

# Gluten Free

## Antipasti

### MARINATED OLIVES (GF)

Black and green olives in a herb marinade with a hint of chilli.

£3.50

### ZUPPA - Home made soup of the day. (GF - without bread)

£5.45

### ANTIPASTI SHARING PLATTER (GF - without bread)

Selection of pecorino romano, asiago and gorgonzola cheese with parma ham, bresaola and salami napoli, served with marinated olives, rustic bread and salad. (min 2 persons).

£6.25 pp

### PARMIGIANA DI MELANZANE (GF)

Layers of grilled aubergines, tomato ragu and parmesan, baked in our wood stone oven.

£6.95

### CAPRESE (GF)

Buffalo di mozzarella, plum tomatoes, basil, pesto and extra virgin olive oil.

£6.25

### COZZE DIAVOLA (GF)

Cornish mussels in tomato sauce, white wine, garlic fresh chillies and parsley.

£8.95

### GAMBERONI SCOZZI (GF)

Skewered king prawn, cod, scallops and peppers with wilted spinach and toasted pine nuts.

£9.95

---

## Salads

### INSALATA RAPIROSA (GF)

Roasted beetroot balls, butternut squash and roasted carrot, cannelloni and kidney beans, buffalo mozzarella and a smoked harissa dressing.

£12.95

---

## Sides

### STEAMED VEGETABLES (GF)

£3.95

### PLUM TOMATO & RED ONION SALAD (GF)

£3.95

### ROCKET AND PARMESAN (GF)

£3.50

### MIXED LEAF SALAD (GF - no dressing)

£2.95

### ROSEMARY POTATOES (GF)

£2.95

### HAND CUT CHIPS (GF)

£2.95

### GREEN BEANS (GF)

£2.50

# Pastas marked 'GF' can be made with gluten free pasta on request.

## Pasta & Risotto

<b>LINGUINE GAMBERI (GF)</b>	<b>£14.95</b>
Sautéed tiger prawns with garlic, chilli and parsley in a tomato sauce.	
<b>TAGLIATELLE BOLOGNESE (GF)</b>	<b>£11.95</b>
Traditional slow cooked bolognese.	
<b>PENNE POLLO (GF)</b>	<b>£12.95</b>
Roasted torn chicken breast, artichokes and wilted spinach in a white cream sauce.	
<b>PENNE ARRABBIATA (GF)</b>	<b>£10.95</b>
An Italian classic of garlic and chillies in basil and tomato sauce.	
<b>...with option of added chicken.</b>	<b>£12.95</b>
<b>SPAGHETTI CARBONARA (GF)</b>	<b>£12.45</b>
Crispy smoked pancetta with spaghetti in a creamy parmesan sauce.	
<b>TAGLIATELLE PORCINI (GF)</b>	<b>£12.95</b>
Tagliatelle pasta with wild and porcini mushrooms in a white wine and cream sauce.	
<b>RISOTTO DI ZUCCA (GF)</b>	<b>£12.95</b>
Arborio rice with tender butternut squash, Gorgonzola cheese and white wine soffrito.	
<b>RISOTTO MILANESE (GF)</b>	<b>£13.95</b>
Saffron risotto with tiger prawns, mussels and petit pois in a white wine sauce.	

---

## Grills & Forno

<b>SIRLOIN STEAK (GF)</b>	<b>£21.95</b>
10oz Sirloin steak, 28 day aged locally sourced, chargrilled with rosemary potatoes or hand-cut chips and roasted vine tomatoes. Choice of sauces: Peppercorn or mushroom. <b>£2.95</b>	
<b>VEAL ESCALOPES (GF)</b>	<b>£16.95</b>
Grilled Rose Veal escalopes, locally reared, with rosemary potatoes, green beans with a cream and peppercorn sauce.	
<b>POLLO PORCINI (GF)</b>	<b>£14.95</b>
Grilled chicken supreme breast in a creamy porcini mushroom and marsala wine sauce with rosemary potatoes.	
<b>BAKED COD (GF)</b>	<b>£14.95</b>
Oven baked cod loin wrapped in parma ham, served with rosemary potatoes and a panchetta and pea cream sauce.	
<b>FILLETO SALMONE (GF)</b>	<b>£14.95</b>
Grilled Salmon fillet with a Mediterranean pesto dressing, rosemary potatoes, roasted cherry tomatoes and rocket.	
<b>PARMIGIANA DI MELANZANE (GF)</b>	<b>£12.45</b>
Layers of grilled aubergines, tomato ragu and parmesan baked in our wood stone oven. Served with mixed leaf salad.	
<b>LAMB SHANK</b>	<b>£16.50</b>
Slowly braised lamb shank with soffrito, barolo red wine and fresh.	
<b>POLLO LIMONE</b>	<b>£14.95</b>
Rolled chicken breast with parma ham and mascarpone in a lemon, thyme and cream sauce, served with rosemary potatoes.	