

vegetarian bites

SOUP (V) Fresh and homemade served with toasted ciabatta	£4.75
CIABATTA BITES (V) Peppers, mushrooms, artichoke and caramelised onions baked on slices of ciabatta topped with triple blend cheese	£4.25
SPINACH AND FETA TORTILLA BAKE (V) Baked, stuffed parcels, topped with melted cheese	£4.50
MARINATED BLACK & GREEN OLIVES (V)	£3.95
TUSCAN PLATE (V) A plate of rustic ingredients. sun-dried tomatoes, artichoke heart, mozzarella and marinated black and green olives	£5.50
BRUSCHETTA (V) Lightly toasted ciabatta bread topped with balsamic marinated tomatoes, red onions and fresh basil	£4.25
CAPSICUM (V) Oven baked peppercup, stuffed with lentils, cannellini beans, red onions, spinach and rosemary, topped with goats cheese and caramelised leeks	£4.95
MELANZANE ALLA PARMIGIANA (V) Oven baked aubergine slices, napolitana sauce and finished with grated parmesan	£5.50
CHEVRE GRILL (V) Tangy goats cheese and baked tomato served on toasted ciabatta	£4.75
AUBERGINE BITE (V) Lightly toasted ciabatta, layered with marinated chargrilled aubergines, beef tomato, baby mozzarella and drizzled with basil oil	£4.75
HUMMUS (V) Freshly made hummus served with garlic and coriander dough bread, mediterranean vegetables, olives and feta	£6.50
MEDITERRANEAN VEGETABLES (V) A bowl of chargrilled peppers, courgettes, asparagus and caramelised leeks	£4.50
FUNGHI AL FORNO (V) Baked mushrooms stuffed with ricotta and garlic	£4.75
NACHOS (V) Regular Large Crispy tortillas topped with melted cheese, salsa, sour cream and jalapeno peppers	£5.95 £8.95
RUSTIC HERBY POTATOES (V) Bite size roasted potatoes cooked in olive oil and roasted rosemary	£3.95
- ADD A TOPPING Tomato and Pepper Salsa (V) Meat Bolognese	£0.90

meat bites

RUSTIC PLATE A selection of italian and spanish cured meat slices	£8.50
MEATBALLS Wholesome home made beef meat balls infused with shallots and peppers served in a herby tomato sauce	£4.50
FIERY SALSA CHICKEN STRIPS Char-grilled chicken strips topped with our fiery chilli salsa	£4.50
CHORIZO AL FORNO Chorizo Sausage slow cooked in cider with white onions, sun-dried tomatoes and topped with fresh coriander and croutons	£4.95
CHICKEN STRIPS WITH A WHITE WINE AND MUSHROOM CREAM SAUCE	£4.50
MEAT BITES Slices of ciabatta topped with pepperoni, ham, bacon, triple blend cheese and baked	£4.50

seafood bites

MUSSELS Choice of sauces	£5.95
ASPARAGUS WRAP Foil wrapped and oven baked asparagus and smoked salmon, drizzled with a lemon butter sauce	£4.75
CHILLI PRAWNS Six succulent sizzling king prawns in a chilli and garlic infused oil	£5.75
BASS Oven baked fillet of Bass, foil wrapped infused with a lemon, butter and garlic sauce with a hint of rosemary	£6.25
SALMON, AVOCADO AND PRAWN COCKTAIL Dressed with a tangy seafood sauce	£5.25

bread

CIABATTA SLICES (V) Served with olive oil and balsamic vinegar	£3.95
GARLIC DOUGH BREAD (V)	£3.95
MOZZARELLA GARLIC DOUGH BREAD (V)	£4.55
PESTO DOUGH BREAD (V) Mozzarella garlic bread drizzled with pesto	£4.75
SUNBLUSHED GARLIC DOUGH BREAD (V)	£4.95
GARLIC & CORIANDER DOUGH BREAD (V)	£4.50
FOUR FACED DOUGH BREAD (V) A burst of flavours on a pizza base, great for sharing	£7.95

