

GLUTEN FREE

STUZZICHINI

While You Decide

MIXED OLIVES

Marinated green and black pitted olives

3.25 (V) (VG)

NOCELLARA OLIVES

Giant green Sicilian olives, unpitted

3.75 (V) (VG)

ANTIPASTI *Starters*

ZUPPA DI FUNGHI

Porcini broth, mushrooms, pancetta, cream, gluten free bread

6.25 (VG)

TOMATO BRUSCHETTA

Yellow cherry, baby plum and beef tomatoes, extra virgin olive oil, baby basil, garlic, gluten free bread

5.75 (V)

CRAB BRUSCHETTA

White Devon crab, frisée lettuce, tomato, courgette, lemon dressing, gluten free bread

7.95

PASTA

Our gluten free rigatoni pasta is made with corn and chickpea flour

CARBONARA

Eggs, Grana Padano cheese, guanciale, black pepper

10.95

LUGANICA

Spicy Luganica sausage & tomato ragù, cheese

12.75

CRAB & LANGOUSTINE

Devon crab, langoustine tails, courgette, white wine, chilli oil, lemon, spring onion

Served without garlic & herb breadcrumbs

16.25

SECONDI *Mains*

SIRLOIN IN PADELLA

Dry aged, 8oz* Casterbridge sirloin, garlic butter baby potatoes

19.95

MINUTE STEAK

Steak, green salad, Parmigiano Reggiano

11.95

LAMB ARROSTICINI

Lamb skewers, sweet & sour peppers with almonds & raisins

15.95

SEA BASS

Sea bass fillets, tomato & white wine salsa, garlic butter baby potatoes

15.95

PRAWNS MARINARA

Prawns, white wine, baby plum tomatoes, chilli, fennel seeds, tomato & basil sauce, gluten free bread

7.75

MUSHROOM BRUSCHETTA

Mushrooms, baby spinach, garlic, chilli, gluten free bread

6.50 (V)

CHICKEN LIVER PÂTÉ

Smooth pâté, red onion marmalade, gluten free bread

6.75

BURRATA & PROSCIUTTO

Burrata, 14-month aged prosciutto, aged balsamic vinegar, gluten free bread

6.95

INSALATA CAPRESE

Buffalo mozzarella, beef tomatoes, basil, extra virgin olive oil, black olives

6.75

INSALATA DI RICOTTA E ZUCCHINE

Baked ricotta, yellow courgette, pickled fennel, rocket, baby spinach, frisée lettuce, soya beans, peas, basil, pesto & lemon dressing

6.25 (V)

NAPOLETANA

Chicken thigh, baby plum & yellow tomato, anchovies, olives, capers, garlic, basil, white wine

Served without garlic & herb breadcrumbs

12.95

GIARDINIERA

Courgette, chilli, garlic, cheese

Served without spinach balls

10.95 (V)

A discretionary donation of 50p is made to Action Against Hunger on your behalf. You have raised over £1.9 million so far - thank you.

CAULIFLOWER

Cauliflower, baby spinach, chilli, caper, turmeric

Served without garlic & herb breadcrumbs

11.50 (V) (VG)

TAGLIERI

To Share

VERDURE BOARD

Roasted peppers, baby peppers with pesto, red onion marmalade with baked ricotta on gluten free bread, artichokes, balsamic onions, caponata, green beans, olives, caperberries, gluten free bread

14.95 (V)

SALUMI BOARD

Mortadella, 14-month aged prosciutto, salami ventricina Abruzzese, soppressa al finocchio, prosciutto cotto, salami Aquila, olives, caperberries

14.95

PRIMAVERA

Courgette, artichoke, spring onion, peas, soya beans, mint, parsley, lemon, artichoke sauce

11.95 (V) (VG)

POMODORO E BASILICO

Tomato & basil sauce

9.25 (V) (VG)

PESTO

Basil pesto

9.25 (V)

