

# P E S C E

# F I S H

<b>SARDINE ALLA GRIGLIA</b>	<b>16.95</b>
Grilled fresh sardines seasoned with lemon, parsley, olive oil & sea salt served with potato fries & mixed leaf salad	
<b>MERLUZZO LIVORNESE</b>	<b>19.95</b>
Pan fried cod with anchovies, black olives, capers, chilli and tomato sauce served with parmesan & potato mash	
<b>MISTO FRITTO</b>	<b>19.95</b>
A lightly battered medley of fried calamari, white bait & seabass fillet served with potato fries, fresh lemon & garlic mayo	
<b>CACCIUCCO</b>	<b>20.95</b>
Tuscan tomato & chilli fish stew with mixed seafood & shellfish served with our crostini	

# LA GRIGLIA

# THE GRILL

<b>SALMONE ALLE ERBE E OLIVE</b>	<b>19.95</b>
Grilled Scottish salmon topped with a herb & olive salsa served with parmesan & potato mash	
<b>SALMONE CON ASPARAGI E CREMA DI ANETO</b>	<b>19.95</b>
Grilled Scottish salmon topped with asparagus & creamy dill sauce served with parmesan & potato mash	
<b>BRANZINO ALLA GRIGLIA</b>	<b>20.95</b>
Grilled sea bass drizzled with a delicate white wine, lemon, parsley & butter sauce served with sautéed rosemary & parsley potatoes and green beans	
<b>BRANZINO ALLA GRIGLIA CON COZZE</b>	<b>21.95</b>
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:

<b>INSALATONE DI VERDURE (v)</b>	<b>12.50</b>
Grilled & marinated vegetables with parmesan shavings & croutons	
<b>INSALATONE DI POLLO E PANCETTA</b>	<b>17.95</b>
Grilled chicken breast, crispy pancetta & parmesan shavings	
<b>INSALATONE DI SALMONE GRIGLIATO</b>	<b>18.95</b>
Grilled Scottish salmon fillet	
<b>INSALATONE DI GAMBERONI GRIGLIATI</b>	<b>18.95</b>
Grilled butterflied king prawns	
<b>INSALATONE CON TAGLIATA DI MANZO</b>	<b>24.95</b>
Grilled sirloin steak, thinly sliced - <i>best served medium rare</i>	