo** 13.95

Gluten free fettucine with chicken, spinach and tomatoes in a creamy mushroom and white wine sauce

### **Spaghetti con Polpette** 11.95

Gluten free spaghetti with handmade meat balls in tomato sauce

### **Tagliatelle ai Gamberi** 13.95

Gluten free ribbon pasta served with prawns, cherry tomatoes and fresh basil

### **Fettucine al Salmone** 12.95

A delicious, light salmon dish with Gluten free fettucine

### **Spaghetti alle Verdure** 12.95

Gluten free spaghetti with roasted Mediterranean vegetables in our homemade tomato sauce *(v) (vg)*

### **Fettucine al Pesto alla Genovese** 11.95

Gluten free fettucine, served with homemade pesto, French beans and pine nuts *(v) can be (vg)*

### **Spaghetti Pomodoro** 9.95

Gluten free spaghetti with our classic seasoned tomato sauce *(v) (vg)*

## Sides... *(v) can be (vg)*

Crunchy mixed leaf salad 3.95

Gluten free garlic pizza bread 3.95

# Pizza...

*Choose one of the following toppings on a Gluten Free pizza base*

<b>Margherita (v) can be (vg)</b>	<b>8.95</b>	<b>Quattro Fromaggi (v)</b>	<b>12.95</b>
Homemade tomato sauce, Mozzarella and chopped basil		Homemade tomato sauce topped with Mozzarella, Gorgonzola, parmesan and cheddar	
<b>Cotto e Funghi</b>	<b>10.95</b>	<b>Pepperoni</b>	<b>10.95</b>
Homemade tomato sauce, Mozzarella topped with ham and mushrooms		Homemade tomato sauce, Mozzarella topped with pepperoni	
<b>Marinara</b>	<b>11.95</b>	<b>Salmone</b>	<b>12.95</b>
Homemade tomato sauce, Mozzarella topped with anchovy and capers		Homemade tomato sauce, Mozzarella topped with smoked salmon and mascarpone	
<b>Diavolo</b>	<b>12.95</b>	<b>Boscaiola</b>	<b>12.95</b>
Chilli spiced Homemade tomato sauce, Mozzarella topped with Italian fiery salami and jalapenos		Homemade tomato sauce, Mozzarella topped with cured Italian beef and fresh buffalo mozzarella	
<b>Frutti Di Mare</b>	<b>12.95</b>	<b>Vegetariana (v) can be (vg)</b>	<b>11.95</b>
Homemade tomato sauce, Mozzarella topped with mussels, shrimp,, squid and clams		Homemade tomato sauce, Mozzarella topped with sundried tomatoes, basil and rocket	
<b>Mediterranea (v) can be (vg)</b>	<b>11.95</b>	<b>Prosciutto e Gorgonzola</b>	<b>12.95</b>
Homemade tomato sauce, Mozzarella topped with artichoke, mushrooms, olives, roasted peppers and aubergine		Homemade tomato sauce, Mozzarella topped with prosciutto and gorgonzola	

## Salads...

<b>Insalata Mista</b>	<b>4.95</b>
Tasty dressed mixed leaf salad served with a potato and green bean salad, tomato and pepper compote, cucumber and radish (v) can be (vg)	
<b>Insalata Mista</b>	<b>5.95</b>
Tasty dressed mixed leaf salad served with a potato and green bean salad, tomato and pepper compote, cucumber and radish, with marinated mixed olives (v) can be (vg)	
<b>Insalata Caprese</b>	<b>7.95</b>
Fresh dressed mixed leaf salad with buffalo mozzarella, tomato, basil and homemade pesto (v)	



## Kick off with ...

<b>House Prosecco Vispo Allegro</b>	4.95   23.95	<b>Olive Marinata <i>V and Vg</i></b>	2.95   3.95
Crisp and light sparkling wine with almonds and floral notes		Marinated mixed olives	
<b>Aperol Spritz</b>	6.95	<b>Pane e Olio <i>V and Vg</i></b>	4.95   6.95
Traditional Italian aperitif, light and refreshing, with orange and rhubarb flavours.		Marinated mixed olives, balsamic vinegar and olive oil dips served with gluten free bread	

## Antipasti

<b>Tagliere Misto</b>	7.95   14.95
A selection of Italian cured meats and cheeses served with toasted gluten free bread, sundried tomatoes, mixed olives plus dipping sides of chutney, olive oil and balsamic vinegar	
<b>Carpaccio di Bresaola</b>	6.95
Traditional cured Valtellina beef, seasoned with extra virgin olive oil and lemon juice, topped with rocket leaves, shaved parmesan, served with toasted gluten free bread	
<b>Impepata di Cozze</b>	7.95   13.95
Mussels cooked in white wine sauce, topped with ground black pepper, served with toasted gluten free bread	
<b>Carpaccio di Salmone</b>	6.95
Smoked Salmon seasoned with extra virgin olive oil and lemon juice, topped with rocket leaves, shaved parmesan, served with toasted gluten free bread	
<b>Caprese di Bufala <i>V</i></b>	7.95
Classic fresh flavour of buffalo mozzarella, tomatoes and homemade pesto, seasoned with extra virgin olive oil, served on toasted gluten free bread	
<b>Pizza Aglio e Olio <i>V can be Vg</i></b>	3.95
Gluten free pizza bread brushed with garlic butter	
<b>Pizza Aglio e Olio e Formaggio <i>V</i></b>	4.95
Gluten free pizza bread brushed with garlic butter, topped with mozzarella cheese	

**Pollo Ripieno** 14.95

Chicken breast filled with sundried tomatoes, wrapped in pancetta with a parmesan and mushroom sauce, served with sautéed potatoes and roasted Mediterranean vegetables

**Spigola** 15.95

Two pan fried sea bass fillets served with sautéed potatoes and fresh green beans

**Parmigiana** 13.95

Traditional Italian dish of layered baked aubergines, with tomato sauce, mozzarella and parmesan cheese served with our dressed mixed salad (v)

**Risotto...**

**Risotto al Merluzzo** 13.95

Seasoned pan fried cod and samphire made into a delicious creamy risotto

**Risotto Asparagi e Porri** 11.95

A tasty risotto made with sautéed welsh leeks and asparagus (v) can be (vg)

**Pasta...**

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Gluten free spaghetti with roasted Mediterranean vegetables in our home-made tomato sauce (v) (vg)

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Gluten free ribbon pasta, served with homemade pesto, French beans and pine nuts (v) can be (vg)

**Spaghetti Pomodoro** 9.95

Gluten free spaghetti with our classic seasoned tomato sauce (v) (vg)

**Sides... (v) can be (vg)**

Sautéed potatoes 2.95

Roasted Mediterranean vegetables 3.95

Fresh green beans 2.95

Crunchy mixed leaf salad 3.95

Sautéed garlic mushrooms with parsley 3.95

Gluten free garlic pizza bread 4.95