

# A La Carte Menu

## Appetisers

|                                                                                                                  |          |       |
|------------------------------------------------------------------------------------------------------------------|----------|-------|
| MARINATED OLIVES                                                                                                 | GFO, VGO | £4.75 |
| ROSEMARY & SEA SALT FOCACCIA                                                                                     | VGO      | £5.50 |
| GARLIC BREAD                                                                                                     | GFO, VGO | £8.95 |
| A £2 SURCHARGE APPLIES TO GLUTEN FREE GARLIC BREAD<br>ADD TOMATO SAUCE, MOZZARELLA OR VEGAN MOZZARELLA FOR £1.95 |          |       |

## Starters

|                                                                                                                                                                           |             |        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------|
| CHEF'S SPECIAL AUBERGINE                                                                                                                                                  | GFO, VGO    | £8.95  |
| MASHED AUBERGINE COOKED WITH CUMIN, CORIANDER, A TOUCH OF TOMATOES, GARLIC & CHILLIES.<br>SERVED WITH ROSEMARY & SEA SALT FOCACCIA.                                       |             |        |
| CAPRESE SALAD                                                                                                                                                             | GFO, V, N   | £8.95  |
| ROCKET, CHERRY TOMATO, SUNDRIED TOMATO & BABY MOZZARELLA. DRESSED WITH PESTO                                                                                              |             |        |
| BUFFALO BRUSCHETTA                                                                                                                                                        | GFO, VGO, N | £8.95  |
| TOASTED RUSTIC ITALIAN BREAD SERVED WITH MIXED TOMATOES, FRESH BASIL, PARSLEY & GARLIC OIL. TOPPED WITH A PESTO DRESSING & BUFFALO MOZZARELLA.                            |             |        |
| MUSHROOM ARANCINI                                                                                                                                                         | V E         | £8.95  |
| ARBORIO RICE, MUSHROOMS & MOZZARELLA, COATED IN BREADCRUMBS & DEEP FRIED. SERVED WITH A SPICY SAUCE AND ROCKET.                                                           |             |        |
| DEEP FRIED BRIE                                                                                                                                                           | V E         | £9.45  |
| A WEDGE OF BRIE COATED IN PANKO BREADCRUMBS & DEEP FRIED. SERVED WITH APPLE & PLUM CHUTNEY THEN GARNISHED WITH ROCKET.                                                    |             |        |
| MEATBALLS AL FORNO                                                                                                                                                        | DFO         | £10.95 |
| ITALIAN PORK MEATBALLS COOKED IN A RICH TOMATO SAUCE WITH FRESH CHILLIES. TOPPED WITH MOZZARELLA & OVEN BAKED, SERVED WITH ROSEMARY & SEA SALT FOCACCIA.                  |             |        |
| TUSCAN RIBS & WINGS                                                                                                                                                       | DFO         | £11.25 |
| SPARE PORK RIBS & CHICKEN WINGS COOKED IN A SWEET HONEY BBQ SAUCE.                                                                                                        |             |        |
| CALAMARI                                                                                                                                                                  | E           | £11.45 |
| CRISPY DEEP FRIED BREADED CALAMARI, SERVED WITH GARLIC AIOLI AND A LEMON WEDGE.                                                                                           |             |        |
| GAMBERONI                                                                                                                                                                 | GFO, DFO    | £11.95 |
| JUICY KING PRAWNS EXPERTLY SAUTÉED WITH CHERRY TOMATOES & A FRAGRANT MEDLEY OF GARLIC, FRESH CHILLI, WHITE WINE & TOMATO SAUCE. SERVED WITH ROSEMARY & SEA SALT FOCACCIA. |             |        |