RISOTTO AI FUNGHI

Porcini, chestnut, oyster, shiitaki, shimeji, baby king oyster & closed cup mushrooms, garlic

12.95 (V)

Add truffle for £1

Add chicken for £2.50

RISO NERO

Black rice, tenderstem broccoli, golden beetroot, pickled carrot, yellow courgette, mixed leaves, soya beans, peas, chick peas, basil & chilli vegan mayonnaise

10.95 (V) (VG)

Add chicken for £2.50

ABRUZZESE

Italian flaked tuna, buffalo mozzarella, green beans, peppers, baby plum tomatoes, mixed leaves, new potatoes, anchovy, soft-boiled egg

Served without croutons

11.25

CONTORNI *Sides*

BROCCOLINI

Chilli, garlic, toasted almonds

3.95 (V) (VG)

GREEN BEANS

3.50 (V) (VG)

SPINACI

3.50 (V) (VG)

ZUCCHINE

3.50 (V) (VG)

INSALATA MISTA

Baby gem, peppers, baby plum tomatoes, red onion, balsamic dressing

3.95 (V) (VG)

INSALATA VERDE

Mixed leaves, Parmigiano Reggiano, balsamic dressing

4.50 (VG)

GARLIC BUTTER BABY POTATOES

3.50 (V)

DOLCI *Desserts*

PANNA COTTA

Vanilla set cream, raspberry coulis

5.95

MERINGA AL FRUTTO DELLA PASSIONE

Meringue, passion fruit mascarpone cream, raspberries, raspberry coulis

5.95 (V)

CHOCOLATE CAPRESE

Chocolate & almond cake, vanilla ice cream

6.50

FORMAGGI

A selection of three Italian cheeses served with truffle honey and gluten free bread. We import our cheeses from all over Italy, including regional specialities and handmade favourite

Served without pickled walnuts

6.95

GELATO & SORBETS

GELATO

Arabica coffee & hazelnut / Bitter chocolate / Vanilla / Strawberry / Cherry

Served without the wafer

4.95 (V)

SORBET

Lemon / Passion fruit / Melon

Served without the wafer

4.95 (V) (VG)

AFFOGATO

Vanilla ice cream, espresso or your choice of liqueur

COFFEE 4.95 / LIQUEUR 6.95 (V)

CHOCOLATE & SALTED CARAMEL COPPA

Vanilla ice cream, chocolate & salted caramel sauces

Served without amaretti biscuits & a wafer

6.50 (V)

RASPBERRY & HAZELNUT TORRONE COPPA

Vanilla & chocolate ice cream, raspberries, raspberry coulis, torrone - hazelnut nougat from our deli

6.50 (V)

LIMONCELLO COPPA

Vanilla ice cream, candied lemon peel, limoncello syrup

Served without amaretti biscuits

6.50 (V)

(V) Vegetarian (VG) Vegan (VO) Can be made vegetarian or vegan

Please note that some of our cooking equipment is used for non-vegetarian dishes. Food allergies and intolerances: before you order your food and drinks, please speak to our staff if you want to know about our ingredients

We are founding members of the Sustainable Restaurant Association and proud to be awarded their highest award of 3 stars for the work we have done to improve how we interact with the environment

*Approximate uncooked weight



DAIRY FREE

STUZZICHINI

While You Decide

FOCACCIA

Traditional with extra virgin olive oil
Freshly baked in house each morning with
00 Italian flour **3.95** (V) (VG)

MIXED OLIVES

Marinated green and black pitted olives
3.25 (V) (VG)

NOCELLARA OLIVES

Giant green Sicilian olives, unpitted
3.75 (V) (VG)

ANTIPASTI *Starters*

ZUPPA DI FUNGHI

Porcini broth, mushrooms, pancetta,
focaccia *Served without cream* **6.25** (VO)

TOMATO BRUSCHETTA

Yellow cherry, baby plum and beef tomatoes,
extra virgin olive oil, baby basil, garlic, grilled
ciabatta **5.75** (V) (VG)

