

CASA ROMANA ITALIAN KITCHEN

★★★★★ SINCE 1993 ★★★★★

44 Warwick Road, Carlisle, CA1 1DN Tel 01228 591969
Email Carlisle@casaromanauk.com or visit www.CasaRomanaUK.com

Trying to be good? Don't be a sinner...go for our angelic 'lighter' options!

LIGHTER OPTIONS

Tasty, homemade food that's even better for you than our standard dishes!

Here's a few of our meals that are already healthy, or can be made even healthier.
Just ask for them 'lighter' to avoid confusion and we'll cut out the bad stuff for you!

All our minced beef is local Steak Mince at less than 5% fat.

We have a 10" Pizza Margarita Angelico at under 500 calories plus your choice of 2 toppings

Dishes marked # are included in our Express Happy Hour Menu

£7.50 main course, £11.25 for 2 courses or £14.50 for 3 courses of amazing fresh food

STARTERS

ZUPPA TOSCANA # (VGN, GF) cream of red pepper, tomato & basil soup with beans & rice, served with bread (not GF) 5.95

SMALL GARLIC PIZZA (V) single size pizza topped with garlic & tomato or low fat creamy garlic sauce & a little mozzarella. 3.25 or 3.75

POLLO PICCANTE (GF) spicy chicken, olive and wine casserole baked with a little cheese 5.95

GARLIC PRAWNS peeled king prawns cooked in garlic, tomato, white wine & a touch of chilli tossed with a little spaghetti 7.50 or 12.95 main

CROCCHETA# (V, VGN0) handmade Sicilian cumin spiced aubergine 'meatballs' baked under tomato with rocket 5.95

CHICKEN GRECO SALAD Chicken, prosciutto, rocket, cucumber & a little parmesan in light garlic dressing with baked dough sticks 6.25 or 9.95 main

MAIN COURSE

PATATAS MESSICANA # (GF, VOA) seasoned potatoes, cumin spiced chilli beef mince, beans & jalapenos baked under a little cheese & bacon 9.50

CHICKEN & MUSHROOM PIADINA folded, thin flatbread (like a quesadilla) baked with light garlic sauce & a little mozzarella. Served with salad 8.50

ROAST PEPPER RISOTTO # (VGN, GF) red onions, sun dried tomatoes, basil, olives & spices 9.95

PIZZA MARGARITA ANGELICO # a thin based 10 inch Margarita with tomato & mozzarella (app 490 calories) 8.95 add 2 free toppings free of charge

PENNE PIZZAIOLA (VGN) Simple, tasty and traditional; penne tossed in a tomato, basil, garlic, olive and caper sauce 9.50

FUSILLI ARRABBIATA # (V) meaning 'Angry,' this is a hot, spicy tomato sauce. (can be made milder to taste) 8.95

SEAFOOD SPAGHETTI king prawns, mussels and calamari tossed with spaghetti, tomato, white wine, garlic, fennel and a touch of chilli 13.95

CHICKEN ROMANA PIZZA thin XL base with low fat creamy garlic sauce, chicken, peppers, a little mozzarella & rocket (approx 650 calories) 10.95

CHICKEN RISOTTO # (GF) creamy chicken and Italian Arborio rice with peppers, onions & mushrooms. 9.50

SPAGHETTI BOLOGNESE # our steak mince Bolognese with tossed with pasta. Cooked in hardly any oil with no parmesan 8.95

HANDMADE DESSERTS; Desserts can be served with only a little or no extra cream. Just ask

BAKED NEW YORK CHEESECAKE # (GF, V) Biscuit based dreamy cheesecake. Have it with red berries or lemon glaze & it's virtually fat free! 3.75

A LITTLE MESSY mini Eton Mess with cream, ice cream, meringue & fat free luscious red berry coulis. Want it even healthier?

Try our **Lemon Mess** with meringue, lemon sorbet & lemon glaze (no cream)

HANDMADE ICE CREAM BOMBE (V, GF) made with crushed meringues, honeycomb & frozen whipped cream.

Topped with white chocolate sauce but easily subbed for our delicious fat free red berry compote or Lemon glaze 5.95

STICKY TOFFEE PUDDING you won't believe it but we've developed a dairy free pudding with over 33% less calories than a 'normal' one!

Just ask for it 'dairy free' and it comes with our dreamy toffee sauce & dairy free ice cream VGN, NGI 5.95

V= vegetarian VOA= Vegetarian option available VGN= Vegan/Dairy free GF= Gluten Friendly

Home Made In Our Kitchen!