## SHARING BOARDS

|                                                                                                                                                                                                                                                                                           |          |        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|--------|
| ANTIPASTO PLATTER                                                                                                                                                                                                                                                                         | GFO, DFO | £18.45 |
| ALL THE GOOD THINGS IN LIFE... A SELECTION OF CURED ITALIAN MEATS SERVED WITH MIXED SALAD, BABY MOZZARELLA, SUNDRIED TOMATOES, MARINATED OLIVES, APPLE & PLUM CHUTNEY AND OUR DELICIOUS ROSEMARY & SEA SALT FOCACCIA                                                                      |          |        |
| VEGETARIAN PLATTER                                                                                                                                                                                                                                                                        | V        | £17.45 |
| A SAMPLING OF SOME OF OUR EXQUISITE, VEGETARIAN STARTERS. CHEF'S SPECIAL AUBERGINE, MUSHROOM ARANCINI AND SPICY ARRABIATA SAUCE, SERVED WITH MIXED SALAD, BABY MOZZARELLA, SUNDRIED TOMATOES, MARINATED OLIVES AND APPLE & PLUM CHUTNEY AND OUR DELICIOUS ROSEMARY AND SEA SALT FOCACCIA. |          |        |

A 10% RESTAURANT CHARGE IS ADDED TO ALL BILLS, WHICH GOES DIRECTLY TO OUR INCREDIBLE STAFF. THIS CAN BE REMOVED UPON REQUEST. WE THANK YOU IN ADVANCE FOR YOUR GENEROSITY.

V - VEGETARIAN, VGO - VEGAN OPTION, GFO - GLUTEN FREE OPTION,  
DFO - DAIRY FREE OPTION, N - CONTAINS NUTS, E - CONTAINS EGG

PLEASE ADVISE YOUR SERVER OF ANY DIETARY REQUIREMENTS EACH TIME YOU VISIT OUR RESTAURANT AS RECIPES MAY BE CHANGED. WHILE WE TRY OUR BEST TO REDUCE THE RISK OF CROSS CONTAMINATION IN OUR KITCHEN, WE CANNOT GUARANTEE THAT ANY OF OUR DISHES ARE FREE FROM TRACES OF ALLERGENS AND THEREFORE CANNOT ACCEPT LIABILITY IN THIS RESPECT.

# A La Carte Menu



## AL FORNO SPECIALTIES

### EXQUISITE OVEN BAKED FAVOURITES

**LASAGNE E £16.95**

LAYERS OF FRESH PASTA WITH SLOW COOKED BEEF BOLOGNESE SAUCE AND HOMEMADE CREAMY BECHAMEL SAUCE, TOPPED WITH MOZZARELLA AND PARMESAN. OVEN BAKED TO PERFECTION

**VEGETABLE & GOAT'S CHEESE LASAGNE V, N, E £16.95**

LAYERS OF FRESH PASTA. PUREED OVEN BAKED AUBERGINE, FRESH SPINACH, GOAT'S CHEESE AND PESTO WITH A CREAMY HOMEMADE BECHAMEL SAUCE, RICH TOMATO SAUCE, MOZZARELLA, MIX DI FORMAGGIO AND FRESH BASIL.

**SPINACH AND RICOTTA CANNELLONI V, E £16.95**

ROLLED PASTA SHEETS FILLED WITH RICOTTA CHEESE, SPINACH AND MIX DI FORMAGGIO, OVEN BAKED IN A RICH TOMATO SAUCE AND TOPPED WITH A LAYER OF HOMEMADE CREAMY BECHAMEL SAUCE AND MOZZARELLA.

**CASARECCE POLLO PESTO N £18.45**

OVEN BAKED CASARECCE PASTA WITH CHICKEN, MUSHROOMS AND ROASTED ONIONS IN A CREAMY PESTO SAUCE, TOPPED WITH A SIZZLING LAYER OF PARMESAN.



## SALADS

**CAPRA GRILL SALAD GFO, V £16.75**

OVEN BAKED RUSTIC ITALIAN BREAD TOPPED WITH GOAT'S CHEESE AND APPLE & PLUM CHUTNEY, SERVED WITH MIXED SALAD LEAVES, AVOCADO, TOMATOES, CUCUMBER, GREEN BEANS & ARTICHOKE. DRIZZLED WITH A DELICIOUS BALSAMIC GLAZE.

**CHICKEN AND CHORIZO SALAD GFO, DFO £16.95**

DELICIOUSLY SPICY CHICKEN AND CHORIZO, COOKED IN BUTTER AND EXTRA VIRGIN OLIVE OIL WITH MUSHROOMS, TOPPED WITH MIXED SALAD LEAVES, SPINACH, AVOCADO, TOMATOES, CUCUMBER & RED ONIONS. SERVED WITH A HONEY MUSTARD DRESSING AND OUR HOMEMADE ROSEMARY & SEA SALT FOCACCIA.

