

Pizza

Pizza done properly, that's our ethos. We proudly make the island's only slow proofed sour-dough, from our 'lievito madre', a +25 yr old natural yeast culture, creating the tastiest dough possible. Hand spun until thin & cooked in our hot stone oven for the perfect pizza.

• Our pizza is available gluten free , it's no problemo! •

Ultimate Calzone

without a doubt, the largest calzone on the island! packed with tomato, fior di latte, homemade hay-cooked ham, pepperoni & mushrooms £17

Margherita 'fit for a queen!' - tomato, fior di latte £9

Diavola- tomato, fior di latte & pepperoni £12

Napoletana 'the original pizza' - tomato, fior di latte, capers, anchovies, oregano £11

Prosciutto e Funghi - tomato, fior di latte, homemade hay-cooked ham, mushrooms £12

Porcellini - sausage ragu, fior di latte, mushrooms, smoked garlic, salami napoli, crispy pancetta & truffle oil £15

Alla Moda - caramelised onion, spinach, goats curd, fresh chilli, smoked garlic, walnuts, balsamic, parma ham £14

Capricciosa - tomato, fior di latte, homemade hay-cooked ham, mushrooms, olives, artichoke hearts, potage farm hens egg, rocket £14

Colazione Inglese 'the English breakfast' - tomato, fior di latte, italian sausage, potage farm hens egg, pancetta, tomatoes, mushrooms £14

Bresaola - fontina, aubergine, jersey beef bresaola, rocket, hazelnuts, lemon zest, rosemary, parmesan & truffle oil £15

Vegetariana - tomato, fior di latte, grilled courgette & aubergine, roasted peppers, olives, chilli, rocket & pesto £13

Children

At La Cantina we believe in fresh and healthy food for our children. Please choose any item from our menu and we'll suitably size it for ½ the price of a full portion.

"Italian cuisine & dining is all about seasonal, regional, fresh ingredients & family. It's those elements that make La Cantina special. Fresh ingredients from great local suppliers, seasonal specials & carrying on a legacy from my father Giuseppe, who has dedicated his whole life to delivering Italian cuisine & dining in Jersey"

- Marcus Calvani

La Cantina



7 Peirson Road, Westpark
St. Helier, Jersey C.I. JE2 3PD
www.lacantina.co.uk
Tel. +44 (0)1534 724988



LaCantinaRestaurant



@LaCantinaJersey



all our fresh gluten free pizza and pasta is homemade. almost all our dishes can be adapted for your dietary requirements. please don't be shy to ask us!

Please be aware that some dishes may contain traces of nuts, dairy products or lead shot. Please speak to our staff if you have a food allergy or intolerance before ordering.

We add a 10% discretionary service charge to your total bill for groups of 6 or more

La Cantina

TRATTORIA



Spuntino - Nibbles

Bianca	pizza style garlic bread add mozzarella +£1	£3
Rosata	pizza style garlic bread with tomato add mozzarella +£1	£4
Olives	jumbo green olives from puglia	£3
Pane	homemade rustic bread, olive oil & balsamic	£4

Tagliere - Planks

Carne: a selection of homemade and italian cured meats, paté topped bruschetta & pickled vegetables £10 per person

Pesce: a selection of hand raked local clams, anchovies, anchovy & butter bruchetta, braised calamari & focaccia £10 per person

Verdure: a trio of bruschette topped with: smashed borlotti beans, aubergine caponata & homemade olive tapenade. artichoke alla romana, house-pickled vegetables & puglian olives £10 per person

La Cantina: a selection of cured meats & mixed bruschette, loaded with pickled vegetables, focaccia, mozzarella & olives £12 per person

Antipasti - Starters

Mozzarella di Campagna GF	£9
gooey mozzarella, heritage tomatoes, basil, capers & balsamic	
Bresaola di Jersey GF	£11
housecured jersey beef bresaola, chicory, truffle oil & pecorino cheese shavings	
Calamari alla Griglia GF	£9
grilled calamari, fennel, rocket, orange, olives, capers & mint	
Granchio e Nduja	£10
sourdough bruschetta topped with spicy calabrese spreadable salami, fresh picked local crab, rocket, lemon & extra virgin olive oil	
Paté alla Toscana	£8
homemade tuscan paté, house-pickled mixed vegetables & our special olive oil 'carta di musica' crackers	
Asparagi con Uova e Prosciutto	£11
asparagus, potage farm egg, parma ham, parmesan & truffle oil	

Pasta

Our fresh pasta is no ordinary pasta! Not only is it a Genuine Jersey product, it's made everyday, on the premises, using local free-range eggs & Italian double milled semolina.

