

# 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

Queen green olives (contain stones)

4

## CLASSICS

Burrata v

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

9.5

Melanzane Parmigiana v

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

9

Nduja Prawns

Prawns, nduja sausage, tomato, cream

10.5

## RAW

Beef Carpaccio

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

15.5

## FRESH PASTA

All pastas served with gluten free penne

Beef Ragù NEW RECIPE

Beef shin ragù with a dash of pesto

16.5

Harissa Chicken

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

17.5

Vongole

Clams, red chilli, garlic, parsley, white wine

18.5

Aglio e Olio Peperoncino NEW

Garlic prawns, olive oil, chilli flakes, (sauce contains traces of anchovy)

17.5

Carbonara

Guanciale, pecorino, parmesan, egg

17.5

Crab & Prawn

With red chilli, tomato, cream sauce

18.5

## SALADS

Insalata di Tonno NEW

Tuna chunks, semi-dried tomatoes, taggiasche olives, pickled aubergine, baby gem, balsamic rose, olive oil, dried tomato flakes

15.5

## SECONDI

Marsala Chicken

Grilled breast, marsala wine sauce, mushroom risotto

20

Butterflied Sea Bass NEW

With samphire, tenderstem broccoli, cherry tomatoes, capers, taggiasche olives

24

Salmon Caponata NEW

Salmon fillet with shallots, aubergine, capers, raisins, tomato, balsamic

21

Steak Tagliata NEW RECIPE

10oz grilled sirloin, rocket and tomato salad, chimichurri

24

Seafood & Saffron Risotto

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

19.5

## CONTORNI

Tenderstem Broccoli VEGAN

With chilli, garlic, ponzu

5.5

Rocket & Parmesan Salad

With balsamic, cherry tomatoes, red onion, olive oil

6