**KING PRAWN SALAD GFO, DFO £18.45**

JUICY KING PRAWNS COOKED IN GARLIC BUTTER AND PARSLEY, SERVED WITH MIXED SALAD LEAVES, SPINACH, ROCKET, AVOCADO, CHERRY TOMATOES, RED ONIONS, CUCUMBER AND CHILLIES. ALL WITH A LEMON AND TARRAGON DRESSING & OUR DELICIOUS ROSEMARY & SEA SALT FOCACCIA.



## MEAT & FISH

**RED WINE & MUSHROOM SIRLOIN GFO, DFO £28.95**

8OZ SIRLOIN STEAK COOKED TO YOUR PREFERENCE WITH GARLIC, MUSHROOMS, MIXED PEPPERS, SPINACH & TOMATOES IN A RED WINE SAUCE. SERVED WITH SEASONAL VEG.

**POLLO MARSALA GFO, DFO £20.95**

ROASTED CHICKEN BREAST COOKED WITH MUSHROOM, SPINACH & CHORIZO IN A CREAMY, MARSALA WINE SAUCE WITH A TOUCH OF TOMATOES. SERVED WITH SEASONAL VEG.

**SALMON E GAMBERONI GFO £24.45**

OVEN BAKED SALMON FILLET, COOKED IN A LEMON BUTTER SAUCE, WITH JUICY KING PRAWNS. SERVED WITH GREEN VEGETABLES.

**SEABASS BRANZINO GFO, DFO £22.95**

PAN FRIED SEA BASS FILLET COOKED WITH JUICY KING PRAWNS, CHILLIES, BLACK OLIVES, CAPERS AND GARLIC IN A CREAMY TOMATO SAUCE. SERVED WITH GREEN VEGETABLES.

**LOBSTER RAVIOLI E £20.45**

LOBSTER FILLED RAVIOLI SERVED WITH KING PRAWNS IN A CREAMY TOMATO AND BRANDY SAUCE.



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## STEAKS

ALL OF OUR 8OZ STEAKS ARE 28 DAY MATURED, SEASONED WITH ROSEMARY AND OLIVE OIL, PAN FRIED TO YOUR PREFERENCE AND SERVED WITH CHIPS, A FRESH SIDE SALAD AND A SAUCE.

|         |          |        |
|---------|----------|--------|
| RUMP    | GFO, DFO | £26.45 |
| SIRLOIN | GFO, DFO | £29.45 |
| RIB EYE | GFO, DFO | £30.45 |

PEPPERCORN SAUCE ♦ DIANE SAUCE ♦ GARLIC & HERB BUTTER

## PIZZAS

ALL OF OUR PIZZAS CAN BE MADE INTO A CALZONE FOR NO ADDITIONAL CHARGE  
ALL OF OUR PIZZA BASES MAY BE MADE GLUTEN FREE FOR A £2 SURCHARGE

MARGHERITA DI BUFALA PIZZA **GFO, VGO** £14.45  
SAN MARZANO TOMATO SAUCE, MOZZARELLA, BUFFALO MOZZARELLA, FRESH BASIL & SICILIAN OREGANO.

DIABOLO PIZZA **GFO, DFO** £16.25  
SAN MARZANO TOMATO SAUCE, MOZZARELLA & SPICY PEPPERONI WITH EXTRA VIRGIN OLIVE OIL.  
ADD CHILLIES FOR £1

CHICKEN ASTRA PIZZA **GFO, DFO** £16.95  
SAN MARZANO TOMATO SAUCE, MOZZARELLA, CHICKEN, RED ONIONS, CHILLIES & SPINACH, TOPPED WITH EXTRA VIRGIN OLIVE OIL AND SICILIAN OREGANO.

QUEEN OF PIZZA **GFO, DFO** £16.95  
SAN MARZANO TOMATO SAUCE, MOZZARELLA, PEPPERONI, PROSCIUTTO, MUSHROOMS & OLIVES.

ENOTECA PIZZA **GFO, DFO** £17.95  
SAN MARZANO TOMATO SAUCE, MOZZARELLA, CHICKEN, PEPPERONI, SALAMI & RED ONION. TOPPED WITH ROSEMARY & GARLIC OIL.

