

Gluten Free Menu

Information

This menu includes some of our dishes that are naturally gluten free. Don't see something you fancy? The majority of our main menu can also be adapted to suit many dietary requirements.

When ordering from this menu, please ensure you still tell us about your allergy / intolerance.

Please note: Due to the open aspect of our kitchen, we are unable to guarantee the complete absence of any allergens in our menu items despite the precautions we take.

Antipasti

BURRATA Soft centred burrata mozzarella with tomatoes, marinated roast red peppers and extra virgin olive oil

PROSCIUTTO CAPRESE

Cured ham, bufala mozzarella and sun blushed tomatoes

GAMBERONI ALL'AGLIO / ARRABBIATA

King prawns in parsley, garlic and chilli **or** a spicy tomato sauce

INSALATA TRE COLORI **V**

Tomato, mozzarella and fresh basil

Carni, Polli e Pesce

SALTIMBOCCA ALLA ROMANA

Sliced veal with cured ham in a white wine, sage and butter sauce served with sautéed potatoes

POLLO ALLA CALABRESE

Pan fried chicken breast with a spicy nudja and tomato sauce served with steamed rice

POLLO ALLA ZAFFERANO

Chicken breast with sautéed wild mushrooms, pancetta, saffron and cream served with a choice of side order

SALMONE MEDITERRANEO

Pan fried salmon with fresh tomatoes, olives and capers served with sautéed spinach

PESCE SPADA IN PADELLA

Pan fried swordfish with aromatic herbs served with mixed salad

BRANZINO AL GONDOLIERE

Pan fried fillet of seabass with king prawns, chives and chilli butter served with saffron potatoes

GAMBERONI ALL'AGLIO / ARRABBIATA

King prawns in parsley, garlic and chilli **or** a spicy tomato sauce served with steamed rice

Contorni

GREEN BEANS **V**

With butter and onions

SAUTÉED SPINACH **V**

With garlic and chilli

4.5 SAUTÉED POTATOES

With pancetta, onion and rosemary

5 STEAMED RICE

5.5

5

Dolci

RASPBERRY PAVLOVA

Italian meringue topped with raspberry ice cream, raspberry puree, vanilla cream and a meringue crown

9 ETON MESS ITALIANO

Meringue, mixed berries and sweet mascarpone

NEW YORK CHEESECAKE

8

8

Pizza & Pasta

Gluten free available £2.50 supp.
Excludes Calzone

Insalate

INSALATA DI CARCIOFI **V**

Sml 9 Lrg 16

Artichokes, cherry tomatoes, walnuts and torn burrata with an olive oil, dill and lemon dressing

INSALATA MISTA

Sml 5.5 Lrg 10.5

Mixed lettuce, red onion, tomatoes, cucumber and parmesan shavings with an olive oil and balsamic vinegar dressing

dalla Griglia

*Served with grilled tomato and mushrooms.
Steaks aged 28 days.*

RIB-EYE **10oz**

29

FILLET **8oz**

33

BISTRO RUMP **10oz**

24

POLLO E ROSMARINO

19

Grilled chicken breast with rosemary

AGNELLO

28

Grilled lamb cutlets with rosemary and thyme

VEAL ESCALOPE

26

SWORDFISH

22

Le Salse

3.5 EACH

Arrabbiata · all'Aglio · Dolcelatte