

GLUTEN FRIENDLY HIGHLIGHTS

All dishes on this menu are made with non gluten ingredients

Here's 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 'NGI'. 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 SOLO (GF)** Spiced chicken, tomato & olive casserole baked with mozzarella & mascarpone 6.75 (ask for it NGI)
- RED PEPPER, BASIL & BEAN SOUP** Traditional handmade Tuscan soup V, NGI 5.95
- BRUSCHETTA DI CAPRA (V)** Tangy goats cheese, red onion marmalade & a drizzling of honey 6.75 (ask for it on our NGI bread)
- LAMB 'ABRUZZESI'** Italian lamb kebab from the Abruzzo drizzled in a little chilli & garlic oil with pesto dip 6.95 (ask for it NGI)
- CHEF'S FOCACCIA** our handmade own recipe Italian bread baked with pesto & mozzarella V, NGI 3.95
- HANDMADE CRISPY BATTERED ONION RINGS** with a tomato salsa dip VGN, NGI 3.95

PIZZA, PASTA & RISOTTO

All our risottos are naturally gluten free and for a small £1 surcharge, we have hand rolled 9-10 inch GF pizza bases & GF pasta, usually penne, so can adapt most recipes to order. Please look at our main menu for inspiration or how about trying one of these?

- RISOTTO DI LUSSO (NGI)** luxurious risotto with peeled King prawns, smoked salmon, asparagus, butter and chardonnay
- PENNE VESUVIO (V)** Baked in creamy tomato sauce with our handmade nut free pesto & cheese (ask for it with gluten free pasta)
- PIZZA NON GLUTINO** Our NGI homemade base with tomato, garlic, mozzarella and two NGI toppings of your choice

CHICKEN, MEAT AND FISH

- CUMBERLAND BEEF (NGI)** Chunky, tender Beef Short Rib in a blue cheese & port sauce on garlic mashed potatoes 14.95
- POLLO VAL D'OSTANO (NGI)** Chicken, cream, wine, mushrooms baked under Italian cheese & prosciutto with gratin potatoes 13.55
- SICILIAN 'CAPONATA' (VGN, NGI)** Sicilian aubergine 'stew' with tomatoes, peppers, red onions, olives, capers and a dash of white balsamic for a delicious sweet and sour kick. We serve ours on a bed of Arborio rice 12.50
- KING PRAWN THERMIDOR** Peeled & sautéed in onion, mushroom, brandy, mustard & cream sauce 13.95 (ask for it NGI with rice)
- SAUTÉED SALMON FILLET (NGI)** in delicious pesto, leek, cream & white wine sauce with baby potatoes, carrots and spinach 13.55
- PRIME LAKELAND 10oz RIB EYE STEAK (NGI)** tomato, fried onions, mushrooms, onion rings, salad & homemade chips 18.95
STEAK SAUCES; choose from black pepper, blue cheese or Diane sauce 1.95 each (all NGI)

SIDES AND EXTRAS (all NGI)

- Mixed, green or tomato salad dressed with fresh lemon & olive oil 4.55
- Roast Italian Potatoes (in the skins with garlic aioli dip) 3.50
- Onion rings 3.35
- Spinach, onion & garlic 3.35
- Vegetables & potatoes 3.15
- Homemade seasoned chips 3.45
- Fried onion & mushrooms 3.25

HOMEMADE DESSERTS

Ask to see our current dessert selection for more GF options. Most standard Ice creams are usually GF but ask your waiter to check our current selection.

- STICKY TOFFEE PUDDING** Moist, dreamy & unbelievably, no wheat flour! With ice cream, cream & toffee sauce V, NGI 5.95
- MINI TOFFEE SUNDAE** with crushed meringue, ice cream, whipped cream and caramel sauce V, NGI 3.75
- GOOEY TRIPLE CHOCOLATE BROWNIE** in hot chocolate sauce with cream (ice cream £1 extra) V, NGI 3.75

BEER; We also stock bottled GF Peroni, one of Italy's finest premium beers. This is a new Gluten Free product

V = vegetarian VOA= Veg option available VGN = Vegan & dairy free NGI= No gluten containing ingredients

If you have any food allergies, please ask to see our allergen guide or check with our chef.

Some prices aren't shown as they're dependent on times. We reserve the right to alter prices without prior notice.