NAPOLITANA PIZZA **GFO, DFO** £16.25  
SAN MARZANO TOMATO SAUCE, MOZZARELLA, ANCHOVIES, CAPERS, OLIVES & CHILLIES. GARNISHED WITH ROCKET, GARLIC OIL & SICILIAN OREGANO.

GIARDINO PIZZA **GFO, VGO** £16.25  
SAN MARZANO TOMATO SAUCE, MOZZARELLA, ROASTED PEPPERS, ARTICHOKE, SPINACH. MUSHROOMS & OLIVES. TOPPED WITH ROCKET.

FIorentina PIZZA **GFO, V, E** £16.25  
SAN MARZANO TOMATO SAUCE, MOZZARELLA & SPINACH. TOPPED WITH GARLIC OIL, MIX DI FORMAGGIO, OLIVES & AN EGG.

SOPHIA PIZZA **GFO, V** £16.95  
SAN MARZANO TOMATO SAUCE, MOZZARELLA, GOAT'S CHEESE, CARAMELISED ONIONS, ROASTED PEPPERS, SPINACH, GARLIC OIL & SICILIAN OREGANO.

MEATBALL CALZONE **DFO** £17.95  
SAN MARZANO TOMATO SAUCE, MOZZARELLA, PORK MEATBALLS, RAGU BEEF, CARAMELISED ONIONS, PEPPERS AND CHILLIES



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## PASTAS

THE PASTAS LISTED BELOW MARKED "GFO" MAY BE MADE  
WITH A GLUTEN FREE FUSILI FOR A £2 SURCHARGE

**LINGUINE BOLOGNESE** GFO, DFO £16.45  
LINGUINE IN A CLASSIC BEEF RAGU, SAUTÉED IN TOMATOES WITH GARLIC OIL, CHERRY TOMATOES,  
RED WINE AND FRESH HERBS.

**LINGUINE CARBONARA** GFO, DFO, E £16.45  
OUR TAKE ON AN AUTHENTIC ROMAN RECIPE FEATURING SALTY, CRISPY PANCETTA IN A SAUCE MADE  
WITH CREAM, EGG YOLK, BLACK PEPPER AND MIC DI FORMAGGIO. SERVED WITH LINGUINE.  
ADD CHICKEN FOR £2

**RIGATONI MEATBALL** DFO £17.25  
ITALIAN PORK MEATBALLS, COOKED WITH MUSHROOMS AND CHILLIES IN A VIBRANT POMODORO  
SAUCE, SERVED WITH RIGATONI.

**LINGUINE GAMBERONI** GFO, DFO £19.75  
LINGUINE WITH JUICY KING PRAWNS IN A CREAMY TOMATO SAUCE WITH CHILLIES, CAPERS AND  
LEMON JUICE, TOPPED WITH ROCKET.

**SEAFOOD LINGUINE** GFO, DFO £20.75  
CLAMS, MUSSELS, KING PRAWNS AND SQUID COOKED WITH EXTRA VIRGIN OLIVE OIL, CHILLIES AND  
PARSLEY IN A GARLIC, WHITE WINE, POMODORO SAUCE, SERVED OVER LINGUINE.

**RIGATONI AL POMODORO** GFO, VGO £16.25  
RIGATONI IN A RICH POMODORO & PIZZA SAUCE WITH GARLIC, BASIL AND SUNDRIED TOMATOES,  
FINISHED OFF WITH BABY MOZZARELLA.  
ADD CHICKEN FOR £2

**CASARECCE ARRABIATA** GFO, VGO £16.25  
CASARECCE PASTA COOKED WITH CHILLIES, GARLIC, BASIL, PARSLEY AND CHERRY TOMATOES IN A  
POMODORO SAUCE TOPPED WITH BABY MOZZARELLA TO LIGHT UP YOUR DAY!  
ADD CHICKEN FOR £2

**RIGATONI ALLE VERDURE** GFO, V, N £16.45  
BROCCOLI, ASPARAGUS, SUNDRIED TOMATOES AND SPINACH IN A CREAMY PESTO SAUCE SERVED WITH  
RIGATONI.



