**Marinated Olives With Grissini Breadsticks (VGN)** £3.50

**Bruschetta Classica (VGN, +GF)** £7.50
Fresh tomato, basil and oregano on toasted Pugliese bread brushed with garlic.

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**TO START WITH**

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Fresh tomato, basil and oregano on toasted Pugliese bread brushed with garlic.

**Stone Baked Pinsa Bread** £6.95
Choose from:
- Tomato, garlic and oregano (VGN).
- Rosemary and garlic (VGN).
- Thyme and mozzarella (+V, +VGN).

**Insalata Caprese** (£8.95)
Mozzarella cheese served with tomatoes, basil and a drizzle of extra virgin olive oil.

**Insalata Di Pollo** (£14.25)
Grilled chicken breast served with baby gem, cherry tomatoes, pancetta, crispy bread, Parmesan shavings and a Caesar dressing.

**Linguine Asparagi** (£12.25)
Linguine pasta tossed with tiger prawns, asparagus, cherry tomatoes, garlic and chilli and topped with a lemon and herb crumb.

**Pollo Alla Milanese** £11.50
Golden fried breaded chicken breast served with skinny fries.

**Frittura** £11.95
"Fritto Misto" of golden fried calamari and prawns with a garlic mayonnaise dip.

**Goujons Di Merluzzo** £11.95
Deep fried goujons of haddock served with skinny fries.

**Lobster Ravioli** £13.50
Pasta parcels filled with lobster and crab served in a creamy panna and cherry tomato sauce.

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**FRUTTURE**

**Suppli Al Telefono** (£6.25)
Crusty fried rice balls filled with tomato, basil and melting mozzarella.

**Mozzarella In Carrozza** (£6.25)
Breaded melting mozzarella with a spicy chilli dip.

**Arancini** £6.25
Golden fried rice balls with garden peas, saffron and spicy sausage.

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**PRIMI**

**Cannelloni** £11.95
Fresh pasta tubes filled with ricotta cheese, spinach and creamy bechamel.

**Lasagne Alla Bolognese** £12.95
Layers of pasta and cheesy bechamel with our slow-cooked beef and Italian sausage ragu.

**Tagliatelle Alla Bolognese (+GF)** £12.50
Tagliatelle pasta ribbons in our rustic slow-cooked ragu with beef, Italian sausage, carrots, celery, onions, red wine, tomatoes and fresh garden herbs.

**Melanzana Parmigiana** £12.50
Layers of thinly sliced baked aubergine, mozzarella and Parmesan cheese, tomato sauce and basil.

**Penne Alla Vongole** £12.50
Creamy carbonara linguine served with Italian cured guanciale ham from Amatrice, egg yolk, Parmesan, pecorino Romano cheese and crushed black pepper. Simply delicious.

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**DESSERTS**

**Cheesecake Di Lamponi E Cioccolato Bianco** £6.95
An indulgent raspberry and white chocolate cheesecake served with vanilla ice cream.

**Panzanella** £6.95
A sumptuous stack of brownie served with cream or vanilla ice cream.

**Chocolate Brownie** £6.95
Rich and gooey chocolate brownie served with cream or vanilla ice cream.

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**SECONDI E INSALATE**

**Porchetta Bap (+GF)** £9.95
Slow-roast pork belly seasoned with rosemary, sea salt and cracked black pepper. Served in an Italian bap with skinny fries and house slaw.

**Carbonara (£13.50)**
Spicy king prawns with tomatoes, garlic and ginger. Served with fluffy rice.

**Insalata Saporli Di Mare (GF)** £14.25
Atlantic prawn and Scottish smoked salmon salad with avocado, roasted peppers, gem lettuce and Marie Rose sauce.

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**SIDES**

**Patate Italiane** (£3.95)
Roasted herby Italian potatoes.

**Insalata Mista (VGN)** £3.95
Lightly dressed mixed leaves, tomato and cucumber.

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**WHAT'S PINSA?**
In Roman times, people took a mixture of water, milk, barley and salt (and later some yeast) and formed it into a flatbread before cooking it on hot ashes and a stone.

The term “Pinsa” comes from the Latin “pinseare,” meaning “to press”. The main difference between a Pinsa and a Pizza is in the dough. Pizza dough requires wheat flour, a bit of water, and a lot of salt; while Pinsa dough uses a wheat/soy/rice flour, more water and less salt, creating a lighter, airier crust. It also has fewer calories, lower fat, and less sodium than a Pizza. We prove La Pinsa dough for at least 48 hours up to 100 hours for the best possible taste.

If you like crunchy and light dough then choose Pinsa Romana!

**Margherita (V, +VGN)** £11.95
Mozzarella, basil, tomato and olive oil.

**Diavola** £14.95
Spicy salame, ‘Nduja spicy Calabrian sausage, red onions, mozzarella and tomato sauce.

**Parmigiana (V)** £13.75
Grilled aubergines, Parmesan, mozzarella, basil and tomato sauce.

**Vegana (VGN)** £13.95
Mushrooms, roasted peppers, broccoli, semi dried cherry tomatoes, sunflower seeds, vegan mozzarella and tomato sauce.

**Sausage & Mushroom** £14.25
Italian sausage, spicy salami, field mushrooms, chillies, tomato sauce and mozzarella cheese.

**Caprini** £13.95
Goat’s cheese, roasted peppers, asparagus, red onions and pistachio.

**Spicy Chicken & Peppers** £14.50
Chicken, chillies, peppers, red onions, mozzarella and tomato sauce.

**Polpette/Meatballs & ‘Nduja** £14.95
Beef meatballs, ‘Nduja spicy Calabrian sausage, mushrooms, mozzarella, basil and basil.

**Fragmari** £13.95
Tomato base topped with mozzarella, pecorino, girelle and dolcelatte cheese and a touch of fresh thyme.

**Carbonara** £13.50
Creamy cheese topping with mozzarella, pecorino and Parmesan cheese, crispy pancetta, cracked black pepper and lemon zest.

**Regina** £14.95
Tomato and mozzarella with Parmesan, cream, curly leafed lettuce, fresh basil and arugula.

**King Prawns, Chilli & Rocket** £14.95
Tomato and mozzarella with King prawns, red and yellow cherry tomatoes, fresh chilli and rocket.