

GLUTEN FREE MENU

Please confirm if you are gluten intolerant, as these dishes are specially prepared and may differ from the main menu

NIBBLES

Parmesan Edamame VEGAN OPTION

4.5

Puglian Olives VEGAN

3.5

Queen green olives (contain stones)

CLASSICS

Burrata v

Handmade creamy mozzarella, heritage tomatoes, red onion, olive oil

9.5

Melanzane Parmigiana v

8.5

Grilled aubergine, bella lodi cheese, taggiasche olives, fresh tomato sauce

Nduja Prawns

Prawns, nduja sausage, tomato, cream

9.5

RAW

Beef Carpaccio

14.5

Beef carpaccio, rocket salad, truffle, olive oil, parmesan

EGGS

Available until 5pm

Smoked Salmon & Scrambled Eggs

11.5

Mediterranean Baked Egg v

8

With aubergine, basil, fresh tomato sauce

FRESH PASTA

All pastas served with gluten free penne

Beef Ragù

Beef ragù, dash of pesto, pecorino

16.5

Harissa Chicken

16.5

Chicken, cherry tomatoes, spinach, spicy harissa, garlic, cream

Vongole

Clams, chilli, garlic, parsley, white wine

17.5

Carbonara

Guanciale, pecorino, parmesan, egg

16.5

Crab & Prawn

17.5

With chilli, tomato, cream sauce

SALADS

Gorgonzola Cobb

Pancetta, chicken, avocado, gorgonzola, cherry tomatoes, egg, house dressing

15

Chopped Chicken & Tarragon Salad

14

Gem lettuce, chicken breast, tomato, peppers, avocado, peas, tarragon, house dressing

SECONDI

Marsala Chicken

Grilled breast, marsala wine sauce, mushroom risotto

19.5

Steak Tagliata

26

Grilled sirloin, served with rocket salad, parmesan, balsamic, cherry tomatoes, red onion, olive oil

Roasted Cod

With pancetta, charred pointed cabbage, mashed potatoes, garlic, parsley, chilli

23

Risotto Verde VEGAN

14.5

Asparagus, peas, courgettes, and mint on a classic risotto base

Sea Bass

With tenderstem broccoli, asparagus, garlic, diced and cherry tomatoes, edamame beans, capers, taggiasche olives, spinach and rosemary potatoes

23

Seafood & Saffron Risotto

18.5

Salmon, squid, prawns, saffron, red chilli, fried rocket

CONTORNI

Tenderstem Broccoli VEGAN

With chilli, garlic, ponzu

4.5

Rocket & Parmesan Salad

5.5

With balsamic, cherry tomatoes, red onion, olive oil