## RISOTTOS

**SEAFOOD RISOTTO** GFO, DFO £21.45  
ARBORIO RICE COOKED IN GARLIC OIL, WITH MUSSELS, CLAMS, KING PRAWNS, SQUID, LEMON AND  
CHILIES IN A WHITE WINE AND TOMATO SAUCE WITH A TOUCH OF CREAM.

**RISOTTO DELLA NONNA** DFO £20.45  
ARBORIO RICE COOKED WITH PORK MEATBALLS, PEAS, ASPARAGUS, CHERRY TOMATOES & PARMESAN IN  
A TOMATO SAUCE. TOPPED WITH FRESH BASIL

**RISOTTO POLLO FUNGHI** GFO £19.45  
ARBORIO RICE COOKED IN A CREAMY, PORCINI MUSHROOM SAUCE WITH CHICKEN, FRESH THYME AND  
MIX DI FORMMAGGIO.

**RISOTTO ALLE VERDURE** GFO, VGO £18.25  
COURGETTE, ARTICHOKE, PEAS, SPINACH COOKED IN CEAMY TOMATO SAUCE WITH ARBORIO RICE.



## SIDES £5.75

**ROCKET & PARMESAN SALAD** GFO, V **TOMATO ONION SALAD** GFO, VGO  
DRESSED WITH EXTRA VIRGIN OLIVE OIL & BLACK  
PEPPER

**MIXED SALAD** GFO, VGO  
WITH HOUSE DRESSING

**CHIPS** V



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# DESSERTS

TIRAMISU N, E £8.95

AN ITALIAN CLASSIC, ALTERNATE LAYERS OF LIQUEUR SOAKED SPONGE AND WHIPPED CREAM, DELICATELY SPRINKLED WITH COCOA POWDER

CHOCOLATE FUDGE CAKE V, GFO, E £8.95

A CHOCOLATE SPONGE FILLED, TOPPED AND SIDE COATED WITH CHOCOLATE FUDGE. SERVED HOT WITH GELATO.

TORTA DI MELE V, E £8.95

SHORTCRUST PASTRY TOPPED WITH A ARRANGEMENT OF SLICED, SWEET APPLES WITH AN APRICOT GLAZE AND DECORATED WITH LAYERS OF SHORTCRUST PASTRY.

ADD A SCOOP OF GELATO FOR £2

LIMONE MOUSSE V, N, E £8.95

A ZESTY SICILIAN TREAT! SICILIAN LEMON CREAM MOUSSE TOPPED WITH A LEMON SAUCE AND DUSTED WITH ICING SUGAR.

CHEESECAKE GFO, VGO £8.95

SMOOTH AND CREAMY VEGAN CHEESECAKE SET ON A GLUTEN FREE BISCUIT BASE SERVED WITH A RICH RASPBERRY SAUCE.

SALTED CARAMEL ICE CREAM CHEESECAKE V, E £9.45

CRUNCHY BISCUIT BASE LAYER WITH A LAYER OF VANILLA ICE CREAM, TOPPED WITH CARAMEL SAUCE AND A SPRINKLE OF SEA SALT. DECORATED WITH MILK CHOCOLATE SHARDS SPRINKLED WITH TOASTED BUCKWHEAT.

AFFOGATO GFO, VGO £8.95

2 SCOOPS OF CREAMY VANILLA GELATO SERVED ALONGSIDE A VELVETY ITALIAN ESPRESSO.

ADD A SHOT OF LIQUEUR FOR £2

GELATO V 2 SCOOPS £6.25

3 SCOOPS £8.45

VANILLA, STRAWBERRY, CHOCOLATE, HONEYCOMB GFO

MANGO SORBET, SALTED CARAMEL GFO, VGO

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NOT AVAILABLE AFTER  
6:30PM ON SATURDAYS

# SET MENU

2 COURSES FOR £23.95  
3 COURSES FOR £27.95

## STARTERS

### CHEF'S SPECIAL AUBERGINE GFO, VGO

MASHED AUBERGINE COOKED WITH CUMIN, CORIANDER, A TOUCH OF TOMATOES, GARLIC & CHILLIES. SERVED WITH ROSEMARY & SEA SALT FOCACCIA.

