



Our bread is hand made using traditional Italian recipes and methods. Italians use a natural starter, or "biga" made with white and whole-wheat flour, sea salt and water. The biga enables them to rely on naturally occurring yeast spores rather than commercial yeast. Hence its deep flavours and rich crust.

Some of our vegetables are home grown, please ask a member of staff if you would like to visit our kitchen garden

Pane e olive/Breads and Olives

Pane misto e burro di acciughe Selection of bread with anchovy butter	£1.50pp	Pane burro e aglio (V) Homemade garlic bread	£3.95
Pane Carasau Guttiau "Sardo" (V) Sardinian music bread, salt, extra virgin olive oil	£3.95	Olive, peperoni Lombardi, cipolline in agro dolce (V) A selection of olives, Jalapeno peppers and Balsamic onions	£4.50

Antipasti/Starters

Zuppa del giorno Homemade soup of the day	£5.50	Lumache 'Julius Caesar' Baked snails with mushrooms, herbs, breadcrumbs and garlic butter	£7.95
Insalata di barbabietola con caprino, noci e miele (V) Raw beetroot with goat's cheese, hazelnuts and a honey dill dressing	£6.95	Insalata di finocchio con arancia e bottarga di muggine Raw fennel salad with oranges and cured mullet roe	£7.95
Carpaccio di bue con rucola e Parmigiano Seared beef carpaccio with rocket and Parmesan shavings	£9.50	Insalata di cicoria con pere, uva e Gorgonzola (V) Belgian endive salad with walnuts, grapes, pear and blue cheese	£8.95
Gamberoni "Inferno" Tiger prawns, fresh baby artichokes, garlic, chilli butter	£10.95	Burrata con pancetta e olive Burrata cheese with rolled pancetta and olives	£9.95
Uovo d'anatra con fave, piselli e Pecorino Romano (V) Poached duck egg with fresh peas, broad beans and Pecorino	£8.95	Vitello tonnato Thin slices of British rose veal in a tuna fish sauce	£8.95

Primi Piatti/Pasta

Lasagne al forno tradizionali Layers of home made pasta, beef ragu and a mixed salad	£11.95	Crespelle con ricotta e spinaci, zucca e burro salvia (V) Baked pancakes, fresh ricotta, spinach, roasted butternut squash, sage butter	£11.95
Penne al ragù di manzo Fresh tubular pasta with beef ragu (Bolognese)	£11.95	Tagliolini al tartufo nero (V) Home made egg pasta with fresh Summer truffles	£17.95
Orecchiette con salsiccia, crema di noci e pomodori freschi Little ear shaped pasta with sausage, walnuts and fresh tomato	£14.95	Linguine ai gamberi Flat spaghetti with tiger prawns, white wine, garlic, chilli and cherry tomatoes	£18.95
Pappardelle con fave, rucola e Pecorino (V) Home made pasta ribbons with broad beans, rocket and Pecorino	£12.95	Casarecce con "N'duja" e ricotta salata Southern Italian pasta with melted spicy salami and salted ricotta	£14.95

Secondi Piatti/Mains

Orata con origano, limone e bietole Whole sea bream baked with oregano, lemon and Swiss chard	£15.95	Filetto di maiale "Primavera" Roasted fillet of pork with Spring vegetables and pancetta	£15.95
Gamberoni con pomodoro e fregola Giant Pacific prawns with tomato, chilli, peas and fregola	£18.95	Galletto "al mattone" con spinaci, patate e peperoni Romano Grilled "under a brick" baby chicken with spinach, potatoes and a Romano pepper	£14.95
Sgombro grigliato con erbe, finocchio e arancia Grilled mackerel with herb breadcrumbs, fennel and orange salad	£13.95	Controfiletto di manzo "Trieste" con rucola e polenta fritta Tenderised sirloin steak with rocket and crispy polenta	£19.95
Filetto d'agnello con insalata di rucola e aglio Grilled rare Spring lamb fillets with garlic and rocket salad	£16.95	Costata di manzo con patate fritte Grilled "Côte de boeuf" with home made chips	£24.95

Contorni/Sides

Insalata verde Green salad	£4.25	Patate Frites, chips, roast, mash	£3.95
Insalata mista Mixed salad	£4.25	Spinaci Freshly steamed spinach	£4.25
Rucola & Parmigiano Rocket and Parmesan salad	£5.50	Bietole Swiss chard	£4.25
Funghi Fresh mushrooms	£3.90	Piselli e pancetta Peas and pancetta	£3.90
Zucchine fritte Fried courgette curls	£3.90	Polenta fritta Fried polenta with Parmesan	£4.50