

GLUTEN FREE MENU

TRING

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

Nibbles

PUGLIAN OLIVES 3.5
Large green olives (contain stones)

PARMESAN EDAMAME VO 4
Olive oil, balsamic, sea salt

PRIMI

WATERMELON & FETA SALAD V 7.5
With red onions, cucumber, mint olive oil

BURRATA V 9
Creamy mozzarella, tomato, red onion, fresh jalapeno olive oil

MELANZANE PARMIGIANA V 7.5
Grilled aubergine, bella lodi cheese, taggiasche olives, tomato sauce

ANTIPASTO SHARING PLATTER 16
Mortadella, salami milano, finocchiona, puglian olives, buffalo mozzarella, roasted peppers, parmesan, rocket

PASTA

All served with gluten free penne

SORRENTINA V 7/13
Buffalo mozzarella, basil, cherry tomatoes, garlic, tomato sauce

CRAB & PRAWN 9/17
Chilli, tomato, cream sauce

BEEF RAGU 8/15
Traditional homemade meat sauce

CARBONARA 8/15
Pancetta, pecorino, parmesan, egg

PENNE PORCO 8/15
Italian sausage, fennel tenderstem broccoli, garlic, chilli

SECONDI

ROASTED COD 20
With pancetta, charred pointed cabbage, mashed potatoes, garlic, parsley, chilli

STEAK TAGLIATA 24
Grilled sirloin, garlic butter, served with rocket salad, parmesan, balsamic, cherry tomatoes, red onion, olive oil

INSALATA ASIATICA 11
Avocado, cherry tomatoes, spring onions, sesame seeds, peeled cucumber, mixed leaves, sesame dressing

MARSALA CHICKEN 18.5
Grilled breast, wild mushrooms, spinach, marsala wine sauce, mushroom risotto

SEA BASS 19
With tenderstem broccoli, shaved courgettes, garlic, diced tomatoes and rosemary potatoes

With: Salmon fillet 16.5
With: Portobello mushrooms V 14

SEAFOOD & SAFFRON RISOTTO 17
Salmon, squid, prawns, saffron, red chilli, fried rocket

CHOPPED CHICKEN & TARRAGON SALAD 14
Gem lettuce, chicken breast, tomato, peppers, avocado, peas, tarragon, homemade Italian dressing

CONTORNI

Tomato, Onion & Beetroot salad V 4.5
With fresh jalapeno

Rocket & Parmesan salad VO 5
With balsamic, cherry tomatoes, red onion, olive oil

Zucchini & walnut salad VO 5
With olive oil, bella lodi cheese, basil

Tenderstem broccoli, Chilli V 4.5

Dessert

LEMON POSSET 7
With blueberry compote, crushed amaretti

AFFOGATO 5.5
Vanilla gelato, espresso shot. Add a shot of Grand Marnier 8.5

V Vegetarian VO Vegetarian/Vegan option V Vegan