

STARTERS

<i>Olive Italiane</i>	£2.75
Marinated olives	
<i>L' insalata di mare</i>	£7.80
Mixed seafood salad marinated in olive oil	
<i>Classic bruschetta</i>	£3.50
Tomatoes, garlic ,basil & olive oil on a toasted bread	
<i>Brushetta e prosciutto crudo</i>	£5.95
Toasted bread, fresh tomatoes, basil & prosciutto	
<i>Insalata Caprese</i>	£4.95
Salad of mozzarella, tomatoes, extra virgin olive oil, oregano & basil	
<i>Prosciutto e melone</i>	£5.50
Melon and prosciutto ham	
<i>Salumi e formaggi all' Italiana</i>	£7.95
A selection of Italian meats consisting of prosciutto ham, salami Milano, salame diavola, mozzarella, pecorino sardo & olives	
<i>Guazzetto di cozze alla pescatora</i>	£7.50
Fresh mussels cooked in white wine, garlic & tomato served with croutons	
<i>Frittura di calamari</i>	£6.25
Deep fried squid served with tartare sauce & salad	
<i>Insalta di gamberetti e formaggio di capra</i>	£6.95
Salad of shrimps , goat's cheese, mixed salad leaves on a grilled pancakes	
<i>Pate` di fegato d'anatra con pure di mele</i>	£6.95
Home made duck liver pate served with apple puree & onion chutney	
<i>Carasau alle erbe (V)</i>	£3.00
Flat & crispy Sardinian bread with herbs, olive oil & garlic	
<i>Trio di cristoni alla Toscana</i>	£4.75
Toasted altamura bread with fresh tomatoes, olive pate` & aubergines	
<i>Zuppa del giorno (V)</i>	£2.95
Home made soup of the day	
<i>Melanzane Parmigiana (V)</i>	£6.80
Oven baked aubergines with tomato, basil & parmesan	

RISOTTO

<i>Risotto al Cannonau</i>	£8.25
In a sauce of sausage & Sardinian red wine	
<i>Risotto zafferano & gamberetti</i>	£8.95
In a sauce of shrimp ,saffron, white wine, rocket & cream	
<i>Risotto alla zucca e formaggio dolce (V)</i>	£7.95
In a sauce of pumpkin and cream topped with smoked scamorza cheese	
<i>Risotto alla pescatora</i>	£9.95
In a sauce of tomato, garlic, cream ,fresh salmon , mussels, squid , shrimp & white wine	
<i>Risotto al pollo funghi</i>	£8.25
In a sauce of chicken, mushroom & cream	

MAIN COURSES

All main courses are served with the fresh vegetables of the day. For extra side orders or potatoes please ask a member of staff. All meat and fish produce is supplied by our local businesses!

<i>Pollo al pepe</i>	£12.50
Chicken breast cooked in a cream, & peppercorn sauce	
<i>Pollo alla diavola</i>	£12.50
Chicken breast with a sauce of tomato & chilli	
<i>Pollo alla Valdostana</i>	£12.50
Chicken breast in wrapped in cooked ham, cheese & white wine sauce	
<i>Pollo alla senape e panna</i>	£12.50
Chicken breast in a sauce of mustard & cream	
<i>Branzino in salsa di olive e crema di rocola</i>	£14.95
Sea bass fillets in a sauce of black olives, cream, rocket & Vermentino wine	
<i>Filetti di sogliola alla Parmigiana</i>	£12.95
Oven baked lemon sole fillets with parmesan cheese	
<i>Petto d' anatra all ananas</i>	£13.95
Duck breast in a pineapple sauce	
<i>Filetto dolce latte</i>	£16.95
8oz fillet of beef with a sauce of Italian blue cheese	
<i>Filetto al mirto</i>	£16.95
8oz fillet of beef in a sauce of Italian liquer	
<i>Filletto al pepe</i>	£16.95
8 oz Fillet of beef with a creamy green peppercorn sauce	
<i>Fillet alla griglia</i>	£15.95
8 oz Char grilled fillet of beef	
<i>Bistecca di manzo al Cannonau e porcini</i>	£15.50
12 oz Rib eye steak in a sauce of Cannonau wine & wild mushrooms	
<i>Cotolette di agnello in salsa di timo</i>	£13.95
Lamb cutlets in a sauce of thyme	
<i>Filetto di salmone all' arancia</i>	£14.95
Salmon fillet in a sauce of orange & Drambuie	
<i>Verdure miste panate (V)</i>	£9.50
Mixed green vegetables in batter served with a sweet cream of cheese & salad	
<i>Frittata alle Verdure (V)</i>	£7.50
Italian style omelette with vegetables	

Please see the Blackboard menu for Chef's Specials & Seafood of the day.

PASTA

<i>Pennette "Principessa"</i>	£8.50
Penne pasta in a sauce of chicken, mushrooms, asparagus, sun dried tomato, tarragon & cream	
<i>Spaghetti alla pescatora</i>	£9.95
In a sauce of fresh salmon, mussels, squid, shrimps, white wine & tomato	
<i>Lasagne alla Bolognese</i>	£7.50
Homemade with Bolognese sauce & béchamel sauce	
<i>Pennette al salmone affumicato e asparagi</i>	£7.50
Penne pasta in a sauce of smoked salmon, creamy tomato, brandy & asparagus tips	
<i>Tagliatelle all' agnello</i>	£8.95
Very thin strands of pasta in a sauce of tender lamb, mint and cream	
<i>Tagliatelle all' aragosta</i>	£14.95
Half fresh Lobster served on tagliatelle pasta and a sauce of garlic, fresh tomato ,white wine	
<i>Gnocchi di patate agli spinaci (V)</i>	£6.95
Spinach & potato dumpling in a sauce of mozzarella, tomato & cream	
<i>Pennette all' arrabbiata (V)</i>	£6.95
Pasta in a sauce of tomato & chilli	
<i>Gnocchetti sardi al pomodoro e basilico (V)</i>	£6.95
Sardinian pasta shells in a sauce of tomato and basil	
<i>Stracci di pasta all uovo in cream di pesto e cozze</i>	£8.95
Egg pasta with fresh mussels in a sauce of pesto & cream	
<i>Fiocchi di pere e formaggio (V)</i>	£7.95
Sacks of pasta filled with cheese & pears in a sauce of porcini mushrooms, cream & truffle oil	
<i>Pennette al pollo funghi</i>	£8.25
Pasta in a sauce of chicken , mushroom & cream	
<i>Spaghetti Bolognese</i>	£7.50
<i>Spaghetti con manzo e broccoli</i>	£9.85
Pasta in a sauce of tomato with beef, broccoli & garlic	

SIDE DISHES

<i>Patate Novelle</i> - New potatoes	£2.50
<i>Patate al Rosmarino</i> - Potatoes with rosemary	£2.50
<i>Instalata Mista</i> - Mixed salad	£2.50
<i>Patatine Fritte</i> - Fries	£2.50
<i>Instalata di Pomodori e Cipolle</i> - Tomato & Onion salad	£2.50
<i>Insalata Verde</i> - Green salad	£2.50
<i>Verdure Miste</i> - Extra portion of mix vegetables	£2.50
<i>Porzione di Pane</i> - Portion of bread & butter	£1.50