### CAPRESE GFO, V, N

ROCKET, CHERRY TOMATO, SUNDRIED TOMATO & BABY MOZZARELLA. DRESSED WITH PESTO.

### BUFFALO BRUSCHETTA GFO, VGO, N

TOASTED RUSTIC ITALIAN BREAD SERVED WITH MIXED TOMATOES, FRESH BASIL, PARSLEY & GARLIC OIL. TOPPED WITH A PESTO DRESSING & BUFFALO MOZZARELLA.

### MUSHROOM ARANCINI V, E

ARBORIO RICE, MUSHROOMS & MOZZARELLA, COATED IN BREADCRUMBS & DEEP FRIED. SERVED WITH A SPICY SAUCE AND ROCKET.

### DEEP FRIED BRIE V, E

A WEDGE OF BRIE COATED IN PANKO BREADCRUMBS & DEEP FRIED. SERVED WITH APPLE & PLUM CHUTNEY THEN GARNISHED WITH ROCKET.

### TUSCAN RIBS & WINGS DFO

+£1.50

SPARE PORK RIBS & CHICKEN WINGS COOKED IN A SWEET HONEY BBQ SAUCE.

### CALAMARI E

+£2.50

CRISPY DEEP FRIED BREADED CALAMARI, SERVED WITH GARLIC AIOLI AND A LEMON WEDGE.



## MAINS

### RUMP +£4



### SIRLOIN +£5



### RIB EYE +£6

ALL OF OUR 8OZ STEAKS ARE 28 DAY MATURED, SEASONED WITH ROSEMARY AND OLIVE OIL, PAN FRIED TO YOUR PREFERENCE AND SERVED WITH CHIPS, A FRESH SIDE SALAD AND A SAUCE.

PEPPERCORN SAUCE ◆ DIANE SAUCE ◆ GARLIC & HERB BUTTER

### LASAGNE E

LAYERS OF FRESH PASTA WITH SLOW COOKED BEEF BOLOGNESE SAUCE AND HOMEMADE CREAMY BECHAMEL SAUCE, TOPPED WITH MOZZARELLA AND PARMESAN. OVEN BAKED TO PERFECTION

### VEGETABLE & GOAT'S CHEESE LASAGNE V, N, E

LAYERS OF FRESH PASTA. PUREED OVEN BAKED AUBERGINE, FRESH SPINACH, GOAT'S CHEESE AND PESTO WITH A CREAMY HOMEMADE BECHAMEL SAUCE, RICH TOMATO SAUCE, MOZZARELLA, MIX DI FORMAGGIO AND FRESH BASIL.

### SPINACH AND RICOTTA CANNELLONI V, E

ROLLED PASTA SHEETS FILLED WITH RICOTTA CHEESE, SPINACH AND MIX DI FORMAGGIO, OVEN BAKED IN A RICH TOMATO SAUCE AND TOPPED WITH A LAYER OF HOMEMADE CREAMY BECHAMEL SAUCE AND MOZZARELLA.

### CASARECCE POLLO PESTO N

+£1.50

OVEN BAKED CASARECCE PASTA WITH CHICKEN, MUSHROOMS AND ROASTED ONIONS IN A CREAMY PESTO SAUCE, TOPPED WITH A SIZZLING LAYER OF PARMESAN.

### CAPRA GRILL SALAD GFO, V

OVEN BAKED RUSTIC ITALIAN BREAD TOPPED WITH GOAT'S CHEESE AND APPLE & PLUM CHUTNEY, SERVED WITH MIXED SALAD LEAVES, AVOCADO, TOMATOES, CUCUMBER, GREEN BEANS & ARTICHOKE. DRIZZLED WITH A DELICIOUS BALSAMIC GLAZE.

### CHICKEN AND CHORIZO SALAD GFO, DFO

DELICIOUSLY SPICY CHICKEN AND CHORIZO, COOKED IN BUTTER AND EXTRA VIRGIN OLIVE OIL WITH MUSHROOMS, TOPPED WITH MIXED SALAD LEAVES, SPINACH, AVOCADO, TOMATOES, CUCUMBER & RED ONIONS. SERVED WITH A HONEY MUSTARD DRESSING AND OUR HOMEMADE ROSEMARY & SEA SALT FOCACCIA.



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