CRAB BRUSCHETTA

White Devon crab, frisée lettuce, tomato,
courgette, lemon dressing, grilled
ciabatta **7.95**

PRAWNS MARINARA

Prawns, white wine, baby plum tomatoes,
chilli, fennel seeds, tomato & basil sauce,
grilled ciabatta **7.75**

MUSHROOM BRUSCHETTA

Mushrooms, baby spinach, garlic, chilli,
grilled ciabatta **6.50** (V) (VG)

TAGLIERE

To Share

VERDURE BOARD

Roasted peppers, baby peppers, artichokes,
balsamic onions, caponata, green beans,
olives, caperberries, focaccia
*Served without pesto, baked ricotta
and red onion marmalade* **14.95** (V) (VG)

PASTA

GEMELLI ALLA LUGANICA

Spicy Luganica sausage & tomato ragù,
gemelli pasta *Served without cheese* **12.75**

TAGLIOLINI ALLA NAPOLETANA

Chicken thigh, baby plum & yellow tomato,
anchovies, olives, capers, garlic, basil, white
wine, garlic & herb breadcrumbs, fresh egg
tagliolini ribbons **12.95**

GEMELLI ALLA PRIMAVERA

Courgette, artichoke, spring onion, peas,
soya beans, mint, parsley, lemon, artichoke
sauce, tomato pesto, almond flakes,
gemelli pasta **11.95** (V) (VG)

CAULIFLOWER ORECCHIETTE

Cauliflower, baby spinach, chilli, capers,
turmeric, garlic & herb breadcrumbs,
orecchiette pasta **11.50** (V) (VG)

LINGUINE AL POMODORO E BASILICO

Tomato & basil sauce, linguine **9.25** (V) (VG)

SECONDI *Mains*

ZUCCHINE RIPIENE

Yellow & green courgettes stuffed with olives,
capers, tomato, spring onion, basil. Pepolata
sauce *Served without ricotta* **11.95** (V) (VG)

SIRLOIN ALLA GRIGLIA

Dry aged, 8oz* Casterbridge sirloin, a side
of your choice **19.95**

MINUTE STEAK

Steak, green salad *Served without
Parmigiano Reggiano* **11.95**

LAMB ARROSTICINI

Lamb skewers, sweet & sour peppers with
almonds & raisins **15.95**

SEA BASS

Sea bass fillets, tomato & white wine salsa,
a side of your choice **15.95**

INSALATA *Salads*

POLLO E VERDURE

Chicken breast, green beans, baby potatoes,
baby spinach, red onion, frisée lettuce,
rocket, chives, spring onion, dried
tomatoes, garlic & herb breadcrumbs,
balsamic dressing **11.25**

RISO NERO

Black rice, tenderstem broccoli, golden
beetroot, pickled carrot, yellow courgette,
mixed leaves, soya beans, peas, chick peas,
basil & chilli vegan mayonnaise **10.95** (V) (VG)
Add chicken for £2.50

ABRUZZESE

Italian flaked tuna, green beans,
peppers, baby plum tomatoes,
mixed leaves, baby potatoes, anchovy,
soft-boiled egg, croutons
Served without mozzarella **11.25**

CONTORNI *Sides*

BROCCOLINI

Chilli, garlic, toasted almonds **3.95** (V) (VG)

GREEN BEANS 3.50

SPINACI 3.50

ZUCCHINE 3.50

INSALATA MISTA

Baby gem, peppers, baby plum tomatoes,
red onion, balsamic dressing **3.95** (V) (VG)

INSALATA VERDE

Mixed leaves, balsamic dressing *Served
without Parmigiano Reggiano* **4.50** (V) (VG)

DOLCI *Desserts*

CHERRY & ALMOND CAKE

Raspberry coulis **5.50** (V) (VG)

SORBET

Lemon / Passion fruit / Melon
4.95 (V) (VG)

(V) Vegetarian (VG) Vegan (VO) Can be made vegetarian or vegan

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