

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 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. 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.		

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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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VANILLA, STRAWBERRY, CHOCOLATE, HONEYCOMB GFO

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