

LIGHT DISHES

INSALATE / SALADS

VERDURE	£7.95
GOATS' CHEESE, MEDITERRANEAN ROASTED VEGETABLES, COURGETTES AND RED ONIONS, TOSSED WITH FRESH ROCKET AND SARDINIAN FREGOLA PASTA GRAINS, IN A ZESTY LEMON DRESSING	
INSALATA SPINACI	£7.95
FRESH SPINACH, TOSSED WITH AVOCADO, SEMI-DRIED ITALIAN TOMATOES, CRISPY PANCETTA, PINE NUTS AND PARMESAN SHAVINGS, SERVED WITH A MUSTARD DRESSING	
ROMANA	£8.95
CHAR-GRILLED CHICKEN AND CURED PANCETTA, TOSSED WITH ARTICHOKE HEARTS, FRESH TOMATOES, OLIVES AND GRANA PADANO, SERVED WITH A TANGY LEMON, HONEY AND MUSTARD DRESSING	
FRESCA	£9.95
GRILLED TUNA STEAK, ON A BED OF CANNELINI BEANS, RED ONIONS, CUCUMBER, CHERRY TOMATOES AND FRESH ROCKET	
INSALATA GAMBERI	£9.95
GRILLED KING PRAWNS, ON A BED OF ROCKET, SPINACH, GREEN BEANS, SEMI-DRIED ITALIAN TOMATOES, AND TENDER BLACK OLIVES, WITH A LEMON DRESSING AND A PARSLEY AND GARLIC SALSA VERDE	



CONTORNI / SIDE DISHES

TOMATO, ONION AND BASIL SALAD	£3.95
MIXED ITALIAN SALAD	£3.95
ROCKET AND PARMESAN SALAD	£3.95
ROASTED NEW POTATOES IN GARLIC AND ROSEMARY	£3.95
SPINACH, GARLIC AND LEMON	£3.95
BUFFALO MOZZARELLA	£3.95



CHILDREN'S MENU - £5.00

(CHOOSE ONE ITEM FROM EACH SECTION*)

<u>MAIN COURSES*</u>	<u>DESSERTS*</u>	<u>BEVERAGES*</u>
CHEESE AND TOMATO PASTA	CHOCOLATE ICE-CREAM	COCA-COLA
HAM AND MUSHROOM PASTA		ORANGE FANTA
MARGHERITA PIZZA	VANILLA ICE-CREAM	LEMONADE
MUSHROOM PIZZA		FRESH ORANGE JUICE
HAM PIZZA		FRESH APPLE JUICE
		MINERAL WATER