

P E S C E

F I S H

SARDINE ALLA GRIGLIA

16.95

Grilled fresh sardines seasoned with lemon, parsley, olive oil & sea salt served with potato fries & mixed leaf salad

MERLUZZO LIVORNESE

20.95

Pan fried cod with anchovies, black olives, capers, chilli and tomato sauce served with potato mash

FRITTO MISTO

20.95

A lightly battered medley of fried calamari, white bait & seabass fillet served with potato fries, fresh lemon & garlic mayo

CACCIUCCO

21.95

Tuscan tomato & chilli fish stew with mixed seafood & shellfish served with our crostini

LA GRIGLIA

THE GRILL

SALMONE ALLE ERBE E OLIVE

20.95

Grilled Scottish salmon topped with a herb & olive salsa served with potato mash

SALMONE CON ASPARAGI E CREMA DI ANETO

20.95

Grilled Scottish salmon topped with asparagus & creamy dill sauce served with potato mash

BRANZINO ALLA GRIGLIA

21.95

Grilled sea bass drizzled with a delicate white wine, lemon, parsley & butter sauce served with sautéed rosemary & parsley potatoes and green beans

BRANZINO ALLA GRIGLIA CON COZZE

22.50

Grilled sea bass topped with sautéed mussels in a garlic, white wine & parsley sauce served with sautéed rosemary & parsley potatoes

INSALATONE

SALADS

'A generous main course salad' with mixed leaves, marinated peppers, courgettes, green beans & red onions dressed with e.v.o & balsamic reduction with one of the following:

INSALATONE DI VERDURE (v)

12.95

Grilled & marinated vegetables with parmesan shavings & croutons

INSALATONE DI POLLO E PANCETTA

18.95

Grilled chicken breast, crispy pancetta & parmesan shavings

INSALATONE DI SALMONE GRIGLIATO

19.95

Grilled Scottish salmon fillet

INSALATONE DI GAMBERONI GRIGLIATI

19.95

Grilled butterflied king prawns

INSALATONE CON TAGLIATA DI MANZO

24.95

Grilled sirloin steak, thinly sliced - *best served medium rare*