• Most of our pasta is available gluten free **GF**, just ask us •

	Starter	Main
Spaghetti alle Vongole	£9	£16
hand-raked jersey clams, chilli, garlic, white wine, parsley, finished with extra virgin olive oil		
Bucatini alla Carbonara	£8	£14
guanciale, potage farm hens eggs, garlic, parsley, finished with grated pecorino		
Fettuccine al Granchio	£10	£18
fresh picked local crab, chilli, spring onion, cherry tomato, parsley, olive oil, finished with lemon zest		
Fusilli all'Arrabbiata	£7	£13
fresh chilli, garlic, onion, homemade tomato sauce, parsley, finished with ricotta salata - a spicy sauce!		
Rigatoni con Ragú alla Bolognese	£9	£16
our house made 12-hour slow-cooked ragu, finished with gremolata & parmesan		
Reginette con Salsiccia	£8	£14
homemade luganega sausage, chilli, garlic, tender stemmed broccoli, finished with ricotta salata		
Pappardelle con Verdure	£8	£14
courgette, fresh tomato, garlic, thyme, housemade basil pesto, pine nuts, finished with grated pecorino		
Strozzapreti alle Cozze	£10	£18
fresh mussels, smoked leeks, housecured pancetta,. peas, cream, finished with housesmoked jersey bottarga		
Cannelloni della Casa	£9	£16
handmade rolled genuine jersey pasta stuffed with spinach & ricotta, tomato, mozzarella & basil sauce, finished with pecorino		

Lasagne Supreme

our signature fresh pasta and slow cooked
12-hr ragú lasagne served with a crispy
mini salad, house dressing & a garlic
flatbread from our pizza oven £19

Risotti e Secondi - Main Courses

Risotto Tutto Mare GF	£17
local fish, shellfish, onion, tomato, fresh parsley, finished with lemon zest	
Risotto con Ragu e Funghi Misti GF	£15
homemade 12 hour slow-cooked jersey beef ragu, wild mushrooms, thyme, finished with ricotta salata	
Risotto Primavera	£14
peas, courgette, asparagus, broad beans, white truffle oil, finished with grated parmesan	

Tagliata di Manzo

28 day dry aged, 300g, pure jersey steak,
marinated, grilled & sliced, rocket,
pine nuts, parmesan shavings
& herby brown butter £24 **GF**

Vitello alla Milanese	£21
breaded and panfried higher welfare rosé veal, fried potage farm hen's egg, white truffle oil, crisp green salad, parmesan & fresh lemon	
Porchetta alla Romana GF	£19
roman style, herb stuffed, slow cooked, loin of pork, pepperonata & salsa verde	
Vongole e Pancetta Arrosto GF	£20
hand-raked mixed local clams, crispy pork belly, chick peas, tomato, italian parsley & chilli	
Guazzetto di Pesce	£22
traditional italian seafood stew, line caught local fish, squid, local clams, tomato, potato, fresh herbs, crostini & garlic aioli	
Galletto al Mattone con Verdure Sott'Olio GF	£20
corn-fed baby chicken grilled under a brick, peas, asparagus, courgette, artichokes, mint, garlic & finished with mascarpone	

Contorni - Side Dishes

potatoes of the day (please ask)	£4
truffle & parmesan chips	£5
spaghetti with fresh tomato sauce	£5
seasonal mixed vegetables	£4
zucchini trifolati (courgette, garlic, mint)	£4
rocket & parmesan salad	£5
house mixed side salad	£4

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