

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

12.5 INSALATA DI CARCIOFI V

Sml 9 Lrg 16

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

11.5 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

fratelli

RISTORANTE • BAR • TERRACE

Vegan Menu

Primi

CROSTINI TRE COLORI

Crostini topped with cherry tomatoes, red onion and basil drizzled with extra virgin olive oil

8.5

ANTIPASTO DI VEGETALI

12

A selection of grilled vegetables and marinated artichokes served with flatbread and vegan parmesan

ZUCCHINI FRITTI

Deep fried battered courgettes

8

INSALATA MEDITERRANEA

12

Vegan mozzarella and sautéed mixed Mediterranean vegetables in extra virgin olive oil with fresh basil

Secondi

RISOTTO ALLA VERDURE

15.5

Risotto with courgettes, peas, red onion and spinach

SPAGHETTI AGLIO E OLIO

12.75

Garlic, extra virgin olive oil, black pepper and chilli

PIZZA

15.5

Tomato, vegan mozzarella and your choice of 2 toppings, choose from:

Peppers | Cherry Tomatoes | Mushrooms | Spinach
Courgettes | Artichoke | Red Onion

Insalate

INSALATA POMODORO

Sml 5.5 Lrg 10.5

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

INSALATA SARDO

Sml 9.5 Lrg 16

Marinated artichokes, cannellini beans and spinach salad in a olive oil and garlic dressing topped with shaved vegan parmesan

INSALATA RUCOLA

Sml 8.5 Lrg 15

Rocket, walnut, cherry tomato and red onion salad with an olive oil, dill and lemon dressing

Dolci

GELATO

Vegan vanilla ice cream

Per Scoop **2.25**

FRESH FRUIT SALAD

7.5

AFFOGATO ESPRESSO

7.5

Two scoops of vegan vanilla ice cream drowned in freshly brewed espresso

CHEESECAKE

8

Vegan vanilla cheesecake with mixed berries