

# GF Highlights

**All dishes on this menu are made with non gluten ingredients**

Here are some dishes that are made with non gluten ingredients. Some may be adapted from our usual recipe to make them free from gluten so **please point out that you require them GF**. This may incur a small surcharge. Although the ingredients are Gluten Free, our kitchen is not, so there is a small chance of cross contamination. Please bear this in mind if you have a particularly high intolerance, thank you



## STARTERS

- POLLO PICCANTE (GF) Spicy chicken, tomato & olive ragu under cheese. Ask for GF & get it with GF bread 7.85
- ZUPPA (VGN, GF) Tuscan tomato, basil and bean soup 6.75 (add 50p if you would like toasted GF bread)
- ARANCINI (VGN, GF) Deep fried crumbed cheesy Sicilian risotto balls, rocket & tomato sauce 7.25
- SEAFOOD MEDLEY (GF) King Prawns, mussels, squid, garlic, tomato & white wine with GF garlic bread 9.45
- FAGOTTINI (GF) tender seasoned lamb parcels wrapped and baked in prosciutto with garlic dip 7.95
- GF GARLIC FOCACCIA (VGN, GF) Homemade & baked with garlic butter 5.00 (add tomato & cheese 50p)
- GF GARLIC CHEESE PIZZA Homemade GF base (ask for it GF to avoid any confusion) 6.95

## MAIN COURSES

All our risottos are gluten free and for a small £1.20 surcharge, we have hand rolled 10 inch GF pizza bases & GF pasta, so can adapt most recipes to order. We can swap most pasta's for GF or how about trying one of these?

- CHICKEN RISOTTO (GF) Creamy chicken risotto, mushrooms, peppers and onions 11.95
- CHICKEN VAL D'OSTANO (GF) Chicken fillet in creamy mushroom sauce topped with prosciutto & Fontina cheese, served with spinach & garlic potatoes 15.95
- PIZZA SENZA (GF) Homemade Gluten Free Pizza Margherita with two GF toppings of your choice 11.50
- RAVIOLI E PESTO (GF) Gluten free spinach and ricotta ravioli in tomato & pesto cream sauce 12.95
- RISOTTO PEPPERANATO (VGN, V, GF) Aromatic roast pepper, aubergine, olive & sun-dried tomato 11.95
- KING PRAWN THERMIDOR (GF) flambéed in mushroom, brandy, mustard & cream sauce on rice 16.95
- SALMON FILLET (GF) creamy prawn, tomato & Sambuca sauce, buttered spinach & garlic potatoes 16.95
- RISOTTO SPAGNOLA (GF) Chicken, King Prawns, chorizo, red onions, peppers, paprika, garlic & olives 16.95
- POLLO N'DUJA (GF) Chicken, chilli spiced N'Duja sausage pate & pancetta with rice 15.75

Sides & Extras (all are available Gluten-Free or Vegan optional, just ask when ordering)

Mixed, green or tomato salad 4.95 Cheesy gratin potatoes 4.95 Garlic Gratin (vgn) 4.50 Spinach, onion & garlic 3.95  
Veg & potatoes 3.95 Seasoned chips 3.95 Onion & mushrooms 3.95 Garlic Mayo 1.10 Vegan Garlic Mayo 1.20 Pesto 1.20

## HOMEMADE DESSERTS

Please see our current specials for more GF options. Most Ice creams are usually GF but ask to check our current selection.

- STICKY TOFFEE PUDDING (V, GF, VGNO) smothered in hot toffee sauce with ice cream and whipped cream 6.95
- ETON MESS (V, GF, VGNO) Homemade crushed meringues, whipped cream, ice cream and luscious red berries 6.95
- ICE CREAM BOMBE (V, GF) Meringue & honeycomb Ice cream bomb, frosted berries, white chocolate sauce 6.95
- TRIPLE CHOCOLATE BROWNIE (V, GF) in hot chocolate sauce with cream (ice cream £1.20 extra) 4.95

BEER; We also stock bottled Gluten Free Peroni, one of Italy's finest premium beers.

V = veggie VOA= Veg optional VGN= Vegan/Dairy free VGNO= Vegan optional GF= No gluten containing ingredients  
If you have any food allergies, please ask to see our allergen guide or check with our chef.