

AVAILABLE UNTIL
4PM EVERYDAY

LUNCH MENU

2 COURSES FOR £19.95
3 COURSES FOR £23.95

STARTERS

ROSEMARY & SEA SALT FOCACCIA VGO

GARLIC BREAD GFO, VGO

A £2 SURCHARGE APPLIES TO GLUTEN FREE GARLIC BREAD
ADD TOMATO SAUCE, MOZZARELLA OR VEGAN MOZZARELLA FOR £1.95

CHEF'S SPECIAL AUBERGINE GFO, VGO

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

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.

MEATBALLS AL FORNO DFO

+£2

ITALIAN PORK MEATBALLS COOKED IN A RICH TOMATO SAUCE WITH FRESH CHILLIES. TOPPED WITH MOZZARELLA & OVEN BAKED, SERVED WITH ROSEMARY & SEA SALT FOCACCIA.



MAINS

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

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

MARGHERITA DI BUFALA PIZZA GFO, VGO

SAN MARZANO TOMATO SAUCE, MOZZARELLA, BUFFALO MOZZARELLA, FRESH BASIL & SICILIAN OREGANO.

DIABOLO PIZZA GFO, DFO

SAN MARZANO TOMATO SAUCE, MOZZARELLA & SPICY PEPPERONI WITH EXTRA VIRGIN OLIVE OIL.
ADD CHILLIES FOR £1

QUEEN OF PIZZA GFO, DFO

+£1

SAN MARZANO TOMATO SAUCE, MOZZARELLA, PEPPERONI, PROSCIUTTO, MUSHROOMS & OLIVES.

SOPHIA PIZZA GFO, V

SAN MARZANO TOMATO SAUCE, MOZZARELLA, GOAT'S CHEESE, CARAMELISED ONIONS, ROASTED PEPPERS, SPINACH, GARLIC OIL & SICILIAN OREGANO.

LINGUINE BOLOGNESE GFO, DFO

LINGUINE IN A CLASSIC BEEF RAGU, SAUTÉED IN TOMATOES WITH GARLIC OIL, CHERRY TOMATOES, RED WINE AND FRESH HERBS.

LINGUINE CARBONARA GFO, DFO, E

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

RIGATONI AL POMODORO GFO, VGO

RIGATONI IN A RICH POMODORO & PIZZA SAUCE WITH GARLIC, BASIL AND SUNDRIED TOMATOES, FINISHED OFF WITH BABY MOZZARELLA.
ADD CHICKEN FOR £2.00



DESSERTS

SELECT ANY DESSERT FROM OUR A LA CARTE MENU



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

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

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