tapas pizza

£ 4.95

MARGHERITA (V) Traditional tomato and mozzarella
POLLO PICANTE Torn cajun spiced chicken strips, a medley of roast peppers and sliced mushrooms with tomato and mozzarella
FORMAGGI (V) A four-cheese sensation
GIARDINIERA (V) Simply vegetarian!, marinated slices of aubergines chargrilled courgettes, mixed peppers, mushrooms and caramelised leeks
A CASA Topped with smoked bacon, ham and pepperoni
STROMBOLI A feast of pepperoni

tapas pasta

£ 4.95

SPAGHETTI BOLOGNESE Traditional meaty sauce
SPAGHETTI ARRABIATA (V) Tossed in a hot and spicy tomato sauce
SPAGHETTI CARBONARA Classic carbonara sauce with cream, smoked bacon and parmesan
PENNE CHICKEN PESTO Pasta with chunks of chicken, sliced mushrooms, olives and pinenuts tossed in a nutty pesto sauce
PENNE POLLO Pasta with chunks of chicken and smoked bacon in a cream and tomato sauce
PENNE FORMAGGI (V) Pasta tubes in a four cheese sauce
TORTELLINI (V) Parcels of pasta, filled with spinach and ricotta, in a tomato and mascarpone sauce tossed in fresh spinach

TAPAS PORTIONS ARE SMALLER AND LIGHTER THAN A MAIN COURSE. IDEAL AS A LIGHT BITE, LUNCH/SNACK OR ACCOMPANIED WITH OTHER TAPAS

Tapas is anytime!

*Enjoy small bites,
or feast on a
selection*

*Simple recipes,
bursts of flavour!*

*BIG TASTE, small
plate!*

*On your own or
share with friends*



A PASSION FOR TAPAS

GOURMET PIZZA

MARGHERITA (V) Traditional tomato and mozzarella	£6.95
POLLO PICANTE Torn cajun spiced chicken strips, a medley of roast peppers and sliced mushrooms with tomato and mozzarella	£8.95
QUATTRO STAGIONI A seasonal delight of chargrilled artichoke, sliced mushrooms, prosciutto ham, pepperoni, capers, olives and a hint of rosemary	£8.95
MARINARA An ocean medley of salmon, prawns, anchovies, capers and olives	£9.20
GENOVESE (V) A divine pesto based pizza with roasted asparagus, chargrilled courgettes, cherry tomatoes, tangy goats cheese and a sprinkle of pine nuts	£9.20
FORMAGGI (V) A four-cheese sensation	£8.75
IL TOSCANO (V) Luscious sun dried tomato, roasted peppers and creamy goats cheese on a pesto & tomato base	£8.95
GIARDINIERA (V) Marinated slices of aubergines, chargrilled courgettes, mixed peppers, mushrooms and caramelised leeks	£8.75
FESTA DI CARNI A feast of italian cured meats, prosciutto, salame and speck	£9.20
INFERNO Sliced meatballs, mixed peppers, caramelised onions, on a fiery chilli and tomato base	£9.20
DIABOLO Chorizo sausage, pepperoni and green chillies	£9.20

