



GLUTEN FREE MENU

ANTIPASTI CALDI

HOT STARTERS

SOUP OF THE DAY £4.50

Please ask a member of staff for our soup of the day.

GAMBERONI PICCANTI £10.95

Peeled king prawns with garlic, chilli, white wine, lobster sauce & cherry tomatoes finished with a touch of cream

ANTIPASTI FREDDI

COLD STARTERS

CARPACCIO DI MANZO £8.50

Prime beef fillet carpaccio, served with sundried tomatoes, garlic, rocket, parmesan shavings & olive oil

MOZZARELLA DI BUFALA ALLA CAPRESE £8.50

Sliced beef tomato with buffalo mozzarella served on a bed of rocket leaves

INSALATA ADRIATICA £8.85

A mixture of squid, prawns & octopus with garlic, chilli & olive oil

PROSCUITTO DI PARMA CON MELONE £8.95

Season melon with parma ham

LE PASTE

Gluten free **penne or spaghetti** pasta available with the following sauces:

ALLA BOLOGNESE Slow cooked beef ragu, tomato & basil **£8.95**

ALLA CARBONARA Smoked pancetta tossed with cream & eggs **£9.25**

AL BOSCAIOLA Smoked pancetta, field mushrooms, basil, chopped tomato & parmesan shavings **£9.55**

AL SALMONE Shallots, broccoli & smoked salmon in a vodka & cream sauce finished with lemon zest **£9.95**

CON PANCETTA E SALAMINO PICCANTE Smoked bacon, fresh Italian sausage, chilli & garlic in a tomato sauce
£10.25

AL FRUITTI DI MARE Squid, baby prawns, fresh salmon, mussels, clams & cherry tomato **£10.95**

SPECIALITA DELLO CHEF – MAIN COURSES

POLLO ALLA GRIGLIA **£14.95**

Chargrilled chicken fillet served with grilled vegetables & parmentier potatoes with oregano & basil pesto

SCALOPPINA DI VITELLO ALLA GRIGLIA **£16.75**

Chargrilled veal served on a bed of roast potatoes

COSTATA DI MANZO ALLA GRIGLIA **£21.00**

Locally reared prime rib-eye steak, grilled & served with mushrooms & tomatoes or served with a peppercorn sauce

CONTORNI- VEGETABLES & SIDE DISHES

SPINACI Buttered Spinach **£3.00**

PATATE SALTATE CON ROSMARINO Sautéed potatoes, rosemary & onions **£3.00**

VEGETALI GRIGLIATI Chargrilled mixed vegetables **£3.25**

INSALATE

INSALATA VERDE O MISTA **£3.35**

Green or mixed salad with French or Italian dressing

POMODORO CON CIPOLLA ROSSA E BASILICO **£3.35**

Tomatoes, red onion & basil oil

BEETROOT SALAD (V) (N) **£5.95**

Sliced beetroot salad with rocket, goats cheese, pink kernels, raspberries & vinaigrette