

# VEGAN & DAIRY FREE HIGHLIGHTS

“Home-made” Adjective; made or prepared by traditional methods by oneself

*Vegan?* These dishes have, or can be, adapted for Vegans but you must point out that you want the Vegan option.

Not Vegan but *Dairy Free?*

We have plenty of other Dairy Free options so please ask or add some chicken, bacon to any of the dishes below

PORETTI, PERONI & MORETTI ARE VEGAN FRIENDLY & WE HAVE A SELECTION OF VEGAN WINES AVAILABLE, JUST ASK FOR THE WINE LIST

## STARTERS

ARANCINI (VGN, GF) Deep fried breaded ‘cheesy’ risotto balls, rocket & tomato sauce	6.85
ZUPPA (VGN, GF) traditional handmade Tuscan tomato, bean and basil soup with bread	6.25
GARLIC DOUGH STICKS (VGN) baked in garlic butter with a homemade vegan pesto dip	5.45
BRUSCHETTA CLASSICO (GFO) toasted garlic bread topped with chunky tomato, red onion & basil	6.35
BRUSCHETTA FORZA (VGN, GFO) With our full flavoured garlic, olive & sun-dried tomato spread	6.35
PIZZA ALL’AGLIO (VGN) Garlic pizza base with garlic butter and tomato sauce	large 4.95
Also available without tomato (add dairy free mozzarella for £1 or 50p respectively)	Small 3.25
ITALIAN OLIVES (VGN) with garlic bread & balsamic/extra virgin olive oil dip	4.95

## MAIN COURSES

TAGLIATELLE NAPOLITANO (VGN, GFO) simply tossed in tomato and basil sauce	9.50
RISOTTO PEPPERANATO (VGN, GF) Roast pepper, aubergine, olive & sun-dried tomato risotto.	10.95
PIZZA PER VOI (VGN, GFO) Vegan Margherita with tomato & dairy free ‘cheese’ & two extra toppings	10.25
SPAGHETTI AGLIO, OLIO, PEPPERONCINO (VGN, GFO) tossed with garlic, olive oil & chilli	9.25
MUSHROOM CARBONARA (GFO, VGN) Tossed in a creamy mushroom & white wine sauce	10.50
PIZZA GUSTO (VGN) Roasted peppers, garlic, red onions, aromatic spices & olives with dairy free cheese on XL thin base with rocket. (Coeliac? also available GF but 10” at no extra cost)	12.50
PENNE PIZZAIOLA (VGN, GFO) Tomato, olive, garlic, red wine & capers. Add chilli for an extra kick?	9.95
MUSHROOM PIADINA (VGN) Folded baked Italian flatbread filled with garlic, seasoned mushrooms & dairy free cheese, served with a dressed salad. Add a side of seasoned chips for 1.95	8.95
MELENZANE (VGN, GF) Char-grilled aubergines layered & baked in creamy tomato & cheese sauce served with a dressed green salad	11.95
SPAGHETTI ARRABIATA (VGN, GFO) Very spicy, tossed with tomato, onion, jalapenos & chilli	9.95

SIDES AND EXTRAS (all GF. Ask for them Vegan/dairy free please) Mixed, green or tomato salad 4.55  
Onion rings 3.50 Spinach, onion & garlic 3.50 Fried onion & mushrooms 3.25 Veg & potatoes 3.50  
Garlic Gratin Potatoes 3.25 Hand seasoned chips 3.55 Garlic Mayo\* 90p Basil Pesto 90p

## HOMEMADE DESSERTS

APPLE CRUMBLE (VGN) ask for it vegan & it gets toffee sauce, whipped ‘cream’ & dairy free ice cream*	6.50
STICKY TOFFEE PUDDING (VGN, GF) served with our toffee sauce & dairy free ice cream*	6.50
BERRY MESS (VGN, GF) mini sundae with crushed vegan meringue, sorbet and red berry sauce	4.50
IRISH COFFEE (VGN, GF) Irish whiskey, Italian coffee and dairy free whipped ‘cream’	6.50
DAIRY FREE TEA & COFFEES; We have milk alternative for Tea or a full range of freshly ground Italian Coffee	

VGN = Vegan/dairy free GF= No gluten containing ingredients. We have GF Pizza & Pasta available for £1 extra  
\*contains Soya. Our Dairy Free ice cream contains Soya. If you have any food allergies, please check with our chef.

Visit us at [www.CasaRomanaUK.com](http://www.CasaRomanaUK.com) Email; [Casaromanacarlisle@gmail.com](mailto:Casaromanacarlisle@gmail.com) or call 01228591969