EXTRA TOPPINGS AVAILABLE

MEAT OR FISH	£ 1.20 EACH
VEGETABLE OR CHEESE	£ 0.90 EACH

PASTA

SPAGHETTI Bolognese Traditional meaty sauce	£8.75
Polpette Wholesome home made meatballs, with shallots and peppers served in a garlic and chilli tomato sauce	£8.95
Con Gamberetti King prawns, scallops and fresh herbs in a tangy chilli lemon sauce	£9.20
Arabiatta (V) Tossed in a hot and spicy tomato sauce	£8.55
Carbonara Classic carbonara sauce with cream, smoked bacon and parmesan	£8.75
Mariniere Prawns, scallops, mussels in a white wine and cream sauce with chopped shallots and garlic	£9.20
PENNE Pollo Pasta with chunks of chicken and smoked bacon in a cream and tomato sauce	£8.95
Chicken Pesto Pasta with chunks of chicken, sliced mushrooms, olives and pinenuts tossed in a nutty pesto sauce	£8.95
Chorizo Sausage Pasta with a hot and spicy tomato sauce with chorizo, fresh green chillies, sundried tomato and sprinkled with fresh coriander leaves	£9.20
Caramelised Leeks (V) Pasta tossed in garlic and chilli oil, with baby spinach and caramelised leeks served with parmesan shavings	£8.95
FETTUCINE Ribbons of Pasta with either:- Courgettes, asparagus and mushrooms in a cream and pesto sauce (V) Bacon, chicken, mushrooms, in a white wine and cream sauce Spinach, salmon, prawns, in a white wine and cream sauce	£8.95
TORTELLINI (V) Parcels of pasta, filled with spinach and ricotta, in a tomato and mascarpone sauce tossed in fresh spinach	£8.95
GNOCCHI (V) 3 cheese sauce with spinach and asparagus	£8.95
LASAGNE AL FORNO Layers of lasagne with rich ragu bolognese, parmesan and béchamel sauce topped with triple cheese blend and baked in the pizza oven	£8.50

RISOTTO

Sun-dried tomato, goats cheese with a splash of white wine (V)	£9.50
Chicken, Asparagus, Courgettes, gorgonzola and a splash of white wine and cream	£10.50
Mussels, king prawns, scallops, garlic, white wine and tomato	£12.95

CIAO DELIGHTS

STUFFED CHICKEN BREAST A succulent chicken breast filled with goats cheese wrapped in prosciutto ham, oven baked in a mushroom, white wine and cream sauce served on a bed of green beans, mediterranean vegetables and aromatic herb roasted potatoes	£14.50
STEAK A tender 8oz sirloin served on a bed of Mediterranean vegetables and roasted herb potatoes with a choice of sauces:- blue cheese, green peppercorn, white wine and mushroom	£14.95
LEMON SEA BASS Pan fried fillets of seabass served on a bed of green beans and aromatic herb roasted potatoes, drizzled with a caramelised lemon and butter sauce, sprinkled with pinenuts	£14.50
STUFFED PEPPERS (V) Tasty oven baked red and yellow pepper cups stuffed with lentils, cannellini beans, red onion, spinach and rosemary topped with tangy goats cheese served on a bed of green beans, asparagus, caramelised leeks and aromatic herb roasted potatoes	£13.95
NOODLES STIR-FRY TERIYAKI Succulent prawns and strips of salmon OR Pan-fried chicken served with stir fried vegetables in a japanese teriyaki sauce served with egg noodles	£ 9.50

MUSSELS

MARINIERE Shallots, garlic and parsley in a white wine and cream sauce	£14.00
FIERY Spicy Tomato Sauce with garlic, ginger, white wine and fresh coriander	
HERBY TOMATO Tomato, garlic and parsley in a white wine sauce	

SALADS

THE GREEK (V) Olives, Feta, Cucumber, mixed leaves and tomato	£8.75
CIAO SALAD A mouth-watering combination of smoked salmon, succulent prawns, avocado and feta cheese served on a bed of mixed leaves	£9.50
SEABASS SALAD Fillet of tangy lemon seabass served on a bed of mixed leaves, rustic herby potatoes and sprinkled with pine nuts	£9.50
WARM CHICKEN SALAD Herby chicken strips, mixed leaves, cherry tomatoes, cucumber, and artichoke drizzled with a honey and lemon dressing	£9.50
MIXED SALAD (V)	£5.25

Please Note: All our food is freshly prepared on the premises so please be patient during busy periods. A children's menu is available please ask our staff. Some of our dishes are available to takeaway. An optional 10% service charge is added to the bill for parties of 8 or more. If you have any food allergies and are concerned please let us know



the mood for food...