

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)*

We hand make our
fresh pasta with
local
free range eggs

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 seared sea bass fillets in a lemon and caper butter sauce served with sautéed potatoes and fresh green beans

Parmigiana 13.95

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

Pasta...

Lasagne 13.95

Fresh hand made pasta baked with finest Pembrokeshire beef, served with a our dressed mixed salad

Conchiglioni al Pollo 13.95

Large pasta shells stuffed with chicken, spinach and tomato in a creamy mushroom and white wine sauce

Spaghetti con Polpette 11.95

Traditional Italian spaghetti with handmade meat balls in tomato sauce

Tagliatelle ai Gamberi 13.95

Fresh homemade ribbon pasta served with prawns, cherry tomatoes and fresh basil

Fettuccine al Salmone 12.95

A delicious, light salmon dish with fresh hand made ribbon pasta and mascarpone cheese

Spaghetti alle Verdure 12.95

Traditional Italian spaghetti with roasted Mediterranean vegetables in our homemade tomato sauce *(v) (vg)*

Fettuccine al Pesto alla Genovese 11.95

Hand made Tuscan style ribbon pasta, served with homemade pesto, French beans and pine nuts *(v) can be (vg)*

Spaghetti Pomodoro 9.95

House 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

Rustic garlic pizza bread 3.95